

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's the most wonderful time of the year! A season of gathering with loved ones and a time of reflection, connection and giving. It can also be one of the most stressful seasons with multiple events, financial strain and family conflict. If you find yourself in a place of struggle, please reach out. There is help available.

This month I will be traveling to Leesburg, VA for the culmination of the Reaching Rural Fellowship that I have been a part of over the last year. It was a privilege to be selected along with 68 other rural providers from across the country to participate in this learning opportunity. The Reaching Rural Initiative was created to help support and prompt rural service providers to think "boldly" and seek innovative approaches to addressing the many complex needs that happen in real life. I will be presenting my final project on creating a community cafe to the Reaching Rural mentors and federal funders and I'd love to share this vision with you when I return. Follow my travel on Facebook, Instagram or LinkedIn to learn more and watch for an opportunity in January to hear more and give feedback about what you would like to see happen in Camden.

Take a peek at the rest of this newsletter to learn about new programs and opportunities coming to our community including our Masterclass on goal setting and our 'Lego's and Cocoa' event. Can't wait to see you.

Lastly, I wish you a very merry Christmas.

Jessica Perusse

### Spotlight of the month:

In December we celebrate the Month of Giving. Did you know that there is not a single month dedicated to acts of volunteerism or charitable giving? December provides an opportunity to celebrate those groups, individuals and organizations who invest their lives in charity or non-profit work. This is an important time to make a positive difference in your community by spreading joy and donations to local nonprofits or charities.

This month is an important time for people to recognize the needs of others and show their generosity, it inspires people to give back whether it is donating or volunteering their time. This month creates a platform to bring attention to many of the issues and causes these organizations are working to promote along with helping to get involved and make change within these organizations. Along with these, this month also helps ensure that everyone is working towards a common goal, that of which is to help those that are most vulnerable in our communities.

As a not for profit agency, the CLC relies on grants and donations to provide supports to our neighbors. Consider making a tax deductible year end donation to the CLC. Want to give of your time instead? Consider the ringing the bell for the Salvation Army here in Camden.

Did you know that 90% of the profits from the Salvation Army's bell ringing campaign in Camden stays in Camden? The proceeds from last season's bell ringing provided Thanksgiving food items to many families within the Camden School district through our local Camden Area Food Pantry. Bell ringers are needed this year! If you are able to help contact Judy Pfister at 315-264-0988. With that all being said, what are some ways you are going to give this month? Sydney Dean



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

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**Legos and Cocoa**

Do you have a teen who needs to get out of the house or a screen time break during Christmas school break?

Join us on **Wednesday, December 27th from 12-3pm** to build some Legos and sip on some hot cocoa. Some Lego's are provided but feel free to bring your set to build and join us in some fun.

**Support a Community Member in Need**

This year the Camden Life Center will have a Blessing Tree. This effort supports our adult community members in need of some extra love this holiday season. If you would like to support a neighbor, please stop by the office during our office hours and pick up a tag from the tree in our waiting room. Wrapped gift are due by December 15th to ensure your neighbor has their gift by Christmas. Would you or someone you know benefit from this? Stop in to add the name to our tree.

**For more information**, please contact Sydney Dean at (315) 832-0368..

**Masterclass Offering!**

What is a Masterclass?

A masterclass is a high-quality and relatively brief learning experience jam-packed with in-depth knowledge. For the month of December, join Jessica Perusse, LCSW-R for a Masterclass on Goal Setting for the New Year. Learn how to avoid the common pitfalls of New Year's Resolutions and set your steps towards accomplishing your goals. Date: **Wednesday, December 27th at 5pm**

RSVP's required. Email: [Jessica@ctttcounseling.com](mailto:Jessica@ctttcounseling.com)

**Quote of the Month**

"Remember that the happiest people are not those getting more, but those giving more."  
H. Jackson Brown Jr. - Author of *"Life's Little Book of Instructions"*

**Medicare Open Enrollement**

Medicare Open Enrollment ends December 7th. You still have time to look at your plan and make unrestricted changes to your coverage options. 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 receive free, unbiased support on how Medicare changes will impact you.

**Camden Holiday Stroll**

Visit the Camden Life Center during Camden's Annual Holiday Stroll on Friday, December 8th from 5-8pm. Stop in at 20 Main Street for a silly Christmas Photo Booth, and the first 100 kids to come visit get to make Reindeer Food! We will also be on the Main Street Business Bingo so stop in, enjoy the fun, and get your stamp! See you there :)

**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](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 are available in Camden. **\*\*New addition - Case management services are now available\*\***. Call 315-820-2638 or go to our website [www.whenthereshelpthereshope.com](http://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](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/>

**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, December 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 on Wednesdays from 9-12pm to help navigate the confusing system of Medicare and senior and aging services. Let Bonnie help you sort through the options available. This month held on December 6th, 13th, 20th and 27th.

**\*\*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. WIC will be in Camden on Thursday, December 7th.

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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.ereetailing.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, December 2nd 9-11am

Pick up - Fri, December 15th 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 Stephenie Hazlewood (315) 795-9378.

The Mobile Food Pantry of CNY Food Bank comes to Camden on Friday December 29th 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](mailto:camdenlifecenter@gmail.com)

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

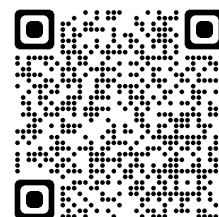
Never Use Alone:

- 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:





# Events for December 2023

**SAT**  
**2** **9AM-11AM**  
Food Sense Sign-Ups

**FRI**  
**15** **1 - 3 PM**  
Food Sense Sign-Ups & Pick-Ups  
@the Camden Life Center

**WEDS.**  
**6** **9AM-12PM**  
Senior Services on Site-Dec. 7th last day  
to make changes to Medicare Enrollment

**TUES**  
**19** **10 - 4 PM**  
National Grid Consumer Advocate

**THURS.**  
**7** **9AM-3PM**  
Tri-County WIC on Site in Camden

**WEDS.**  
**27** **12PM-3PM**  
Legos and Coco

**FRI**  
**8** **5PM-8PM**  
Camden Holiday Stroll

**FRI.**  
**29** **3PM**  
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/>

December 2023

**FOOD \$EN\$E 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: November 17th, 1:00-3:00pm and December 2nd, 9:00-11:00am Pickup date: December 15th, 1:00-3:00pm

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

- Breaded Chicken Strips, 25 oz.
- Breakfast Sausage, 6.4 oz.
- Hickory Smoked Bacon, 12 oz.
- Ground Chicken, 1 lb.

- Medium Eggs, 1 dozen
- Buttermilk Pancake Mix, 32 oz.
- Orange Juice, 32 oz.
- Frozen Strawberries, 16 oz.

- Home-style Waffles, 9.8 oz.
- Mandarin Oranges, 11 oz.
- 2 produce items

### December SPECIALS:

- Boneless Ham, 2.5 lbs. avg. for \$9.00:** The boneless ham are pecan smoked and fully-cooked.
- Stuffed Chicken Breasts, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- Lobster Bites, 15 oz. for \$6.00:** The lobster bites can be cooked in the air-fryer or baked in the oven.
- Has Browns, 3.5 lbs. for \$5.50:** The hash browns can be fried, baked in the oven, or cooked in the air-fryer.
- Italian Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully-cooked and are in a five-pound bag.
- Protein Box, 6 lbs. for \$17.00:** The protein box includes: Ground Turkey (1 lb.), Italian Sausage (1 lb.), Chicken Breasts (1.5 lbs.), Fish Sticks (1 lb.), and Beef & Broccoli Skillet (22 oz.)

Questions contact:

Stephenie 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](mailto:xiwang@syr.edu)

Dr. Kenneth Marfilius  
[kjmarfil@syr.edu](mailto:kjmarfil@syr.edu)

Jessica Perusse  
[jessica@ctttcounseling.com](mailto: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).

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Dr. Kenneth Marfilius  
[kjmarfil@syr.edu](mailto:kjmarfil@syr.edu)

Jessica Perusse  
[jessica@ctttcounseling.com](mailto:jessica@ctttcounseling.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](mailto:xiwang@syr.edu)

Dr. Kenneth Marfilius  
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