

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! It is probably the mom in me, but I always think of September as the “real” beginning of the new year. It’s a time for a new planner, adding all the kids schedules and getting back into a set routine after summer break. In about 2 weeks, you will likely find me looking lost and overtired as I try to juggle sports schedules, healthy meals, work demands and sleep. This is usually the point in time that I need to look myself in the mirror (or turn to a trusted friend who’s got my back) and remind myself that it’s OK that I forgot to pack that thing, take-out or ramen won’t kill them and if they get a bad grade it will help them remember to try a bit harder next time. Can you relate?? I know I’m not alone.

And I’m thankful I’m not alone. I know that even on my less than perfect days, the days I’m miserable and messy, I have folks who check in with me. I’m thankful because I know not everyone has that. That’s a big reason we do what we do here at the CLC. We want to help others connect or re-connect with their own people, and sometimes that starts with us. September is Suicide Prevention Month and this year’s focus is on **connection**. Did you know that YOU are one of the most important parts in this prevention effort? For more information, check out page 2 and learn about ways you can help save a life.

As I close, I wanted to provide a quick update on our outdoor pantry - WOW - it has been busy and we THANK YOU for your donations. Our “give what you can, take what you need” pantry has had a lot of visitors. All non-parishable items are welcome.

Thank you for continuing to support the CLC - Jessica

Spotlight of the month:



Did you know that the Camden Life Center is a not-for-profit partnership between Come to the Table Counseling and the Center for Family Life and Recovery? As such, most of the programs and services that are provided to the community are funding through grants and donations. Coffee Culture Revival is one of those proud donors. What began as a conversation amongst friends on ways to support causes evolved into the not-for-profit, Cause Coffee by Revival (CCR). CCR places a special emphasis on whole health and wellness programs, especially where the focus includes body, mind and spirit.

One of the first causes selected by CCR was Life Line Coffee in support of the Camden Life Center. When you buy Life Line, you can rest assured that you will not only have an amazing cup of coffee from home but also know that 100% of profits from the Life Line purchase will power continued programming at the CLC.

For the month of September, the CLC has a goal to sell 100 bags of Life Line coffee to help stock our food pantry before winter. Want to get your own cup and contribute to CLC services? Stop in to the CLC waiting room or visit: <https://coffeeculturerevival.com/products/life-line> for home delivery.

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

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September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month. Although mental health and suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time for people, organizations, and communities to join their voices together and share that there is hope, help is available, and healing is possible.

The main theme for 2023's Suicide Prevention Month is **connection**. According to the (CDC), connectedness protects against suicidal behaviors. Connection decreases isolation and encourages healthy coping behaviors. Connection can be found within oneself, within relationships, and within community

In this spirit, the CLC is offering a FREE training to help you learn to connect more and start the often difficult and personal conversation with those around you. In this training, you will learn more about the 5 action steps for helping someone in emotional pain. Join us on **Thursday, September 21st at 5pm** at our office at 20 Main Street, Camden.

You are also invited to join the CLC and walk in the American Foundation for Suicide Prevention Out of Darkness Community Walk on September 24th at Bellamy Harbor Park @ 11am. Connected, we can make a difference.

5 Action Steps for Helping Someone in Emotional Pain

<p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	<p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	<p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	<p>HELP THEM CONNECT</p> <p>Call or text the 988 Suicide & Crisis Lifeline number (988).</p>	<p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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NIH National Institute of Mental Health

nimh.nih.gov/suicideprevention

Every 40 seconds,
someone loses
their life to suicide.



Ask.



Listen.

Encourage them
to seek help.

It's time to raise awareness and
recognize our role to help prevent it.

**SAVE THE NUMBER
SAVE A LIFE
CALL OR TEXT 988**

Add this number to your phone now.
It could save a life later.



nimh.nih.gov/suicideprevention

Mobile Crisis Assessment Team

315-732-6228 or 1-844-732-6228

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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, recovery outreach and prevention education are available in Camden. ****New addition - Case management services are now available****. Call 315-820-2638 or go to our website www.whenthereshelpthereshope.com

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

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/>

Additional Services Offered Include

Food \$en\$
Mobile Food Pantry
Outdoor Pantry (food, hygiene & pet food)
Housing Supports
Assistance accessing benefits & services

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.

****Camden Crafts** - Have you ever tried Book Folding? Come learn this new craze on September 20th 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.

****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

****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, September 19th 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 9-12pm to help navigate the confusing system of senior and aging services. Let Bonnie help you sort through the options available. This month held on September 13 & 27th

Quote of the Month

"There is hope, even when your brain tells you there isn't."
— John Green

FOLLOW US AT [HTTPS://WWW.FACEBOOK.COM/CAMDENLIFECENTER](https://www.facebook.com/camdenlifecenter)

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New Staff!

The CLC is excited to announce our new staff member, **Fred Huante!** Fred is a local Camdenite and is excited to serve his home community as an Intensive Case Manager. As a community based ICM, you will likely see Fred around town so make sure you say hello and ask him about his new roll. What does an ICM do? The short answer is they are connectors between people and the things they need across all areas of life.

Donations Needed

Demand for extra help with grocery basics continue to climb in our community. 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 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 - Sat, September 9th 9-11am

Pick up - Fri, September 29th 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 **Friday, September 29th 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:

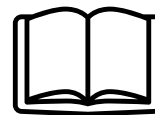
Call - 315.223.3973

Email: info@50forwardmv.org

Visit: 50forwardmv.org/volunteer

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 September 20th 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/)

2023



5K RUN

&

1 MILE FUN RUN

Forest Park,
Camden, New York

**Saturday
October 7**


Starts at Village Park 9:00 AM



Fee:

5K Run - \$30 per person

1 Mile Fun Run - \$10 per person

Race timing (chip) provided by 

Each participant will receive a commemorative Copper Wire Run Race shirt, medal, and snack after the race.
Register online at RunSignUp.com or via Mail-In

Registration Links at www.internationalwire.com

For more information, call Race Directors:
Jennifer Fox or Kerri Grant (315) 245-3800

International Wire is proud to put the "Copper" back into the **Copper Wire Run**, bringing the iconic race back to Camden in 2023!

Contact us if you would like to be a sponsor!






Visit our Facebook Page:
www.facebook.com/CopperWireRun/



5K Race & 1 Mile Fun Run Saturday, Oct. 7, 2023 Camden, New York



Sponsorship Opportunities

-  **Gold - \$1,000:** Name/Logo on Race Shirt - Large, Name at Start/Finish, Trail Marker Sign and recognition online via CWR Facebook, IW Website, IW LinkedIn
-  **Silver - \$500:** Name/Logo on Race Shirt - Medium, Trail Marker Sign and recognition online via CWR Facebook, IW Website, IW LinkedIn
-  **Bronze - \$150:** Name/Logo on Race Shirt - Small, and Trail Marker Sign.

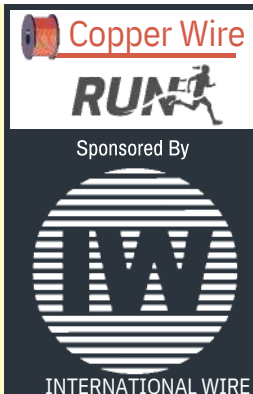
Sponsor/Company Name: _____
Contact Name: _____ Phone: _____
Address: _____
City: _____ State: _____ Zip: _____
Sponsorship Amount: (check one)
Gold _____ Silver _____ Bronze _____

Sponsor Signature: _____ Date: _____

Check or money order, payable to "IWG Copper Wire Run",
must be received by September 22nd, 2023.

For more
information,
please contact
Kerri Grant or
Jen Fox at IWG:
(315) 245-3800

Mail to:
IWG Copper Wire Run
C/o: International Wire Group
12 Masonic Ave.
Camden, New York, 13316



Thank You for Your Support!



national**grid**

Customer Energy Savings Event



Please join us.

**Wednesday,
September 27, 2023
10 a.m. - 2 p.m.**

Forestport Town Hall
10275 State Route 28
Forestport, NY 13338

Advocates will be on-site to help you explore options and determine your eligibility for assistance including the following:

- **Energy Affordability Program (EAP)**
- **Payment Plans**
- **Budget Plan/Balanced Billing**
- **Special Protections**
- **Care & Share Grants**

If you receive HEAP, Lifeline Telephone Service Program, SNAP, Medicaid, Veterans Disability or Survivors Pension, Supplemental Security Income (SSI), Federal Public Housing Assistance, Child Health Plus, Utility Guarantee/Direct Vendor Programs, Temporary Assistance for Needy Families (TANF), Safety Net Assistance, or for those living on Tribal Lands – Bureau of Indian Affairs General Assistance, Head Start, Tribal TANF, and Food Distribution Program on Indian Reservations please make sure to bring a current year/season's award letter to enroll in our bill discount for your gas and electric accounts (if you aren't already enrolled).



Connect with those who care.
Life can be hard, but finding assistance shouldn't be.