

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 you are doing well. April showers bring May flowers - and I'm hoping for some warm weather, sunshine, and flowers! (please hold the pollen). For the month of April, the CLC is focusing on the power of laughter (see page 2) and is preparing for Earth Day. Watch for dates over spring break to join us on a walk through the River Walk and Forest Park to do a little tidying up. We'd pick a date now but we know it would only make it the rainiest day of the week ☁️🌧️☔

Calling all youth! Do you want to be a voice for change and growth in the Camden community? Are you looking for opportunities for Leadership? Join the Youth Advisory Council! The Council will meet on Thursdays - 5/2, 5/16, and 6/6 from 3-4pm the Camden Life Center. See the ad on page 8.

You asked we listened! Check out page 2 for information on our \*NEW\* Chair Yoga class taught by Come to the Table Counseling's very own, Tracey Lazore! Tracey is certified in Chair Yoga and can't wait to share this relaxing and fun activity with you.

Save the date! The 4th Annual Wellness Day will be held on Saturday, June 1st in coordination with the Camden Elementary PTO's Color Run! This will be a great day with lots of family fun as well as opportunities to learn more about recreation opportunities and services available for every stage of life. Join our current CLC partners and many others from across the county for this great event. PS- I heard there will be food trucks! Who doesn't love a food truck??

Lastly, we want to thank all of you who have helped spread the word about the CLC, our mission, and our vision. We have been able to meet SOOOO many new people over the last 3 months and we are honored that you have welcomed us in to help with the hard stuff in life. Please be patient with us as we continue to expand our services to best meet your needs.

See you soon! Jessica Perusse, CLC Director

# SAVE THE DATES

- Spring Break-Community Clean up date/time TBA
- 5/16: CLC at Vienna Farmers Market's Opening Day!
- 5/21: Chalk the Walk @ the CLC
- 6/1: Camden Color Run & The CLC's 4th Annual Wellness Day
- 8/12-8/16: Adulting 101 for Teens

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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 with our theme of **"Down to Earth"**

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.

**Date: Thursday, April 18th, 2024****Time: 6:30 pm**

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.

**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

**Spotlight of the month:****The Power of Laughter**

With the start of April comes a day celebrated by making others laugh, April Fools' Day. This is a day dedicated to sharing laughter between friends, family, and even coworkers, but what could happen if we celebrate laughter every day? This month is putting the spotlight on the benefits of laughter on our mental and physical health. Being able to implement laughter into our lives on a daily basis can have both short and long-term benefits for our wellbeing. Whether it's laughing at your favorite show or laughing with your best friend until your stomach hurts, there are some great benefits to laughter.

By laughing, you can induce some short-term changes in your body. When you laugh, your body increases its intake of oxygen. This increased intake of oxygen promotes stimulation and circulation for some of your body's important organs such as the heart and lungs. Laughter also can alleviate many physical symptoms of stress within the body. Laughter can aid in soothing tension resulting from stress by promoting muscle relaxation and promoting circulation throughout the body. This can help reduce physical symptoms of stress and relieve any tension within the body.

Not only are there short-term benefits to laughter, but there are long-term benefits as well. Something as simple as sharing a laugh has the ability to help improve your immune system. By laughing, your body can release certain signals to your brain which can actually help your immune system fight off diseases within our bodies. Laughter can also improve our mood, especially in individuals dealing with depression. Laughter can reduce feelings of stress and depression by helping us feel happier. So next time you're feeling down, find something to turn your frown upside down and you just might feel a change in your daily wellbeing. For more information about the health benefits of laughter and how to implement it daily, visit [mayoclinic.org](https://www.mayoclinic.org).

Veronica Gigliotti, MSW Intern, Utica University

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**Mind Matters Updates****Welcome Frankie Mangona to Our Team!**

We are thrilled to announce a new addition to our Mind Matters Neurofeedback Centers family, Frankie Mangona, BS. Frankie has joined us as a dedicated Neurofeedback Technician, bringing a unique blend of knowledge and passion to our team. With an undergraduate degree in Criminal Justice and Sociology from Potsdam State University, and currently pursuing a Master's Degree in Social Work (MSW) from Syracuse University, Frankie is well-equipped to understand and address the diverse needs of our clients.

**Special April Offer!**

This April, we're excited to offer a special discount on our initial Quantitative Electroencephalogram (QEEG) services. Book an initial QEEG appointment anytime this month at a promotional price of \$670, a significant reduction from the standard \$770. This is a wonderful opportunity to access a valuable tool capable of improving outcomes for other services.

**Why Opt for a QEEG Brain Map?**

The QEEG brain map is an essential assessment tool, particularly beneficial for individuals experiencing ADHD, anxiety, depression, memory concerns, sleep issues, or any other mental health challenges. It provides a detailed analysis of brainwave patterns, enabling our clinical specialists to better understand underlying issues, be more accurate with suggested next steps, as well as tailor neurofeedback sessions more precisely to your unique neurological profile. By understanding the specific areas of the brain that may be dysregulated, we can target our interventions more effectively, paving the way for improved mental health and well-being.

We look forward to supporting you on your journey to better mental health with these exciting updates!

**Chair Yoga**

Interested in trying yoga, but not sure about getting down on the floor or doing standing poses? This class adapts yoga positions and poses through the use of a chair which allows for safety, stability, and support. This is an excellent way to increase flexibility, build strength, and develop balance and a sense of well-being. All abilities are encouraged and welcome to attend.

**Date:** Thursday, April 4th and April 18th  
**Time:** 12pm (noon)

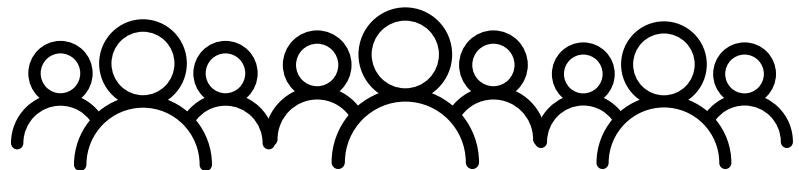
**Location:** Camden Life Center's Conference Room

**What do I need?** Nothing! Just wear comfy clothes (and maybe bring a friend!)

**Do I need to sign up?** Nope! Just stop in and try it out!

**Senior Lunch**

The Senior Lunch is back! This Camden event is held weekly on Wednesdays at noon at the Parkside Church (formerly the Wesleyan Church at 101 Main Street, Camden). This event is open to all older adults and is free of charge. Check out this great event for a little mid-week boost of community.

**Quote of the Month**

"The human race has only one really effective weapon and that is laughter." – Mark Twain

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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. 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 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](http://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, April 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?

**\*\*Resource Navigation for Older Adults:**

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 April 10th and 24th, 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, April 4th, 2024.

**\*\*Mohawk Valley Community Action Agency (MVCAA):**

MVCAA brings a wide range of services to our community including Section 8, HEAP, and all the other programs that MVCAA offers. Mark your calendar for Thursday, April 4th or Tuesday, April 16th from 9am-4pm.

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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, April 8th 9-11am**

**Pick up - Fri, April 26th 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 April 25th at 4:00pm.**

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 3pm. 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:



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

# CAMDEN *life* CENTER

## Events for April 2024

THURS. 4	9AM-4PM <b>Family First Thursday</b> with WIC and MVCAA	WEDS. 10 & 24	9AM-12PM Resource navigation for older adults	WEDS. 18	6:30PM Camden Storytelling Event
THURS. 4 & 18	12PM Chair Yoga	TUES. 16	10AM-4PM National Grid Consumer Advocate on Site	THURS. 25	4PM Mobile Food Pantry @86 Mexico St. Do not lineup before 3pm
MON. 8	9-11AM Food Sense Sign-Ups	TUES. 16	9AM-4PM MVCAA Resource Specialist on Site	FRI. 26	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 **SCAN** ME 

page:

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

## Food \$en\$e

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

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

**April 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: Mach 29th, 1:30-3:00pm and Monday, April 8th, 9:00-11:00am Pickup date: April 26th, 1:30-3:00pm

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

- |                                     |                           |                           |
|-------------------------------------|---------------------------|---------------------------|
| -Meatballs, 1 lb.                   | -Mozzarella Cheese, 8 oz. | -Diced Tomatoes, 14.5 oz. |
| -Italian Sausage, 1 lb.             | -Tomato Soup, 18.5 oz.    | -Pears, 14.5 oz.          |
| -Tilapia, 1 lb.                     | -Spaghetti Sauce, 24 oz.  | -2 produce items          |
| -Boneless Chicken Drumsticks, 1 lb. | -Rigatoni, 1 lb.          |                           |

### April SPECIALS:

- Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- Stuffed Chicken, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- Beef with Broccoli, 22 oz. for \$6.50:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- Pantry Box, 10 lbs. for \$11.50:** The pantry box is 8 items and consists of: Corn Flakes (7 oz.), Pancake Mix (32 oz.), Instant Potatoes (13.3 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.), and Carrots (14.5 oz.)
- Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

Questions contact:

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



**YOU ARE INVITED!**

# ★ CAMDEN STORIES ★

**APRIL  
18th**

**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!**

**April Theme:**

*Down to Earth!*



**TEXT OR CALL TO SIGN UP AS A STORYTELLER**

**1-315-617-8105 (DEADLINE: MARCH 28TH)**

**20 Main St, Camden, NY 13316**

# LEADERSHIP OPPORTUNITY

## YOUTH ADVISORY COUNCIL

Do you wish to be a voice for change and growth  
in the Camden community?

Looking for opportunities for Leadership?

Join the Youth Advisory Council!

Meeting on 5/2, 5/16, and 6/6 from 3-4pm  
@ Camden Life Center



Open to ages 13-18 years old  
Call and leave a message to apply  
(315) 820-2638

# 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  
[kjmarfil@syr.edu](mailto:kjmarfil@syr.edu)

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