

20 MAIN STREET, CAMDEN NY | 315-820-2638



Hello! Stephenie here! Many people ask me when I'm out and about what the Camden Life Center is about and how they can help support our programs and services so I thought I would share. One way is by donating items that will be passed on to those in need. For a list of items most needed, please see page 4. Another way you can support the Camden Life Center is by attending one or more of our many events, classes, or functions. Your attendance will help the host of each of these feel wanted, needed, and valued. Your attendance will also go a long way into making each of these events successful, therefore helping us to continue to be able to offer them here at the Camden Life Center.

Mondays we have our Adult Get it Together Get Together group from 10:00-12:00. Can't make it for the full two hours, that's ok! Come anytime during that time! Not sure what Get it Together Get Together is all about? Stop in and get together with me to find out! Once a month on a Tuesday we have our National Grid Advocate here from 10:00-4:00. Behind on your bill and need some help making a plan to catch up? See something on your bill you're not sure about? Stop in and see how she can help!

Twice a month on Wednesdays we have our Senior Services expert here from 9:00-11:00 am. Stop in to ask about programs, services and health related referrals for those 55+. On the opposite weeks we have our Puppy Play dates from 3:00-4:00. Who doesn't love puppies! We are also hosting a Book Folding class on Thursday, July 13th from 6:30-8:00. (RSVP required). Not sure what book folding is? Find the event on our Facebook page to see some examples. All proceeds of this event will go toward supporting the Camden Life Center. Friday mornings bring about our weekly walking group. What better way to get some fellowship and exercise at the same time!

Pages 3 and 4 of this newsletter will give you additional information on these and other events and services offered here at the Camden Life Center. Don't forget to follow us on Facebook at <https://www.facebook.com/CamdenLifeCenter>. Be sure to like and share our posts as often as you can. That is how Facebook chooses what posts people want to see. You can also find information on our website at <http://camdenlifecenter.com/>. You will find our monthly calendar at both locations!

See you soon! Stephenie Hazlewood

Spotlight of the month:



July is Social Wellness Month! Break out of your fixed routine & vow to meet new people. Social Wellness is all about your capability to bond with others & build satisfying relationships. Why is this so important? The more people you meet, the more likely you are to develop new hobbies & embark on journeys you never even imagined you would be a part of. Plus, social relationships have a lasting impact on physical health!

The Camden Life Center has several opportunities for you to celebrate Social Wellness Month – consider attending a social event like Steppin' with Stephenie, a puppy play date or by volunteering at our front desk or at one of our community events.

What will you do this month to take part in something social?

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Our Epidemic of Loneliness and Isolation

The role of the US Surgeon General is to provide Americans with the best scientific information available on how to improve their health and reduce the risk of illness and injury. As a social worker for over 20 years, I have seen the focus of these efforts tackle a host of serious medical and mental health concerns. The focus for 2023 is one that speaks greatly to my social work roots- the healing effects of social connection and community. It seems strange that strong friendships improve health and reduce injury and illness however the research clearly shows a powerful connection between loneliness and isolation and poorer medical and mental health outcomes. Coming out of the COVID-19 pandemic, most of us can agree that social distancing impacted us and our families in some way. It's no wonder we have become communities starving for connection and feeling lonely despite the presence of ample social media resources.

Social connection transforms our whole health and well-being. It can decrease the risk of developing and worsening many serious health concerns: Heart disease, anxiety, high blood pressure, dementia, depression, diabetes, addiction. Social connection is something that needs to be cared for and nurtured like a garden, by all of us. It can create healthier, more prosperous and resilient communities. Social connection is essential to our health and well-being.

Key takeaways from the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

- **Humans are wired for social connection, but we've become more isolated over time.** Social connection is as essential to our long-term survival as food and water. But today, loneliness is more widespread than other major health issues in the U.S.
- **Social connection significantly improves the health and well-being of all individuals.** Social connection reduces the risk of premature death. It can predict better physical and mental health outcomes and ease stress. Higher levels of connection can influence health related behaviors. Educational and economic achievement are even impacted by connection.
- **Social connection is vital to community health and success.** Socially connected communities enjoy better population-level health. They are more prepared for—and resilient in the face—of disaster situations. They also experience greater economic prosperity and reduced levels of crime and violence.
- **Together, we can advance social connection and improve our nation's public health.** Fostering social connection requires that we each commit to our relationships and communities. Our actions today can create sustainable changes to society and bring better health to all. We all have a role to play in supporting social connection.

Social Connection Facts:

- Living in isolation reduces our chances of survival and social isolation increases the risk for premature mortality by 29%.
- Poor social relationships, social isolation, and loneliness can increase your risk of heart disease by 29% and risk of stroke by 32%.
- Smaller social network size is associated with an increased risk of type 2 diabetes and of other diabetic complications including heart attacks and kidney disease.
- Being more socially connected can improve stress responses and minimize the negative health effects of stress.
- Children and adolescents who enjoy positive relationships with their peers, parents, and teachers experience improved academic outcomes.
- Social isolation, or even the perception of isolation, can increase inflammation in the body to the same degree as physical inactivity.

Learn more at: surgeongeneral.gov/connection

Jessica Perusse, LCSW-R

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Camden Life Center Partners

Come to the Table Counseling (CttT)
CttT offers behavioral health treatment for teens and adults both in person and TeleHealth. Self-pay and insurance options available.

Call 315-533-2570 or visit
www.cometothetablecounseling.com

Center for Family Life and Recovery
Center for Family Life and Recovery supports individuals struggling with addiction, mental health and behavioral issues through a variety of services. Peer Support services and recovery outreach and prevention education available in Camden.
Call 315-733-1709 or go to our website
www.whenthereshelpthereshope.com

AmeriCorps Members in Camden NY
AmeriCorps provides community service development, outreach and case management support. Additional services include Food \$en\$e, CNY Mobile Food Pantry and more. For information or to request services, contact (315) 832-0368 or (315) 795-9378. Office Hours Monday - Friday 9:00am-3:00pm.

Helio Health in Camden NY
Helio Health offers a wide range of treatment, counseling, and support programs for mental health and addiction. For more information, contact (315) 724-5168 or check out their website: www.helio.health
Office Hours Tuesdays 8:00am-4:00pm

Care Net Pregnancy Center
Care Net offers free services including pregnancy testing, ultrasounds, parenting classes, pregnancy loss support, as well as baby items. Contact Care Net, Camden at (315) 245-2364 or check our Care Net's website: www.carenetcares.com.
Office Hours Thursdays 10:00am-4:30pm and MTWF by appointment

CLC Sprinkles

We like to think of them as sprinkles - you know, that thing you add to the top of an already good thing? Yep, it's a sprinkle. For more information on any of these programs, call us today.

****Steppin' with Stephenie** meets every Friday at 10am. Join Steph for a little exercise and a whole lot of fun.

****Camden Crafts** - Have you ever tried Book Folding? Come learn this new craze on July 13 at 6:30pm. \$20 includes all materials and walk away with your choice of 3 projects. 12 and up welcome. Register today, spots are limited.

****Puppy Play Dates** - Do we really need to say more? Puppies...Every other Thursday from 3-4pm. July 6th and June 20th.

****Integrated Health and Wellness Coaching** - An integrated health and wellness coach can help you assess current health, find motivation to make changes, set realistic goals, recognize and overcome obstacles that prevent change, and provide an accountability partner. Contact Sherri Thornton-315.281.6898

****Get it together Get Togethers** - A quiet space, a nice snack, a little support and good internet can go a long way to getting those tasks you have been avoiding DONE. Mon 10-12pm

****Financial Literacy Education** - Managing money and stretching those dollars is a hard task under the best of situations. Learn more about what class might be the best fit for you.

****National Grid Consumer Advocate**, Martani, will be on site Tuesday, July 18th from 10am-4pm. Why would you want to stop in and see her? Are you finding yourself overdue on your bill for the first time ever? Does it seem that everything that you are doing isn't moving the debt? Did you just want to stop just to review and regroup what needs to be done to get the bill straightened out? Is that offer of reduced energy bills really the deal that it presents itself to be?

****Senior Expert**, Bonnie, comes to the Camden Life Center every 2nd and 4th Wednesdays of the month from 9-11am to help navigate the confusing system of senior and aging services. Let Bonnie help you sort through the options available.

****Those who wish to create, explore, heal, or deepen their relationship to God** can do so in a safe and confidential meeting with a knowledgeable and compassionate person. Judy is an experienced spiritual leader with a bachelor's degree in Biblical Studies.

Quote of the Month

"Self-care is the number one solution to helping somebody else. If you are being good to yourself and your body and your soul, that serves other people better, because you will grow strong enough to lift someone else up." "When you take care of yourself, you're a better person for others.

-Carrie Moss

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Adulthood 101

Parents of Teens!

Save the date for the week of August 14th for our first ever and widely requested "Adulthood 101" Course. Tailored for teens entering 8th-12 grade, we will be learning valuable skills to prepare for adulthood - all those helpful things you wish someone would have told you before you got there. Topics to include budgeting, food prep, phone etiquette, resume prep, stress management and emergency preparedness. Contact us for more info and to reserve a spot.

Donations Needed

Summer brings hungry kids into the office and families needing a little extra love to keep those growing bodies strong.

Consider donating the following items to help:

- Breakfast items: cereal, shelf stable milk, pancake mix, syrup, or oatmeal.
- Lunch items like peanut butter, jelly, tuna fish, canned chicken, and mayonnaise. Dinner items like Hormel Complete dinners, Chef Boyardee, box mac and cheese, canned fruits and vegetables. Snack items such as granola bars, breakfast bars, and poptarts.
- Hygiene items like deodorant, body wash, and shampoo.

Food Resources

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. Monthly Package- \$20.50

Monthly specials can be purchased in addition to the box.

Location: 86 Mexico Street, Camden

Order - Saturday, July 8th 9-11am
Pick up - Friday, July 28th 1-3pm
 Cash or EBT (SNAP) are accepted forms of payment. Need more info? Contact our AmeriCorps Member Stephenie Hazlewood (315) 795-9378.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Friday, July 21 at 4pm.**

There are no income guidelines for families to receive food. While supplies last.

Please note: To allow for other scheduled events and pantry set up, **DO NOT LINE UP** on the road or in the parking lot before 3pm. You will be asked to move

Location: 86 Mexico Street, Camden

Volunteer Opportunities!

1. Camden Life Center

Consider volunteering at the front desk, various events, working hands on with community service projects or donating your time and skill to the renovations.

2. 50 Forward & AmeriCorps Seniors

AmeriCorps Seniors allows adults 55+ to use their life experiences and skills to help solve community problems. You can volunteer in a variety of capacities including the Front Desk at the Life Center. For more information on available opportunities:

Call - 315.223.3973

Email: info@50forwardmv.org

Visit: 50forwardmv.org/volunteer

Family Fun Opportunity!

Bring the family and join us for the Care Net Walk on July 15 at Forest Park in Camden from 9 am to 1:00 pm. Donations can be send directly to CareNet PO Box 460 New Hartford, NY 13413. Please contact Carolyn Wise Director of Camden Care Net at 315-245-2364 or carolyn@carenetcny.org for further information.

Office Information:

All services at the Camden Life Center operate during traditional business hours - Monday-Friday 8:30am-4pm. For assistance outside this time, contact the following services:

Mental Health Emergency:

- MCAT - 315-732-6228
- Crisis Life - 988 (press 1 for the Veterans Crisis Line)

Emergency Substance Treatment Services:

- Outreach and Engagement team - (315) 401-4288

Never Use Alone:

- 800-484-3731 or <https://neverusealone.com>

Social Services After-Hours Emergency

- Oneida County - 315-736-0141

To help promote change in your community, consider a donation to the Camden Life Center:

