

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!

Greetings to all our valued community members and supporters. As we embrace the heart of summer, we're thrilled to announce July as **Friendship Month** here at Camden Life Center. Speaking of Friendship Month, come and celebrate the joy of companionship with us at a series of exciting events designed to bring friends together and create lasting memories.

Join us for a relaxing session of **chair yoga**, where relaxation meets exercise, promising a rejuvenating experience for all participants (details on page 3). If you're in the mood for some cinematic magic, mark your calendars for our special **screening of "Inside Out 1"**, a beloved movie that promises to stir both laughter and introspection (details on page 3).

In a truly exciting first for Camden Life Center, we cordially invite you to our inaugural **Black Tie and Blue Jeans Gala** on August 23rd at the beautiful Burlap and Lace Barn. This promises to be an evening of elegance and charm, fun and play, celebrating community spirit in style (more information on page 4).

But that's not all—join us for one of our upcoming educational opportunities. Sign up for our upcoming **Hands Only CPR** class in collaboration with the American Red Cross, where you can learn FREE life-saving skills (details on page 4) or check out **MVCAA's Weatherization** presentation to learn how you can help keep your home cool over the summer months and toasty warm in the winter (page 3). Additionally, our immensely popular **"Adulthood 101"** course returns, offering teens essential insights and skills to navigate the complexities of adulthood with confidence and competence (details on page 4).

Stay tuned to our newsletter for updates on these events and more. Thank you for being a part of Camden Life Center—we look forward to seeing you soon!

Warm regards,  
Jessica Perusse  
Director, Camden Life Center

# SAVE THE DATE!

- 7/10: Hands Only CPR
- 8/12-8/16: Adulthood 101 for Teens
- 8/23: Camden Life Center Gala

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**Spotlight of the Month: A Call to Action During Friendship Month**

July is Friendship Month which gives us an opportunity to reflect on the Surgeon General's report addressing the growing epidemic of social isolation and loneliness in the US. This comprehensive report underscores a public health crisis that has been simmering for years but has reached new heights, particularly in the aftermath of the COVID-19 pandemic. It also highlights **the critical role that friendships play** in mitigating these issues, making Friendship Month an ideal period to foster and celebrate meaningful connections.

Understanding the Epidemic

Dr. Vivek Murthy, the U.S. Surgeon General, has characterized social isolation and loneliness as significant public health concerns that impact millions of Americans across all age groups. Loneliness can lead to severe health consequences, including increased risk of heart disease, dementia, depression, and anxiety. Chronic loneliness is said to have a similar effect on mortality as smoking 15 cigarettes a day, emphasizing the gravity of the situation.

The Role of Friendship in Combating Loneliness

Friendship Month serves as a reminder of the importance of personal relationships in our lives. Strong social connections can provide emotional support, a sense of belonging, and practical help, all of which are crucial for mental and physical well-being. Friendships offer a buffer against the stresses of life, fostering resilience and promoting a positive outlook.

The Impact of the COVID-19 Pandemic

The COVID-19 pandemic exacerbated the issues of social isolation and loneliness. Lockdowns, social distancing measures, and the shift to remote work led to less face-to-face interactions, which are vital for maintaining social bonds. While technology provided a temporary bridge, virtual interactions often lack the depth and emotional richness of in-person connections. As we emerge from the pandemic, there is a pressing need to rebuild and strengthen our social networks.

Strategies for Reconnection

In light of these challenges, the Surgeon General's report suggests several strategies to combat social isolation and loneliness:

1. **Community Engagement:** Encouraging participation in community activities and organizations can help individuals build new connections and strengthen existing ones.
2. **Workplace Initiatives:** Employers can foster a sense of community by creating opportunities for social interaction among employees, whether through team-building activities or informal gatherings.
3. **Mental Health Support:** Providing access to mental health resources can help individuals cope with loneliness and build healthier relationships.
4. **Education and Awareness:** Raising awareness about the health impacts of loneliness and the importance of social connections can motivate individuals to prioritize their relationships.

Celebrating Friendship Month

Friendship Month offers a perfect opportunity to implement these strategies. It encourages us to reach out to old friends, make new ones, and invest time in nurturing our relationships. Simple acts like sending a message, scheduling a call, or organizing a get-together can have profound effects on our well-being and the well-being of those around us. Communities and organizations can also host events and initiatives to promote social interaction and foster a culture of connectedness; through volunteering, participating in local clubs or attending social gatherings where every effort counts.

Moving Forward

The Surgeon General's report is a wake-up call to the profound impact of social isolation and loneliness on our health and society. As we celebrate Friendship Month, let us commit to building stronger, more meaningful connections. By doing so, we can not only enhance our own lives but also contribute to a healthier, more connected community. This month is more than just a celebration but a call to action; use this time to reach out, reconnect and rebuild the social fabric that is essential for our collective well-being. Through this we can create a more connected and compassionate world.

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**MVCAA Weatherization Presentation**

**What:** Presentation about the NYS Weatherization Assistance Program (WAP).

**When:** Tuesday July 16th at 10am

**Where:** Camden Life Center Conference Room

The NYS Weatherization Assistance Program (WAP) is the largest residential energy conservation program in the country. NYS WAP assist income-eligible homeowners and renters in our state by reducing heating and cooling costs through energy-conservation measures, while also addressing health and safety issues in their homes. NYS WAP services are prioritized to reduce the amount of energy needed to heat and cool homes, supply hot water, and provide lighting. The aim is to reduce energy consumption while minimizing the impact of higher fuel costs on low-income families now and in the future. Income eligibility is based on the HEAP Guidelines.

**Movie Night**

Join the Camden Life Center for a fun filled outdoor movie night to watch Inside Out 1!

**When:** Wednesday July 24th at 6:30pm.

**Where:** Camden Life Center- back parking lot.

Feel free to bring your own blankets and lawn chairs to set up and watch the movie. Enjoy fresh popcorn and friendship as we celebrate Friendship Month

**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, July 11th and 25th.

**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:** Catch the Camden Life Center here on a bi-weekly basis; July 11th and July 25th 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**

"A friend is one who overlooks your broken fence and admires the flowers in your garden." – Unknown

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**Camden Life Center Inaugural Gala**

Join us for a night to remember at the Camden Life Center's Inaugural Black Tie & Blue Jeans Gala! On August 23, 2024, from 6:30 PM to 10:30 PM, step into a world where elegance meets rustic charm at Burlap and Lace Barn. Help us raise awareness and funds for the vital programs and services that empower our rural community to a brighter tomorrow.

Slip into your finest black tie attire or your favorite blue jeans for an evening of unforgettable experiences. Indulge in a delicious dinner, dance to the rhythm of great music, and mingle the night away. Explore our silent auction, brimming with unique items and experiences, and partake in an array of activities that showcase the vibrant spirit and fun of our community.

This gala is more than just an event; it's a celebration of community, resilience, and hope. Your presence and support will directly contribute to our mission of fostering a stronger, brighter future for everyone in our rural community.

Are you interested in attending the event? Sponsorships and tickets can be purchased at: <https://secure.ggiv.com/for/centerforfamilylifeandrecovery/event/blacktiebluejean4clc/>

Do you have a hobby and are interested in donating an item for auction? Please contact us at (315) 820-2638 to obtain more information.

Donated funds are tax deductible and 100% of the funds raised will be used to renovate our future Community Cafe and to continue doing good work in Western Oneida County.

**Adulting 101**

Calling all parents of teens! Do you have a teen entering grades 8th-12th grade?

The week of August 12th-16th your teen can join us to learn valuable skills to prepare them for adulthood.

Some of the topics include: car maintenance, nutrition information along with learning how to cook, phone and email etiquette, emergency preparedness, personal finance and more.

**Spots are limited!** Contact us now at (315) 820-2638 to reserve your child's spot.

**Hands Only CPR**

Join us to learn how to perform Hands Only CPR, a great skill to have at all times.

**Who:** Anyone 5th grade and older

**What:** Learn how to perform Hands Only CPR

**When:** Wednesday July 10th at 4:30pm

**Where:** Camden Life Center Conference Room

**Call us to reserve your spot. Limit of 20 seats**

\*Narc training will be available for individuals as well\*

**Willow Network Updates**

After several years of service, Willow Networks Camden Director, Carolyn Wise, has decided to step down for this season. We are so grateful for all the work she has done in building relationships within the community and providing our services to you. Coming onboard is Melissa Thurber, who has worked with Willow Network for 6 months, as a client advocate. Melissa is ready to meet you and continue providing services for the Camden community. Effective August 1, Willow Network will be changing our hours to Tuesday 10-4:30. We look forward to seeing you.

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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, July 16th 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 July 17th and 24th.

### **\*\*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, July 11th.

### **\*\*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, July 11th or Tuesday, July 16th 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, July 9th 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.ereetailing.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, July 8th 9-11am

Pick up - Fri, July 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 **Friday, July 26th at 4pm.**

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 July 2024

MON. 8	9AM-11AM Food Sense Sign-Ups	THURS. 11	9AM-4PM Family First Thursday with WIC and MVCAA	WEDS. 17 & 24	9AM-12PM Resource Navigation for Older Adults
TUES. 9	9AM-4PM YWCA Services	THURS. 11 & 25	12PM Chair Yoga	FRI. 26	1:30PM-3PM Food Sense Sign-Ups and Pick-Ups
WEDS. 10	4:30PM Hands Only CPR with Red Cross	TUES. 16	10AM-4PM MVCAA (10am Weatherization presentation) and National Grid	FRI. 26	4PM Mobile Food Pantry @86 Mexico St. Lineup after 3pm

### Daily Services 8:30-4pm:

- Come to the Table Counseling
- Case Management

Office will be closed on 7/4

### Weekly Services:

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

Events page: **SCAN ME** 

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## Food \$en\$

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

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

July 2024

**FOOD \$EN\$ 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: June 21st, 1:30-3:00pm and Monday, July 8th, 9:00-11:00am Pickup date: July 26th, 1:30-3:00pm

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

- Chicken Drumsticks, 3.5 lbs. (avg.)
- Kielbasa Sausage, 13 oz.
- Marinated Beef Portions, 1 lb.
- Ground Turkey, 1 lb.

- Fish Sticks, 1 lb.
- Mini Ravioli, 13 oz.
- Macaroni and Cheese, 7.25 oz.
- Brown Rice, 1 lb.

- Mashed Potatoes, 4 oz.
- Broccoli Florets, 12 oz.
- 2 produce items

### July SPECIALS:

- **Chicken Tenderloins, 3 lbs. for \$7.50:** The chicken tenderloins are individually quick frozen in a resealable bag.
- **Pork Ribs, 2 lbs. for \$9.50:** The pork ribs are fully cooked and are in a traditional bbq sauce.
- **French Fries, 5 lbs. for \$6.00:** The french fries are ready to cook and can be used in the oven or air-fryer.
- **Beef Burgers, 2 lbs. for \$8.50:** The beef patties are 100% all-beef, with each special including eight ¼-pound patties.
- **American Cheese, 5 lbs. for \$12.50:** The sliced American cheese is not individually wrapped.
- **Shrimp Scampi, 24 oz. for \$6.00:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.

Questions contact:

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

*Please join us for the inaugural  
Camden Life Center*

*Black Tie +*  
**BLUE JEANS** *Gala*

*Dinner + Auction*

*to raise money for the Camden Life Center*

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Friday, August 23rd at 6:30pm

The Burlap & Lace Barn  
2534 Waldron Rd.  
Camden, NY

# Hands Only CPR Training

Join us to learn how to perform Hands Only CPR, a great skill to have to save lives all the time.



When: Wednesday July 10th at 4:30pm

Where: Camden Life Center  
Conference Room (20 Main St.,  
Camden)

Who: Anyone 5th grade and older.

Please call us at (315) 820-2638 to  
reserve your spot.

