

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 Camden!

I hope this message finds you well. The unseasonably warm weather has brought us all outside and it's been great to see you enjoying the weather. The CLC has welcomed 4 new interns from Syracuse and Utica University's Masters in Social Work program. It's been fun to see Camden through their eyes. They have all mentioned how beautiful our town is and love our gem of Forest Park. We're lucky to live in such a beautiful place.

I would like to thank everyone who attended our Coffee Talk last month. It was wonderful to hear your thoughts and ideas about the CLC's future plans. Your feedback has been incredibly helpful as we move forward. If you're interested in other opportunities to help shape the future of our programming, please see page 2.

Looking for something new to do on February 14th? Join us for a new event, "Camden Stories" and enjoy the powerful impact of story sharing. See more on this event and other "save the dates" on page 2.

Can't wait to see you at our next event! Jessica

Spotlight of the month:

Let your Love Shine

February, often associated with love due to Valentine's Day, can be an opportunity to extend kindness and affection beyond romantic relationships. The idea is to use this month to celebrate love in all its forms, including friendships and the connections we have with colleagues, volunteers, small businesses, and organizations. Acts of kindness and appreciation can create a positive impact and potentially start a chain reaction of goodwill.

In addition to focusing on others, it's also important to practice self-compassion. Research suggests that individuals with high self-compassion tend to experience less extreme reactions, exhibit fewer negative emotions, have more accepting thoughts, and are better at putting their problems into perspective.

Here are some ways to spread love and kindness during February:

- *Personal Connections:* Reach out to friends, family, and acquaintances with messages of love and appreciation. Small gestures can make a significant difference in someone's day.
- *Workplace Kindness:* Show appreciation for co-workers through compliments, assistance, or simply by acknowledging their hard work.
- *Support Local and Small Businesses:* Patronize local shops, leave positive reviews, or recommend their services to others.
- *Volunteer and Charitable Acts:* Offer your time or resources to organizations and individuals in need.
- *Self-Care:* Take time for yourself, engage in activities you enjoy, and practice self-kindness

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Camden Story Telling Event

Storytelling has been a popular event internationally for some time and has had increasing popularity in larger cities across the country. Join the CLC as we add a little Camden flair to this great event our our first theme of **"Too Sweet"**

Camden Stories is a light, fun, and judgment-free community storytelling event designed to share the stories of our lives. Stories should be 100% true and about you, as the speaker. They can be aligned with the theme, but we will also accept stories that veer from the theme. You can participate by either telling a story that is meaningful to you or by coming to listen to the stories of others. Stories range from 3-10 minutes long, depending on the story. If you would be interested in sharing a story, please contact Rebecca at (315) 617-8105 to provide a few details about your story in advance.

This event is FREE and is a great way to gather, have a cup of coffee and some snacks, and share as a community; to enjoy connecting with others and hearing about life experiences.

Date: Wednesday, February 14th, 2024

Time: 6:30 pm

Save the Dates:

2/14: Story Telling Event

2/27: Listening Session

3/23: Camden St. Patrick's Day Parade

5/16: CLC at Vienna Farmers Market

5/21: Chalk the Walk

8/12-8/16: Adulthood 101

Camden Cans

Do you have bottles and cans lying around?

The CLC has a tab at Camden Cans! Simply drop your cans off and let them know it's for the CLC. All proceeds will go towards future programming and events at the CLC

Camden Cans located at:
9220 State Route 13, Camden, NY

We want to hear from you!

The main goal of the Camden Life Center is to build the programs and services YOU want to see here in our community. As such, we need to hear from YOU!

There are two great ways you can help inform our growth.

1. Listening Session

Listening sessions allow for the exchange of ideas and provide a safe space for questions, preliminary considerations, and open discussion.

Curious about what we do at the CLC? Do you have ideas about programs and services you would like to see come to Camden? Should the CLC focus on fun group activities and educational events or focus on help with housing and transportation? Nothing is off the table. Join us:

Date: Tuesday, January 27, 2024

Time: 6 pm

2. Syracuse University Research

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.**

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.

Quote of the Month

"Simply shine your light on the road ahead and you are helping others see their way out of the darkness"

-Katrina Mayer

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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. 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 Mon & Tues 8:00am-4:00pm

Willow Network; Formerly Care Net Pregnancy Center

Willow Network offers free services including pregnancy testing, ultrasounds, parenting classes, pregnancy loss support, as well as baby items. Contact Willow Network, Camden at (315) 245-2364 or check our Willow Network's website: www.willownetwork.org.
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\$e
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.

****National Grid Consumer Advocate**, Martani, will be on site Tuesday, February 13th 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 February 14th and 28th, 2024.

****Tri-County WIC @ the CLC**, WIC helps pregnant women, new mothers, and children under the age of five learn more about health and provides 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 9:30-3:00pm. WIC will be in Camden on Thursday, February 1st, 2024.

New Partner!**Mohawk Valley Community Action Agency (MVCAA)!**

The Camden Life Center welcomes our new partner Mohawk Valley Community Action Agency (MVCAA)! You may already know MVCAA from our local head start program and now they are bringing a wide range of services right to our community. Interested in learning more about Section 8, HEAP and all the other programs that MVCAA offers? Mark your calendar for 2/1 or 2/20 to take advantage of all they have to offer

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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 word 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 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.

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 - Mon, February 5th 9-11am

Pick up - Fri, February 23rd 1:30-3pm

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 **Thursday February 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

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/)

CAMDEN CENTER

Events for February 2024

THURS. 1	9:30AM-3PM Tri-County WIC on Site	TUES. 13	10AM-4PM National Grid Consumer Advocate on Site	TUES. 20	8:30AM-4PM MVCAA Resource Specialist on Site
THURS. 1	8:30AM-4PM MVCAA Resource Specialist on Site	WEDS. 14	6:30PM Camden Story telling Event	FRI. 23	1:30PM-3PM Food Sense Sign- Ups and Pick Ups
MON. 5	9AM-11AM Food Sense Sign- Ups	WED. 14 & 28	9AM-12PM Senior Services on Site	TUES. 27	6PM Listening Session
<u>Daily Services 8:30-4pm:</u> <ul style="list-style-type: none">• Come to the Table Counseling• Case Management <u>Weekly Services:</u> <ul style="list-style-type: none">• Mon. & Tues.- Helio Health 8-3pm• Thurs.-Willow Network 10:30-4pm• By appointment- Mind Matters		<u>Events page at:</u> 		THURS. 29	3PM Mobile Food Pantry @86 Mexico Street. Do not lineup before 2pm

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Food \$en\$e



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

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

February 2024

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: January 26th, 1:30-3:00pm and Monday, February 5th, 9:00-11:00am Pickup date: February 23rd, 1:30-3:00pm

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

-Chicken Breasts, 1.8 lbs. (avg.)
-Pork Kabobs, 1 lb.
-Ground Beef, 1 lb.
-Kielbasa, 13 oz.

-Fish Sticks, 1 lb.
-Pierogi, 13 oz.
-Cheddar Cheese, 8 oz.
-Fingerling Potatoes, 12 oz.

-Applesauce, 15 oz.
-White Rice, 1 lb.
-2 produce items

February SPECIALS:

-Pork Baby Back Ribs, 2 lbs. for \$10.50: The pork ribs are fully cooked, and are in traditional BBQ sauce.
-Stuffed Chicken, 2 lbs. for \$10.00: The chicken breasts are stuffed with apples and cranberries.
-Onion Rings, 2.5 lbs. for \$9.00: The onion rings are ready to cook and used in the oven or fryer.
-Shrimp Scampi, 1.5 lbs. for \$6.00: The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.
-Protein Box, 5 lbs. for \$14.00: The Protein Box contains ground turkey (1 lb.), Italian sausage (1 lb.), breaded chicken strips (26 oz.), salmon portions (1 lb.), and bologna (1 lb.).
-Meatballs, 5 lbs. for \$13.25: The Italian Meatballs are fully cooked and are in a 5 lb. bag.

Questions contact:

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

YOU ARE INVITED!

★ **CAMDEN**
STORIES ★

FEB
14

6:30 PM

@ THE CAMDEN
LIFE CENTER

**DO YOU LIKE TO
LISTEN TO
STORIES TOLD
BY OTHERS?**

**DO YOU HAVE A
STORY TO TELL?**

12 05693 3053 4

IF YOUR STORY IS:

- LOCAL**
- 100% TRUE**
- HAPPENED TO YOU**

**SIGN UP TO SHARE YOUR
STORY! WE WILL HAVE A
FUN NIGHT OF
STORYTELLING, COFFEE,
AND GOOD COMPANY!**

FEBRUARY THEME:

SO SWEET!



TEXT OR CALL TO SIGN UP AS A STORYTELLER

1-315-617-8105 (DEADLINE: JANUARY 30TH)

20 Main St, Camden, NY 13316

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

Dr. Kenneth Marfilius
kjmarfil@syr.edu

Jessica Perusse
jessica@ctttcounseling.com