

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



## A collaborative endeavor to serve the Camden community providing the services you need, in one location

Hello! I hope you have been enjoying your summer as much as I have. Sunshine and time outdoors always boosts my mood and helps me keep active. For August, we celebrate "Summer Sun and the Great Outdoors" (see page 2 for more information) and all the health benefits that it brings.

The close of July brought us a wonderful gift from the Camden Central School Districts "Construction Crew" from Camp-Sum-More-Fun. Students in Mr. Calkins group built us the most amazing outdoor food pantry box! This outdoor food pantry, often called a blessings box, will join the other food resources held at the Camden Life Center (see page 4). The outdoor food pantry will allow community residents access to food and hygiene items outside of traditional office hours that are often difficult to access due to work schedules or transportation barriers.

The pantry will operate on an honor system and will be accessible to all community members for both giving and receiving as needed. If someone is in a bind and they need something, and a food pantry is closed, this can fill in the gap till they are able to make it to one of the bigger food pantries. In addition to being open 24/7, there are also no limits or restrictions on how much people can take if they need extra food.

Because this is an outside food pantry, it's important to only contribute NON-PERISHABLE items. Canned goods are always an option but you can also leave hygiene products. The most popular items are peanut butter, canned soup, pasta, cereal, grain products, toilet paper, any kind of hygiene products, any kind of kids or baby snacks and pet food.

The students involved in this project became passionate about the cause they were supporting and learned valuable life lessons in serving others through their hard work. Research shows that kids display increased self-esteem and feel a greater sense of belonging when they engage in random acts of kindness. Thank you, Construction Crew, for your hard and thoughtful work. Jessica Perusse, CLC director



### Spotlight of the month:



Innovative Approach to Mental and Physical Health Comes to Camden!

Mind Matters Regional Neurofeedback Centers will be opening a new clinic inside the Camden Life Center beginning August 2023. The new clinic will offer a range of integrated health services including non-invasive brain imaging and neurofeedback training.

Neurofeedback is an effective and safe approach that has shown to be helpful in lowering the negative symptoms caused by anxiety, depression, PTSD, autism, ADD/ADHD, head injuries, stress, OCD, chronic pain, and substance use disorder. Heading up this new venture are two fully board-certified clinicians, clinical director Thomas Bolton, MS, BCN, QEEGt and practice owner, Dr. Adriana Steffens, BCN, QEEGt. Together, they have over 30 years combined experience in the field of psychophysiology. Learn more at: <https://urmindmatters.com/>

[HTTP://CAMDENLIFECENTER.COM/](http://CAMDENLIFECENTER.COM/)

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### Annsville Bicentennial Celebration

Rural roots run deep and community members hold tight to the rich history of the land. Did you know that the Town of Annsville is turning 200 years old this August? Established in 1823, the town of Annsville is coming together to celebrate all of the rich history that Annsville holds.

Annsville is home to the beautiful Fish Creek which runs right through the center of town. In 1910, small portion of the hamlet of Glenmore was demolished to assist in the construction of the dam that now provides the reservoir for municipal water to parts of the town of Annsville, Verona, Vernon, as well as the cities of Sheryl and Oneida.

Annsville is also known for their famous United States Hotel which was built in the late 1800s right in the heart of the town. This historic building is no longer open but still stands today. Many families that grew up in Annsville reminisce about the hours their parents and families spent there. The town also holds ties to the civil war and the underground railroad with the beautiful historic home across the street from the Annsville School.

As someone who's family has lived in the Annsville/Taberg community I grew up hearing the stories from events that my parents and grandparents lived through and have visited the Boardman Stonewall Market and the Boardman Farm on Route 69. I also learned a lot about Watts Express, a business that my grandparents owned and operated right out of their house. I also enjoyed learning all about the house I grew up in which was previously the old Post Office. Not only are these memories and stories that I have enjoyed hearing over my childhood but it is also important town history which connects me deeply to my rural community.

The town of Annsville continues to prepare for their 200th birthday celebration with a weekend full of events. Join me on Friday, August 11th at 7pm for a parade right down Main Street, the heart of the town. On Saturday, August 12th there will be live music, games, vendors and foods from Dean's Concessions and many more. Saturday night there will also be fireworks at 9pm.

I am proud to serve at the Camden Life Center and hope you will come down to see us in the parade and get to enjoy the celebration of Annsville turning 200!

Contributed by Sydney Dean

### Celebrating Summer Sun and the Great Outdoors

Here at the CLC, we LOVE summertime!! For August - we are focusing on summer fun and the great outdoors. Did you know "The physiological response to being outside in nature is real, and it's measurable," said Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station. "There are many physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in the body, mind and community."

1. Physical Wellness: Being outside in green spaces supports an active and healthy lifestyle, which has shown to increase life expectancy, improve sleep quality and reduce cancer risk.
2. Mental Wellness: There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.
3. Wellness in the community: Access to nature can benefit entire communities such as reducing environmental stressors commonly found in cities: air pollution, noise and heat. Cleaning and greening have been shown to reduce overall neighborhood crime by 13% and reduce nearby residents' feelings of depression by 41%.

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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](http://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 & recovery outreach and prevention education available in Camden. Call 315-733-1709 or go to our website [www.whenthereshelpthereshope.com](http://www.whenthereshelpthereshope.com)

**AmeriCorps Members in Camden NY**

AmeriCorps provides community service development, outreach and case management support. Additional services include Food \$en\$, 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](http://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](http://www.carenetcares.com).  
Office Hours Thursdays 10:00am-4:30pm and MTWF by appointment

**Mind Matters**

Mind Matters offers a range of integrated health services including non-invasive brain imaging and neurofeedback training. For more information, call 607-432-0060 or visit: <https://urmindmatters.com/>

**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 August 23 at 6:30pm. \$20 donation 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. August 3rd, 17th and 31st.

**\*\*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. Every Monday 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, August 15th 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. This month held on August 9th and 23rd

**\*\*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. Call the main office for more information or to schedule an appointment.

**Quote of the Month**

"Spare time in the garden, either digging, setting out, or weeding; there is no better way to preserve your health."

- Richard Louv (who coined the term "Nature-Deficit Disorder")

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## Adulthood 101

### Parents of Teens!

Two weeks away from our first ever, widely requested, "Adulthood 101" Course! This course is tailored for teens entering 8th-12 grade and will provide 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 pop-tarts.
- Hygiene items like deodorant, body wash, and shampoo.

## Food Resources

Food Sense 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, August 5th 9-11am**

**Pick up - Friday, August 25th 1-3pm**

In person sign ups accept Cash or EBT (SNAP) payments. Want to order online? Visit:

<https://foodsense.foodbankcny.org/>

Need more info?

Contact our AmeriCorps Member Stephenie Hazlewood (315) 795-9378.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Thursday, August 31 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](mailto:info@50forwardmv.org)

Visit: [50forwardmv.org/volunteer](http://50forwardmv.org/volunteer)

## Mindful Crafting

Want to learn a beautiful, relaxing and EASY craft? Book folding is for you!

Join Bonnie for the next Book Folding class on August 23rd from 6:30-8pm.

A donation of \$20 covers all materials and training. Call 315-820-2638 to save your spot.



## Office Information:

All services at the Camden Life Center operate during traditional business hours - Monday-Thursday 8:30am-4pm, Friday 8:30am-12pm. 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

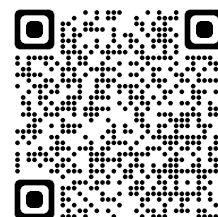
Never Use Alone:

- 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:



[HTTP://CAMDENLIFECENTER.COM/](http://CAMDENLIFECENTER.COM/)