MARCH 2024

Camden Life Center Newsletter

EDITION #17

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. Spring is around the corner and despite the relatively mild winter, I am more than ready for the new growth and freshness that spring brings. It reminds me of my good friend's *Word of the Year* a few years ago of "Bloom". The expression "bloom where you're planted" encourages me to take advantage of the opportunities in my life and be grateful for the present situation, even in circumstances that are not ideal.

Spring's arrival also brings forth the dreaded daylight savings time and losing an hour of sleep. To learn some helpful tips on taking care of your mind and body during this time, check out the helpful guidance from the Sleep Foundation to lessen these risks.

This month is a busy month with many "National" months including National Reading Month, National Nutrition Month, and my personal favorite, National Social Work Month. Join us as we read a little extra, learn about nutrition and its impact on our mental health (page 2), and also take a moment to celebrate the work that Social Workers do in our community.

Have a great day, Jessica Perusse, LCSW-R

Spotlight of the month:
National Reading Month

March is National Reading Month. In honor of Dr. Suess's birthday on March, 2nd (1904), National Reading Month began in 1994. National Read Across America Day kicks off on March 2nd where individuals around the nation come together to read books and celebrate the joy of reading.

During the month of March, it is very typical that people will increase their reading throughout the month. Did you know that reading has significant benefits that will continue to pay off in the future? Take this month to learn some of the benefits that come from reading including: strengthening the mental muscles, helping to improve comprehension and analytical abilities, increasing imagination, and boosting memory.

To celebrate, join us this month in reading "Maybe you should talk to someone: A Therapist, HER Therapist, and Our Lives Revealed" by Lori Gottlieb, and then join us for Book Club. Take a look at page 3 for more details

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National Nutrition Month

March is National Nutrition Month, making it the perfect time to explore the intricate relationship between food and mental health. While we're familiar with the impact of nutrition on physical health, an emerging field known as Nutritional Psychology is highlighting the profound effect of diet on mental well-being.

Navigating the realm of nutrition can be daunting, with conflicting information, financial constraints, and societal pressures dictating what we should and shouldn't eat. Recognizing that nutrition is deeply personal, it's clear that a one-size-fits-all approach to eating simply doesn't work.

To enhance your nutrition, consider embracing a diet rich in whole foods. This entails consuming foods in their natural state, such as meats, vegetables, fruits, and whole grains, while avoiding heavily processed items. The vibrant colors of vegetables and fruits signify a variety of essential micronutrients vital for bodily and mental functions.

Embrace the goodness of fats, particularly monounsaturated and polyunsaturated fats found in nuts, seeds, fish, and avocados, as they promote brain health and satiety (that feeling of being full). Moreover, if you're on medication, inquire with your healthcare provider about potential nutrient deficiencies linked to your medication, as some drugs can hinder nutrient absorption.

Lastly, enjoy your meals. Enjoyment of food is not only a pleasure but also crucial for optimal nutrient absorption and digestion. When you savor your food, you're likely to eat more mindfully, potentially reducing overall intake while fostering a healthier relationship with food.

By incorporating these practices into your dietary routine, you can not only improve your physical health but also nurture your mental well-being, promoting a harmonious balance between body and mind.

Be sure to check out our social media, Facebook, Instagram, and LinkedIn, all this month for more nuggets of nutrition information that will satisfy your craving to know more!

-Rebecca Edwards, CLC Intern/Utica University MSW Student

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Save the Dates:

3/19: First Day of Spring Celebration
3/23: Camden St. Patrick's Day Parade
4/18: Story Telling 6:30 pm
4/25: Movie Night
5/16: CLC at Vienna Farmers Market
5/18: Run for Recovery @Green Lakes State Park for Helio Health
5/21: Chalk the Walk
5/27: Memorial Day Parade
8/12-8/16: Adulting 101

First Day of Spring Celebration

The first day of spring is upon us, and like many of you, we are watching and waiting for that warmer weather to come for us. Watch for information in the upcoming weeks about the CLC's plans to ring in our warmer, springtime weather!

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

Quote of the Month

"Education is the most powerful weapon for changing the world."
Nelson Mandela

Book Club

Did you know that March is National Reading Month? For the Month of March Camden Life Center will be reading "Maybe you should talk to someone: A Therapist, HER Therapist, and Our Lives Revealed" by Lori Gottlieb.

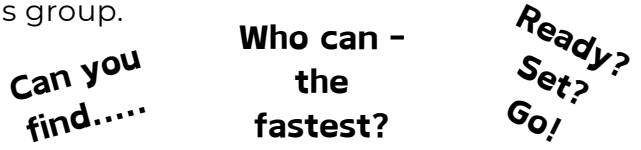
Join us in reading this amazing book during the month of March. Then join us on **Thursday March, 21st at 6pm** for a party to celebrate this book and to chat with others about this book.

Gamify It! Parent Meet Up!

Do you struggle for your family to get through daily routines?

Join us for a fun and interactive workshop where you can learn how to use Gamification to make daily routines and expectations at home more interesting and engaging for the whole family. This can be used to complete tasks more effectively and to remove stress and frustration for you and your kids around expectations set at home.

Date: Thursday, March 14th
Time: 6:00-8:00 pm
Cost: $40 for the session, sliding scale is available.
Contact Rebecca at (315) 617-8105 to register for this group.



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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 ene
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, March 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 March 13th and 27th, 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 into 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, March 7th, 2024.

****Mohawk Valley Community Action Agency (MVCAA)**, MVCAA provides services such as Section 8, HEAP, free tax prep services, runaway & homeless youth services and so much more. MVCAA will be at the CLC on 3/7 and 3/19

Who should our next partner be?

Tell us your thoughts as we work to bring the services YOU need to the Camden community

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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.eretailing.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 ene 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, March 4th 9-11am
Pick up - Fri, March 29th 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.

Due to unforeseen circumstances, The Mobile Food Pantry of CNY Food Bank **will not be in Camden in March.**
Please look for April Dates.

There are no income guidelines for families to receive food. While supplies last.

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 ene 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:

CAMDEN life CENTER

Events for March 2024

MON. 4 — **9AM-11AM** Food Sense Sign-Ups	THURS. 14 — **6PM-8PM** Gamify It! Parent Meet Up	THURS. 21 — **6PM** Book Club Meet Up
THURS. 7 — **8:30AM-4PM** **Family First Thursday** with WIC and MVCAA	TUES. 19 — **10AM-4PM** National Grid Consumer Advocate on Site	SAT. 23 — **1 PM** Camden's St. Patrick's Day Parade
WEDS. 13 & 27 — **9AM-12PM** Senior Services on Site	TUES. 19 — **8:30AM-4PM** MVCAA Resource Specialist on Site	FRI. 29 — **1:30PM-3PM** Food Sense Sign-Ups and Pick-Ups

Daily Services 8:30-4pm:
- Come to the Table Counseling
- Case Management

Weekly Services:
- Mon. & Tues.- Helio Health 8-3pm
- Thurs.-Willow Network 10:30-4pm
- By appointment- Mind Matters

Events page at:

SCAN ME

No Mobile Food Pantry for the month of March

20 Main Street, Camden, NY 315-820-2638

Food ene

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

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FOOD ENE 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: February 23rd, 1:30-3:00pm and Monday, March 4th, 9:00-11:00am Pickup date: March 29th, 1:30-3:00pm

Projected Package for March (Subject to change)- **$20.50**

- **-Pork Tenderloin, 1.8 lbs. (avg.)**
- **-Chicken Drumsticks, 2.4 lbs. (avg.)**
- **-Marinated Beef Portions, 1 b.**
- **-Pollock Filets, 1 lb.**
- **-Ground Turkey, 1 lb.**
- **-Stuffed Rigatoni, 12 oz.**
- **-Peas and Carrots, 1 lb.**
- **-Frozen Strawberries, 1 lb.**
- **-Elbow Macaroni, 1 lb.**
- **-Applesauce, 15 oz.**
- **-2 produce items**

March SPECIALS:

-Spiral Hams, 9 lbs. for $13.50: The spiral honey ham is bone-in, fully cooked, and averages 9 lbs. per special.
-Lasagna Roll-Ups, 2.5 lbs. for $6.50: The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.
-Meatloaf, 2 lbs. for $9.00: The meatloaf is a traditional meatloaf made with 100% ground beef.
-Stuffed Pork Chops, 2 lbs. for $9.00: The pork chops are stuffed with apples and cranberries.
-American Cheese, 5 lbs. for $12.50: The sliced American Cheese is not individually wrapped.
-Chicken Wings, 5 lbs. for $11.50: The chicken wings can be cooked in the air-fryer or oven.

Questions contact:
Stephenie Hazlewood: 315-795-9378 or Sydney Dean: 315-832-0368

Daily routines wearing you out?

GAMiFY iT!

Do you find it challenging to get your family through **daily routines?** Are you tired of **repeating yourself** around daily chores? In this fun and interactive workshop, learn how to **use Gamification** to make daily routines and expectations at home more interesting and engaging for the whole family, to complete tasks more effectively and to remove stress and frustration for you and your kids around expectations at home.

Join us!

-1 evening session
-Learn about what it means to gamify a task
-Explore the impact and share with others
-Bring home games and ideas that work!

Thursday, March 14th 6:00-8:00 PM

$40 for the session (Sliding scale avail.)

Call or Text to Register

1 (315) 617 8105

CAMDEN life CENTER

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