

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! And Happy 2024! The Camden Life Center wants to thank everyone who helped us make a difference in the lives of our neighbors in 2023. Through the generosity of the Camden community and the help of volunteers, the Camden Life Center has been able to help individuals and families with a growing number of services and supports over the last year.

2023 was a year of great gains for the Camden Life Center and the partner agencies that are part of this collaborative endeavor to serve rural Western Oneida County. Some of our accomplishments for 2023 include:

- Opening our *new* office at 20 Main Street, Camden
- Creating an outdoor food pantry in partnership with the Camden School District
- Awarded \$9,000 from MetLife to expand our emergency food pantry
- Hosted CNY Mobile Food Bank serving 3,971 individuals
- Served approximately 40 families per month with Food \$en\$e
- Became a "Change Club" site with Cornell Cooperative Extension
- Launched research in partnership with Syracuse University to better understand the needs of the Camden community
- Became an AmeriCorps Senior Volunteers site
- Selected to participate in the inaugural class of Reaching Rural Fellowship for 2023
- Accepted to the Recovery Café Network
- Hosted two AmeriCorps Members to serve in the Camden Community (local job creation/hire) assisting with SNAP, HEAP and other support services
- Community Events:
 - Wellness Day
 - Annsville Bicentennial
 - Camden Homecoming
 - Spooktacular
 - Holiday Stroll
- Offered Community Education Opportunities including:
 - Your Money, Your Goals
 - Adulting 101
 - Hands Only CPR Training with the American Red Cross
 - Narcan training with CFLR
 - Suicide Prevention Training with Come to the Table Counseling
 - Book Folding Crafting

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- Expanded existing services and brought in new partner agencies such as:
 - Increased therapy services with Come to the Table Counseling
 - Increased therapy services with Helio Health
 - Hired an Intensive Case Manager with CFLR (local job creation/hire)
 - Teaching Kitchen events with Cornell Cooperative Extension
 - Car Seat Event with Oneida County DOH and Sheriff's Department
 - New Partner: Mind Matters Regional Neurofeedback Center (local job creation/hire)
 - New Partner: WIC in Camden
 - Support agencies on site:
 - National Grid Consumer Advocate
 - iCAN Housing and Homeless Services
 - Senior Service Navigation
 - HEAP Outreach
 - Rotary Club and Toys for Tots sign ups
- Offered Conference Room rentals for community meetings

I'm excited to see what 2024 holds for the Camden Life Center and are eager to hear from YOU as to what you would like to see happen in our community. Join us on Thursday, January 25th at 6pm to learn more about our efforts to bring a community cafe to Camden (see page 3 for details). Stay tuned for information on an event brainstorming session in February where you can tell us what types of family fun events you would like to see in the future. I can feel it already - 2024 is going to be great!

See you soon,
Jessica Perusse, LCSW-R

Spotlight of the month: Poverty Awareness month

Poverty Awareness Month is observed as an opportunity to learn more about, and raise awareness about poverty in the United States. Poverty is a global issue that exists in almost all countries around the world.

A little history regarding poverty: In the 1950s the US records the highest poverty rate at 22%. In the 1960s the official criterion for assessing poverty was established and has stayed largely unchanged since that time. Medicare was established by the Social Security Administration in 1965 to help lower the poverty rate among the 65+ age group. In 2019, the US recorded it's lowest poverty rate ever at 10.5%. Following the COVID pandemic, the poverty rates again began to increase, indicating that 150 million more people lived in poverty worldwide.

The CLC is observing Poverty Awareness Month to be able to bring attention to poverty and to begin to look at ways that we can bring change in our own community. We observe this month in hopes that the awareness could result in a communities lasting commitment towards poverty alleviation. The more we understand about poverty and its causes can also open our minds and change our attitudes and thinking towards those who are affected by poverty.

Want to help? Join us this month in collecting items for our outdoor food pantry. This is one way that we will continue to help fight poverty in our own backyard. If you wish to donate items, please bring them to our office or leave them in our outdoor food pantry.

-Sydney Dean

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A Life-Changing, Fun, One Day Retreat For Couples

The Camden Life Center and Come to the Table Counseling will be hosting a One Day Retreat for Couples based on the *Seven Principles for Making Marriage Work* by John Gottman.

There are many challenges to obtaining marriage therapy, especially in a rural setting. Don't miss out on this amazing opportunity to learn tips and tricks from an expert marriage therapist, Wendy Pidkaminy, LCSW-R

This Program is designed for couples to:

- Improve friendship, fondness and admiration,
- Enhance romance and intimacy,
- Handle marriage conflict constructively,
- Gain skills to address perpetual and solvable problems,
- Create a shared meaning and maintain gains throughout a lifetime.

Couples that benefit from this retreat are married or committed couples, pre-engaged couples, and premarital couples. From newlyweds to seniors, this retreat is meant for anyone who wishes to enhance their marriage.

Location: TBD

Date: Saturday, January 27th from 9-3pm.

Registration begins at 8:30am.

Cost: \$100 per couple and includes lunch and materials.

Space is very limited. Email

Jessica@CtttCounseling.com to reserve your spot today!

Quote of the Month

"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over." —**F. Scott Fitzgerald**

Medicare Advantage Plan Open Enrollment

From January 1st to March 31st if you have a Medicare Advantage Plan, you can switch plans or return to an Original Medicare Plan. Stop in during our Senior Services hours or call to make an appointment to meet with Bonnie to discuss your options.

Community Cafe Informational Session "Coffee Talk"

Date: Thursday, January 25th @ 6pm

Location: Camden Life Center Conference Room



Details: Enjoy some Coffee Cultural Revival coffee and learn more about plans to develop a Community Cafe in Camden. **Your questions and ideas are greatly appreciated.**

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.

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. 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\$
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, January 16th 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 January 10th, 17th, and 24th.

****New Service: 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, January 4th.

New Course!**Executive Functioning Skills & Strategies that WORK!**

Do you or a loved one find it challenging to get organized or plan time? Struggle with starting tasks and sticking with it to the end? Struggle to focus or manage big emotions? These are executive functioning skills! Join us!

Dates: Thursday, January 11, 18 and 25th

Time: 6:30-7:30pm

Cost: \$45 for all 3 sessions, sliding scale is available.

Call or text to register at 315-617-8105

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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 continues 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, January 8th 9-11am

Pick up - Fri, January 26th 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 Wednesday January 31st 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

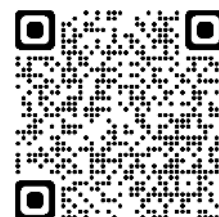
Never Use Alone:

- 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 January 2024

THURS. 4	9:30AM-3PM Tri-County WIC on Site in Camden	TUES. 23	10 - 4 PM MVCAA
MON. 8	9AM-11AM Food Sense Sign-Ups	THURS. 25	6PM Coffee Talk
WED. 10, 17, 24	9AM-12PM Senior Services on Site	FRI. 26	1:30PM-3PM Food Sense Sign-Ups and Pick Ups
TUES. 16	10AM-4PM National Grid Consumer Advocate	WED. 31	3PM Mobile Food Pantry @86 Mexico Street. Do not lineup before 2pm

Daily Services 8:30-4pm:

- Come to the Table Counseling
- Case Management

Weekly Services:

- Mon. & Tues.- Helio Health 8-3pm
- Thurs.- Willow Network (Formerly Care Net) 10:30-4pm
- Tues. & Thurs.- Mind Matters

Events page at:



Food \$en\$e

Order and Pick-Up Location: **CAMDEN LIFE CENTER, 20 MAIN STREET, CAMDEN**
Online ordering now available: <https://foodsense.foodbankcny.org/>

January 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: December 15th, 1:00-3:00pm and Monday, January 8th, 9:00-11:00am Pickup date: January 26th, 1:30-3:00pm

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

- | | | |
|------------------------------------|---------------------------|---------------------------|
| -Italian Meatball, 1 lb. | -Mozzarella Cheese, 8 oz. | -Cannellini Beans, 15 oz. |
| -Chicken Breasts, 1.75 lbs. (avg.) | -Cheese Ravioli, 13 oz. | -Diced Tomatoes, 15 oz. |
| -Italian Sausage, 1 lb. | -Pasta Sauce, 24 oz. | -2 produce items |
| -Ground Turkey, 1 lb. | -Pizza Rolls, 7.5 oz. | |

January SPECIALS:

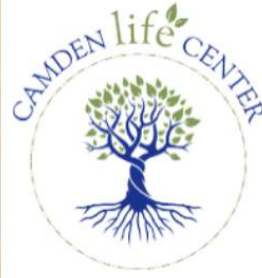
- Stuffed Pork Chops, 2 lbs. for \$9.00:** The pork chops are stuffed with a bread, apple, and cranberry mix.
- Chicken Wings, 5 lbs. for \$10.00:** The chicken wings are ready for the air-fryer or oven and are in a resealable bag.
- American Cheese, 5 lbs. for \$12.50:** The sliced American Cheese is not individually wrapped.
- Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- Meatloaf, 2 lbs. for \$9.00:** The meatloaf is a traditional meatloaf made with 100% ground beef.
- Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

Questions contact:

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



COMMUNITY MEETUP @ CAMDEN LIFE CENTER
20 MAIN ST, CAMDEN, NY 13316



JANUARY MEETUP GROUP

**LEARNING MORE ABOUT
EXECUTIVE FUNCTIONING SKILLS
AND STRATEGIES THAT WORK**

Do you or a loved one find it challenging to **get organized** or **plan your time**? Does your teenager find it hard to start a task or **stick with it** to the end? Do you have a child who **struggles to focus** or manage big emotions? These are **Executive Functioning Skills**!

Join us!

- 3 casual meetups
- Learn about executive functioning skills
- Explore the impact and share with others
- Take home strategies and resources that help!

Thursday, January 11th, 18th, and 25th 6:30-7:30 PM
45\$ for all three sessions (Sliding scale avail.)

Call or Text to Register

 1 (315) 617 8105

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@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
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- 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