

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



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

Helloooo November!

It's the first day of November as I sit here finishing the edits on our November newsletter and I'm currently watching light snow falling out of my office window. I've never been a fan of being cold and so sometimes my thoughts go to sadness about the winter hibernation ahead as I long for spring and sunshine to return. It was just a few years ago when I started to realize how the changing season and thoughts of the cold winter drained my joy of the fabulous fall colors and the chilly but breathtaking views that can only be captured in the fresh, new snow. I know I'm not alone in this. You either love the snow or start to notice some pre-winter blues coming forward. To help stop the descent into winter-blues, consider a proactive approach.

- Mindfulness:
 - Find something beautiful and choose to notice it
 - Notice your breath, take a moment for a full, deep breath.
 - Also, get off autopilot and return your attention back to your present moment.
- Get moving: Exercise is scientifically proven to reduce depression symptoms
- Eat well - choose nutritious meals and slow your pace eating as you enjoy your flavors
- Get social - Social engagements with friends and family are scientifically proven to improve both mental and physical health outcomes.

Want to learn more tips? Join me for the November Masterclass in Coping with Holiday stress on November 29th at 5pm. (see more on page 2). After that, make sure you check out the new events and services that have joined us at the CLC over the last month and our exciting research in partnership with Syracuse University. Until next month, take care and stay warm!

Jessica Perusse

Spotlight of the month:



In November we celebrate Veteran's Day but maybe people are unaware of what a Veteran actually is. For our November monthly theme and spotlight we are choosing to focus on and celebrate Veteran's and Military Families to recognize and celebrate these important members of our community.

This year the theme is "Taking Care of Our Military Families", this is an opportunity to learn about all the resources there are for these families in your community. There are important resources for those veterans that are transitioning home after being away for so long.

Veterans make up a large portion of our rural population and there tends to be few resources available for our Veterans close to home. Many Veterans choose to live in rural communities following service instead of returning to larger urban cities.

Join us this month in honoring all of the Veterans and Military families in our community this year.

Sydney Dean

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Thanksgiving Donations

We are getting ready for the Holidays here at the Life Center. This year we will be collecting donations for Thanksgiving meals for families in need. We will be collecting these donations through **Wednesday, November 15th** and can be dropped off during our office hours.

Items for collection include: stuffing mix, gravy mix, canned vegetables, instant potatoes, cranberry sauce, corn bread mix, and any other non-perishable items to complete a Thanksgiving meal.

If you don't want to shop but would still like to make a donation, feel free to stop in or simply scan the QR code and it will link you directly to our donation page.

Are you a local business that would like to sponsor a families Thanksgiving meal? Consider a \$40 donation to cover the cost of 1 family meal and we will do the shopping for you.

**Masterclass Offering!**

What is a Masterclass?

A masterclass is a high-quality and relatively brief learning experience jam-packed with in-depth knowledge. During a masterclass, an expert instructor offers hands-on learning to a group of students. Usually, the participants have good prior knowledge of the subject, but it's not uncommon to offer a masterclass for first-timers as well.

For the month of November, join Jessica Perusse, LCSW-R for a Masterclass on Navigating Holiday Stress. Learn higher level skills above the basic advice of "just do a little less" or your friends advice to "have a glass of wine" **Date: Wednesday, November 29th at 5pm** RSVP's required. Email: Jessica@ctttcounseling.com

Quote of the Month

"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving."
—Amy Grant

HEAP Sign-Ups

The Camden Life Center is hosting HEAP Sign-Ups this year. Sign-Ups will occur on **Monday, November 6th and 13th from 6-8pm**. HEAP and Rotary Christmas Basket sign-ups will also be available during this time.

When signing up you will be required to provide the following documents: ID, Birth Certificate, Marriage Certificate, Valid Social Security, Shelter Expenses, Proof of Income and Proof of Resources.

Rotary Christmas Baskets and Toys for Tots Sign-Ups

Toys for Tots and Rotary Christmas Basket Sign-Ups for 2023 will occur at the Camden Methodist Church on the Following dates:

Thursday, November 30th from 4-6pm

Friday, December 1st from 4-7pm

Saturday, December 2nd from 9am-12pm.

Please call (315) 335-6970 if you have any further questions. Save the date - The Toys for Tots pick up date will be **December 16th** with live music on site.

Research with Syracuse University

The Camden Life Center has partnered with Syracuse University to complete a needs assessment within the Camden Central School District area. This research will help the CLC better understand the unique culture of our community as well as areas of unmet needs that must be addressed. We want to hear from you! Your feelings and experiences with healthcare, housing, transportation, employment, and access to the items your family needs most are important to this research.

Eligibility includes:

- Must be at least 18 years of age
- Must live in one of the following residential areas: Camden (13316); Blossvale (13308); Annsville (13471); North Bay (13042); Sylvan Beach (13157); Vienna (13308); Osceola (13437); Williamstown (13493); Westdale (13483)

Research will use both interviews and surveys to help researchers gather information from community members. Interested in learning more? Stop in or contact the CLC for more information or to volunteer to participate. This research is paid for by the Community Foundation of Herkimer & Oneida Counties.

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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, November 21st 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 November 8th, and 22nd.

****New Service: Tri-County WIC** at the Camden Life Center WIC provides women and children with WIC services. Pregnant women, new mothers, and children under age five can use the program to learn more about health and obtain financial support for nutrient dense foods. If you are pregnant, nursing, or caring for children under the age of five, you may qualify to receive the benefits of WIC! The income requirements are surprising and many people qualify and don't know it. Even working families can qualify to receive WIC benefits. If you need help stretching your grocery budget, you can start your application online or stop in to the CLC for assistance. WIC will be on sight the first Thursday of the month from 9-2:30pm. For November, WIC will be in Camden on Thursday, November 2nd.

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CLC Store

Did you know that the Camden Life Center now has a store where you can purchase apparel to help support and show off the CLC? Help spread the work about the CLC and look great while you do it.

To order apparel, visit <https://stores.etailing.com/shop/CamdenLifeCenter>

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.

Donations can be brought in during business hours or anytime in our outdoor pantry

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: 20 Main Street, Camden

Order - Sat, November 4th 9-11am

Pick up - Fri, November 17th 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, November 30th at 3:00pm.

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 2pm. 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. Current needs include:

- Front desk shifts
- Special events like the Spooktacular and the Holiday Stroll
- Updating the Riverwalk Display
- Monthly postings around town
- Assisting with Food \$en\$e or Mobile Food Pantry
- Assisting with monthly drives like pet food drive, Thanksgiving food drive or Christmas blessings

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 - 315.820-2638

Email: camdenlifecenter@gmail.com

Visit: 50forwardmv.org/volunteer

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 November 2023

THURS 2	8:30 AM- 2:30 PM WIC	MON 6 & 13	6-8 PM HEAP, Rotary Christmas Basket, and Toys for Tots Sign-Ups
SAT 4	9 AM - 11 AM Food SenSe Sign Up's	FRI 17	1 - 3 PM Food Sense Sign-Ups & Pick-Ups @the Camden Life Center
WED 8, 15, 22	9 AM - 11 AM Senior Services Expert on site	TUES 21	10 - 4 PM National Grid Consumer Advocate
THURS 30	3 PM till gone Mobile Food Pantry @86 Mexico Street. Do not lineup before 2pm		

SEE OUR EVENTS PAGE AT:



Daily Services 8:30-4pm:

- Come to the Table Counseling
- Case Management

Weekly Services:

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

Food \$en\$e



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

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

November 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: October 27th, 1:00-3:00pm and November 4th, 9:00-11:00am Pickup date: November 17th, 1:00-3:00pm

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

- | | | |
|-----------------------------------|---------------------------|--------------------------|
| -Pork Tenderloin, 1.7 lbs. (avg.) | -Stuffing Mix, 6 oz. | -Cranberry Sauce, 14 oz. |
| -Beef Portions, 1 lb. | -Instant Potatoes, 13 oz. | -Canned Corn, 15 oz. |
| -Chicken Breast, 1.5 lbs. (avg.) | -Turkey Gravy, 15 oz. | -2 produce items |
| -Ground Turkey, 1 lb. | -Sweet Potatoes, 15 oz. | |

November SPECIALS:

-Whole Turkeys, 10-12 lbs. for \$19.50: The whole turkeys are pre-basted and are free of any anti-biotics and hormones.

-Breaded Shrimp, 3 lbs. for \$13.50: The shrimp are butterflied, breaded, and 21-25 per pound.

-American Cheese, 5 lbs. for \$14.00: The sliced American cheese is not individually wrapped.

-Produce Box, 18-20 lbs. for \$15.50: The produce box includes: onions (2 lbs.), apples (3 lbs.), carrots (2 lbs.), potato (5 lbs.), celery (1 each), sweet potatoes (5 each), and winter squash (1 each).

-Meatloaf, 2 lbs. for \$9.50: The meatloaf is a traditional meatloaf made with 100% ground beef.

-Stuffed Shells, 48 oz. for \$9.50: The stuffed shells are frozen and have 18 shells per special.

Questions contact:

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

WE NEED VOLUNTEERS!



We're looking for individuals to participate in a

RESEARCH INTERVIEW

This solicitation is for research purposes

RESEARCH PURPOSE

Syracuse University research team and Camden Life Center are looking for participants for a research evaluation. We are interested in understanding your experience engaging with Camden Life Center, so we can develop better practices to improve community well-being in Camden.

PARTICIPATION DETAILS

You will be asked to participate in an interview to answer questions regarding **your experience with Camden Life Center** and your opinions about how Camden Life Center could better support you.

ELIGIBILITY

- Must be at least 18 years of age
- Must have received TWO or MORE services from Camden Life Center
- Must be able to speak English

TIME COMMITMENT

An hour is expected for the interview.

LOCATION

You can choose between an in-person interview or a Zoom interview with researchers from Syracuse University. A Zoom interview would allow you to participate from home. If you choose to take a Zoom interview but don't have your personal computer, internet access, or Zoom account, Camden Life Center can provide these resources for you to participate. If you choose an in-person interview, these will be held at Camden Life Center (20 Main Street, Camden, NY, 13316).

QUESTIONS? CONTACT US!

Dr. Xiafei Wang
xiwang@syr.edu

Dr. Kenneth Marfilius
kjmarfil@syr.edu

Jessica Perusse
jessica@ctttcounseling.com

WE NEED VOLUNTEERS!



We're looking for individuals to participate in a

RESEARCH INTERVIEW

This solicitation is for research purposes

RESEARCH PURPOSE

Syracuse University research team and Camden Life Center are looking for participants for a research evaluation. We are interested in understanding your experience **as a potential Camden Life Center service recipient**, so we can develop better practices to meet your needs.

PARTICIPATION DETAILS

You will be asked to participate in an interview to answer questions regarding your experience of living around Camden area, your engagement with Camden Life Center, and your opinions about how Camden Life Center could do better to support you

ELIGIBILITY

- Must be at least 18 years of age
- Must have NOT received services from Camden Life Center
- Must be able to speak English
- Must live in one of the following residential areas: Camden (13316); Blossvale (13308); Annsville (13471); North Bay (13042); Sylvan Beach (13157); Vienna (13308); Osceola (13437); Williamstown (13493); Westdale (13483)

TIME COMMITMENT

An hour is expected for the interview.

LOCATION

You can choose between an in-person interview or a Zoom interview with researchers from Syracuse University. A Zoom interview would allow you to participate from home. If you choose to take a Zoom interview but don't have your personal computer, internet access, or Zoom account, Camden Life Center can provide these resources for you to participate. If you choose an in-person interview, these will be held at Camden Life Center (20 Main Street, Camden, NY, 13316).

QUESTIONS? CONTACT US!

Dr. Xiafei Wang
xiwang@syr.edu

Dr. Kenneth Marfilius
kjmarfil@syr.edu

Jessica Perusse
jessica@ccttcounseling.com

WE NEED VOLUNTEERS!



We're looking for individuals to complete a

10 MINUTE SURVEY

This solicitation is for research purposes

RESEARCH PURPOSE

Syracuse University research team and Camden Life Center are looking for participants for a research evaluation. We are interested in understanding your experience engaging with Camden Life Center, so we can develop better practices to improve community well-being in Camden.

PARTICIPATION DETAILS

You will be asked to participate in an interview to answer questions regarding your experience with Camden Life Center and your opinions about how Camden Life Center could better support you.

ELIGIBILITY

- Must be at least 18 years of age
- Must be able to speak English
- Must live in one of the following residential areas: Camden (13316); Blossvale (13308); Annsville (13471); North Bay (13042); Sylvan Beach (13157); Vienna (13308); Osceola (13437); Williamstown (13493); Westdale (13483)

TIME COMMITMENT

10 minutes

LOCATION

20 Main Street, Camden NY

You will be provided with an iPad and be directed to a private room to complete an online anonymous survey independently.

QUESTIONS? CONTACT US!

Dr. Xiafei Wang
xiwang@syr.edu

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jessica@ctttcounseling.com