

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! Welcome to the May edition of the Camden Life Center newsletter! This month, we join organizations across the country in observing National Mental Health Awareness Month.

Mental health is essential to our overall well-being, yet many still face stigma and barriers to getting the care and support they need, especially in rural communities. At the Camden Life Center, we are committed to promoting mental wellness, increasing access to resources, and fostering an environment of understanding and respect.

In this issue, we highlight important mental health information and events happening at the CLC throughout May. You'll find more information on mental health and stigma (check out page 2), our Chalk the Walk Event (see page 3) as well as our other ongoing monthly efforts to bring wellness services right to our community. Want to join the CLC staff in spreading the word? Stop in at our friends at Olive Grove Gathering Co @ 64 Main Street, Camden to check out their Mental Health line of T-shirts.

Looking ahead, check out the information on the 4th annual Wellness Day (page 3) to be held on June 1st in the Village Park. With our extensive network of partner agencies, this year's event is sure to be the best yet. Also, mark your calendar now for August 23 for our first-ever Camden Life Center Gala to be held at Camden's very own Burlap & Lace Barn.

While reading, make sure you check out our "Sprinkles" section to learn more about our newest CLC partner, the YWCA. We are excited to bring their services to our community. Curious about what they do? Stop in on May 14 between 9:30-3:30 to learn more.

In closing, let's use this month to start open and honest conversations, break down stigmas, and take steps toward cultivating positive mental health for all.

See you soon! Jessica Perusse

# SAVE THE DATES

- 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
- 8/23: Camden Life Center Gala

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**Spotlight of the month:**  
**Mental Health Awareness**

At some point we have all heard, or used, the saying, "Sticks and stones may break my bones, but words will never hurt me." But words do hurt and when it comes to stigma, they significantly impact our mental health. May is Mental Health Awareness Month making it the perfect time to explore stigma and mental health, and the language used around this topic.

Stigma is a form of stereotypes or negative views about a person or groups of people when their characteristics or behaviors are viewed as different from or inferior to societal norms. These characteristics and behaviors are often discussed within the community and can result in labels being placed on various groups or individuals. When people are faced with stigma they may experience feelings of shame, hopelessness, and isolation. A person may feel reluctance to ask for help or treatment and feel a lack of understanding by their family and friends.

Stigma results in fewer opportunities for employment and social interaction, and can even extend to forms of bullying, physical violence, or harassment. Labels attached to stigma that are developed through the language used in society can cause an individual to feel self-doubt, social isolation, and the belief symptoms of mental illness are the fault of the individual living with them.

Language such as, "abnormal," "crazy," "addict," or "alcoholic," are examples of negative labels associated with stigmas. When words associated with negative labels are used, it is common for the person associated with the label to be seen as bad, weak, or unworthy. These associations are what can cause an individual living with mental health challenges or addictive behaviors to not seek treatment due to feelings of shame, hopelessness, and isolation.

Did you know that compared with our urban counterparts, rural Americans have a higher rate of depression, and suicide rates of people living in rural counties are 64-68% higher than those living in urban areas?

**RURAL LIFESTYLE CHALLENGES TO MENTAL HEALTH INCLUDE:**

- Self-imposed barrier of asking for help when taught to pursue self-reliance as a virtue
- Lack of trust in anyone to maintain confidentiality in a small, close-knit community
- Fear of negative judgment from others as being incompetent or less capable
- Difficulty getting an appointment with limited availability of mental health professionals
- Time and transportation required for long-distance travel to meet with a mental health professional
- Unreliable, expensive, or nonexistent internet service for online video or telehealth appointments
- Lack of adequate health insurance coverage
- A feeling of isolation without having access to talk with someone who understands mental health challenges

This month, be sure to follow along on Facebook and Instagram for more information on stigma and the way language impacts mental health!

Mary Mangona, MSW Intern, Syracuse University

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**4th Annual Wellness Day**

The Camden Life Center will be hosting our 4th Annual Wellness Day next month. This year we are joining the Camden Elementary School Color Run. Wellness Day will take place right after the 5K Color Run is complete. Join us for a fun filled day with lots of activities for the whole family!

**Date:** Saturday June 1st

**Time:** 11am-2pm

**Location:** Camden Village Park

If you are an agency or program and would like to reserve your spot for this event you can contact Sydney Dean at [sydneydean.clc@gmail.com](mailto:sydneydean.clc@gmail.com) or complete the online registration form at: <https://forms.gle/YQGW5EChdKbzS9jY8>

There is a \$100 registration fee this year, if you would like to request a scholarship, contact [camdenlifecenter@gmail.com](mailto:camdenlifecenter@gmail.com).

**Camden Life Center Gala**

Save the date! More information to come!

**Who:** You!

**What:** Dinner and silent auction

**When:** Friday, August 23, 2024, 6:30-10:30 pm

**Where:** Burlap & Lace Barn

**Why:** To increase awareness and support for wellness services in Camden.

**Chalk the Walk**

**When:** Friday, May 24th

**Time:** 1-3pm

**Where:** Sidewalk in Front of the Camden Life Center (20 Main Street, Camden)

**What:** Join us for some fun as we decorate the sidewalks in front of the CLC.

**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, May 2nd, 16th and 30th

**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!

**Vienna Farmer's Market**

The Vienna Farmer's Market is one of the locations that accepts your SNAP dollars for to purchase fresh fruits and veggies. When you use your SNAP dollars, the Double Up program will match your purchases for that day (up to \$20 a day). So instead of \$10 of fruits and veggies you can receive \$20!

**When:** May 16th is opening day of the Vienna Farmer's Market. Catch the Camden Life Center here on a bi-weekly basis; May 16th and May 30th this month.

**Where:** The Farmhouse; 6839 Lakeshore Road N, Verona Beach

**What:** The Vienna Farmer's Market brings fresh and local fruits, veggies, baked goods, meats & dairy, handmade crafts and more to the community.

**Quote of the Month**

"Wherever you go, no matter what the weather, always bring your own sunshine." — Anthony J. D'Angelo

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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.

**\*\*National Grid Consumer Advocate:**

National Grid will be on site Tuesday, May 21st from 10am-4pm. Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Stop in to review and regroup what needs to be done to get your energy bill straightened out.

**\*\*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. This month held on May 8th and 22nd, 2024.

**\*\*Tri-County WIC @ the CLC:**

WIC helps pregnant women, new mothers, and children under the age of five learn about health and provides assistance in obtaining nutrient-dense foods. Income requirements may surprise you and many people qualify & don't know it. Even working families may qualify. Stop in to the CLC for assistance with applying. WIC will be on sight the first Thursday of the month from 9:30-3:00pm. WIC will be in Camden on Thursday, May 2nd, 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, May 9th or Tuesday, May 21st from 9am-4pm.

**\*\*YWCA Mohawk Valley:**

The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will be on-site Tuesday, May 14th from 9:30am-3:30pm.

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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, May 86h 9-11am

Pick up - Fri, May 24th 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 May 30th 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 CENTER

## Events for May 2024



THURS. <b>2</b>	<b>9AM-4PM</b> <b>Family First Thursday</b> with WIC and CCE Child Care Council	WEDS. <b>8</b> <b>822</b>	<b>9AM-12PM</b> Resource navigation for older adults	FRI. <b>24</b>	<b>1PM-3PM</b> Chalk the Walk
THURS. <b>2, 16,</b> <b>830</b>	<b>12PM</b> Chair Yoga	THURS. <b>9</b>	<b>9AM-4PM</b> MVCAA Resource Specialist On Site	FRI. <b>24</b>	<b>1:30PM-3PM</b> Food Sense Sign- Ups and Pick-Ups
MON. <b>6</b>	<b>9AM-11AM</b> Food Sense Sign- Ups	TUES. <b>21</b>	<b>10AM-4PM</b> MVCAA and National Grid	THURS. <b>30</b>	<b>4PM</b> Mobile Food Pantry @86 Mexico St. Do not lineup before 3pm

### 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**  
page: **ME** 

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**\*\*Newest addition: YWCA Tues 5/14 9:30-3:30pm\*\***



## Food \$en\$e

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

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

May 2024

**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: April 26th, 1:30-3:00pm and Monday, May 6th, 9:00-11:00am Pickup date: May 24th, 1:30-3:00pm

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

- Chicken Breast, 1.66 lb.
- Marinated Beef Portions, 1 lb.
- Ground Turkey, 1 lb.
- Fish Sticks, 1 lb.

- Hot Dogs, 1 lb.
- French Fries, 30 oz.
- Mac & Cheese, 7.25 oz.
- Frozen Strawberries, 1 lb.

- Applesauce, 15 oz.
- Frozen carrots, 15 oz.
- 2 produce items

### May SPECIALS:

- **Chicken Wings, 5 lbs. for \$11.25:** The chicken wings are ready for the air-fryer or grill and are individually quick frozen.
- **Protein Box, 6 lbs. for \$14.50:** Includes ground beef (1 lb.), Italian Sausage (1 lb.), chicken drumsticks (2.2 lbs.), Pollock Filets (1 lb.), & bologna (1 lb.).
- **American Cheese, 5 lbs. for \$13.00:** The American cheese is not individually wrapped.
- **Shrimp Scampi, 1.5 lbs. for \$6.00:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
- **Baby Back Ribs, 2 lbs. for \$10.50:** The ribs are fully cooked and are in a BBQ sauce.
- **Meatballs, 5 lbs. for \$13.25:** The Italian meatballs are fully cooked and are in a five-pound bag.

Questions contact:

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

# CAMDEN COLOR BLAST



**CAMDEN VILLAGE PARK**

**SATURDAY, June 1, 2024**

**Kids Fun Run 9:30 am \$15**

Kids Fun Run for children ages 3-12

**5K 10:30am \$30 (\$25 CCS students and employees)**

5K open to all ages

**ALL PROCEEDS BENEFIT CAMDEN ELEMENTARY PTO**

**FREE t-shirt and color packet for all participants that register by May 3rd.  
REGISTRATION WILL CONTINUE UP UNTIL RACE DAY or UNTIL WE ARE  
FULL.**

**Fun for all ages – Rain or Shine**

HOW TO REGISTER: [www.active.com](http://www.active.com)



[www.camdenaschools.org](http://www.camdenaschools.org)

OR pick up a form at Camden Elementary

**Community**  
 **Bank** N.A.

Our sponsors:



# CAMDEN CENTER

## W E L L N E S S

## D A Y

**June 1st, 2024 in the Village Park of  
Camden from 11am-2pm**

Come visit staff from the Camden Life Center,  
Come to the Table Counseling, CFLR, Helio  
Health, Willow Network, 50 Forward & many,  
many more. Learn about all of the resources that  
are available to you and your family right here in  
Camden

Food, music, children's activities, sign ups for kids  
summer programming and camps and community  
resources are available.





# 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)