

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 can not believe this is the 12th edition of our monthly newsletter! One whole year is done. It's been an exciting adventure with many huge accomplishments along the way. From the purchase and renovation of our new offices at 20 Main Street, new staff, new partners and exciting visions for our future - all of it has been amazing to watch come together. The staff and volunteers at the CLC thank you for your support and look forward to continuing to serve our community in the year ahead. We also want to thank all those that gave during our first year participating in MV Gives! We raised over \$3,000 for programming right here in Camden.

The CLC will be out and about in October at two of our favorite local events. Stop in and say hello at the vendor fair during the Camden Blue Devils homecoming weekend (10/7, 11am-4pm) and at the Spooktacular in Forest Park (10/28).

We are also excited to launch our online store! In rural communities, our gear acts to bring awareness of who we are and what we do at the CLC. Check it out and consider helping us to spread the word with some CLC items.

<https://stores.etailing.com/shop/CamdenLifeCenter>

In closing, thank you again for your support as we work to serve our community. We couldn't do it without you.

Sincerely,
Jessica Perusse

Spotlight of the month:



October is Domestic Violence Awareness Month (DVAM). Each year there is a different theme for the month, this year the theme is one that hits home - "Somebody your Know is experiencing Domestic Violence". The goal of the DVAM theme is to increase connection and engagement by recognizing that domestic violence affects someone you know, whether it is a family member, friend, co-worker, or even you.

Domestic Violence Awareness month was first introduced in 1981 by the National Coalition Against Domestic Violence. It was created to not only bring more awareness to others but to connect and unify the millions of affected victims that had been battered due to domestic violence.

There are a couple important dates to remember for this month. October 2nd is Day of Unity: this day is a way to unite advocates across the nation in their efforts to end domestic violence. Also, October 19th is Purple Thursday: On this day we are encouraged to wear purple to show support for those who have experienced domestic violence and abuse and let them know that help is available for themselves and their families.

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Pet Food Drive

If you have ever been to the Camden Life Center, you know how much we love our dogs. We couldn't imagine life without Clover, Tiana and our new friend, Wren!

Throughout our community, many families are experiencing economic hardship and finding it difficult to afford food for their beloved furry family member. Because of this, for the month of October, Clover will be celebrating her "gotcha day" all month long by holding a pet food drive for all her 4-legged friends. Food donations for both dogs and cats will be accepted throughout the month.

Clover knows this type of support may mean the difference between a family being able to keep a pet at home vs surrendering a pet into our overcrowded shelter system. Donations can be made in the main waiting room during normal business hours or in our outdoor pantry at any time.



Mental Wellness in the Fall

Upstate NY in the fall is one of the most beautiful places to be. The coloring of the leaves and that fresh fall smell provides a great opportunity to pause for a moment in enjoy the surroundings. But fall can also lead to some struggles with our mental wellness. To keep in top shape, consider:

1.) **Don't let cooler temps stop you from going outside**

Even if it's a quick walk around the block, spending time outside to get some fresh air can do wonders for your mental wellness.

2.) **Get those ZZZ'S!**

Because it helps regulate hormones in the brain that affect our emotions, energy levels, cognitive abilities, appetite, and more, sleep plays a role in mental wellness.

3.) **Move your body!**

Exercise is a key part of our physical, mental, and emotional wellness. Getting in 30 minutes of light, moderate, or vigorous activity can help improve your mood, reduce stress and anxiety, alleviate symptoms of depression, and strengthen the immune system.

4.) **Maintain a well-balanced, nutritious diet**

We all know that food can have a significant impact on our physical health. But did you know what we eat can also influence our mental health? Eating a balanced diet that is rich in fruits and vegetables, whole grains, lean protein, and omega-3s may offer a mood boost and help you feel more grounded and less stressed.

5.) **Set boundaries for yourself and stick to them**

It is important to set boundaries for your time so that you can focus on giving your energy to what is most important and avoid feeling overwhelmed.

6.) **Set "no phone zone" times for yourself**

Fall is a time of change. But it is also a reminder that our mental health needs to be taken care of. While a little technology is okay and occasionally necessary, the goal should be to moderate the amount of time you spend in front of the screen. Family dinners, road trips with friends, and date nights are just a few examples of when our phone should stay out of sight, out of mind. By doing so, you will not only be more engaged in the present, but you will also be less preoccupied by things that don't require your attention at that moment.

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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.

****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, October 17th 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 October 4th, 11th and 25th

Medicare Open Enrollment

Medicare Open Enrollment starts October 15th and goes until December 7th. This is a time where you can make unrestricted changes to your coverage options. Even if you are already enrolled, it is still worth looking at your plan for even slight changes that might need to be made. If you are unsure of how to look at your Medicare coverage plan or need help navigating this system, stop in during our Senior Expert hours and received free, unbiased support on how Medicare changes will impact you.

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Mind Matters Public Informational Session

Join us at the Camden Life Center on October 24th at 5pm to learn more about our newest partner, Mind Matters Neurofeedback.

Neurofeedback uses the power of self regulation to directly address areas of the brain that have started to function outside of normal ranges. With each training sessions, you will learn how to increase (or decrease!) activity and work towards optimal brain health. The result, a long-lasting, drug-free, non-invasive way of making you and your brain happy.

Donations Needed

Demand for extra help with grocery basic's 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: 20 Main Street, Camden

Order - Sat, October 14th 9-11am

Pick up - Fri, October 27th 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, October 27th at 4:00pm.**

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

Quote of the Month

"Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It is a willingness to extend yourself to encounter and know the other."

—David Spangler

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

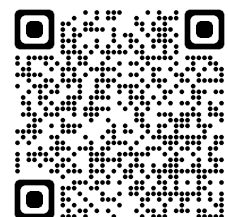
Never Use Alone:

- 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/)



Events for October 2023

SAT 7	CAMDEN HOMECOMING FESTIVAL Find the CLC in the park from 11-4.	SAT 14	9 AM - 11 AM Food SenSe Sign Up's
WED 4, 11, 25	9 AM - 11 AM Senior Services Expert on site	TUES 17	10 - 4 PM National Grid Consumer Advocate on Site
TUE 24	5PM Mind Matters Neurofeedback Informational Session	FRI 27	1 - 3 PM Food Sense Sign-Ups & Pick-Ups @the Camden Life Center
FRI 27	4 PM till gone Mobile Food Pantry @86 Mexico Street. Do not lineup before 3pm		

SEE OUR EVENTS PAGE AT:



Daily Services 8:30-4pm:

- Come to the Table Counseling
- Case Management & Peer Services

Weekly Services:

- Mon. & Tues.- Helio Health 8-3pm
- Thurs.-Care Net 10:30-4pm
- Tues. & Thurs.- Mind Matters

Food \$en\$

Order and Pick-Up Location: **CAMDEN LIFE CENTER, 20 MAIN STREET, CAMDEN**

Online ordering now available: <https://foodsense.foodbankcny.org/>

October 2023

FOOD \$ENSE SHOPPERS: Please remember that sites cannot hold any packages after the scheduled pick-up time. If you have a conflict, give your receipt to someone who can claim the package for you. If you have any questions, please speak to the site volunteers when you sign up. **Packages remaining after pick up time will be donated.**

Accepted Payment: **Cash and EBT (SNAP)**

Order date: September 29th, 1:00-3:00pm and October 14th, 9:00-11:00am Pickup date: October 27th, 1:00-3:00pm

Projected Package for October (Subject to change)- \$20.50

- Chicken Breast Bnls, 2.5 lbs.
- Ground Beef, 1 lb.
- Kielbasa Sausage, 13 oz.
- Fish Sticks, 1 lb.

- Pork Kabob, 1 lb.
- Pierogies, 13 oz.
- White Rice, 1 lb.
- Fingerling Potatoes, 12 oz.

- Mixed Vegetables, 15 oz.
- Tripple Berry Muffin Mix, 6.5 oz.
- 2 produce items

October SPECIALS:

- Stuffed Chicken Breast, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- St. Louis Style Ribs, 28 oz. for \$9.00:** The St. Louis Style Ribs are fully cooked and in an original BBQ sauce.
- Catfish Nuggets, 2 lbs. for \$6.50:** The catfish nuggets can be mixed with your favorite breading recipe and cooked in an air-fryer or oven.
- Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- Meatballs, 5 lbs. for \$12.00:** The Italian Meatballs are fully cooked and are in a five-pound bag.
- Lasagna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.

Questions contact:

Stephanie Hazlewood: 315-795-9378 or Sydney Dean: 315-832-0368

CAMDEN HOMECOMING FESTIVAL

9:00

COPPER WIRE RUN

5K AND 1 MILE FUN RUN

11:00

VENDOR AND CRAFT FAIR

IN CAMDEN VILLAGE PARK UNTIL 4PM

3:00

SOCCER ALUMNI GAME

AT CAMDEN HIGH SCHOOL

1:00

HOMECOMING PARADE

STARTING AT CAMDEN HIGH SCHOOL AND GOING DOWN MAIN STREET TO M&T BANK

6:30

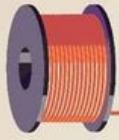
VARSITY FOOTBALL GAME

AGAINST NEW HARTFORD AT CAMDEN HIGH SCHOOL

WITH A PERFORMANCE FROM CHS CHEERLEADING ALUMNI AT HALF TIME

FOLLOW OUR FACEBOOK PAGE AT
[HTTPS://WWW.FACEBOOK.COM/PROFILE.PHP?
ID=100086281531192](https://www.facebook.com/profile.php?id=100086281531192)

2023



Copper Wire

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/