AUGUST 2024

Camden Life Center Newsletter

EDITION #22

20 MAIN STREET, CAMDEN NY | 315-820-2638

A collaborative endeavor to serve the Camden community providing the services you need, in one location

Summer has been warm and wonderful so far, and we're making the most of it by soaking up as much time in the great outdoors as possible. This month, we're spotlighting the many benefits of being outside (check out page 2). A short walk during our lunch break with our furry four-legged friends does wonders for our mood and helps us stay on top of our game.

Speaking of staying busy, we've been busy finalizing plans for our first-ever gala event! You can find all the details on page 5. We're excited to showcase the amazing things our community has to offer, and we promise it will be an event to remember.

In addition to planning the gala, our team has been hard at work defining our vision, mission, and values statements. This important work helps us stay focused on what matters most and guides us on our journey. After many hours of discussion and reflection, we've crafted the following statements:

Vision: Empowering our rural community for a brighter tomorrow
Mission Statement: Fostering healthy, thriving families through thoughtful partnerships that prioritize locally defined needs, focusing on the strength of connectivity and community.
Values:

- Create a welcoming environment: Deliver compassionate, high-quality person centered care
- Empower Individuals: Encourage hope and eliminate stigma
- Promote healing: Create a culture of continued learning and growth
- Focus locally: Provide care that meets the unique needs of our rural community
- Connect: Collaborate and connect with our community and service resources for the benefit of the community
- Be bold: Be courageous, persistent, flexible, and humble

See you soon!
Jessica Perusse - Director, Camden Life Center

SAVE THE DATE!

- 8/12-8/16: Adulting 101 for Teens
- 8/23: Camden Life Center Inaugural Gala
- 9/24: Suicide Awareness Training
- 10/5: Camden Homecoming Festival & Copper Wire Run

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Spotlight of the Month:
Benefits of the Great Outdoors

With the dog days of summer upon us (can you believe it's August already?), now is an excellent opportunity to step outside and take a deep breath. I'm talking more than just thinking about it; put it into action—get outside for real—and reap the benefits of spending quality time in the great outdoors!

Being immersed in nature truly brings out the best in us. You might not even realize how many of your senses come alive when you're in nature. Sight, sound, smell, touch, and maybe even taste (who doesn't love a sun-ripened wild berry?) are easily activated when we go for a walk, a hike, a swim, or even sit quietly next to a stream.

Recent studies highlight that being outdoors in nature supports mental health in big ways. Spending time in nature has been shown to improve mood, reduce anxiety and depression, boost self-esteem, ease symptoms of dementia, and even help you live longer. Not only do we benefit mentally, but we also see physical benefits! Movement of the body can release endorphins, the "feel-good" neurotransmitters that leave us feeling a little more blissful. Furthermore, the combination of movement and the wonders of nature can reduce stress, which can help reduce inflammation in the body and improve your physical well-being.

Here in upstate NY, we are lucky to have many state parks, lakes, streams, and fields to play in. Yes, adults, we can (and should) play too. In fact, it's encouraged! Looking for a more in-depth way to experience nature? Consider camping, look for a yoga or meditation class that is being offered outdoors, or go for a "float" down some of our waterways. You can also try less known but SUPER easy things like grounding (with your feet in the dirt) or trying forest bathing (it's not what you'd think).

Not able to get outside as much as you'd like? No problem! Studies support bringing nature inside. Filling your living space with houseplants, establishing a window view to admire nature, and perhaps adding a small water feature like a fountain can help you reap similar benefits to being outdoors.

Bottom line - the world is our playground and we should get out there and enjoy it! The benefits are waiting for you!

Rebecca Edwards, Utica University MSW Intern

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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 or fill out: https://forms.gle/HnjGd2rFVo8hnoct6

Walk-in Clinic

Returning at your request!

Starting August 2nd Camden Life Center will be offering a FREE Mental Health Clinic.

When: Monday's and Friday's 9am-2pm.
Where: Camden Life Center
What: Are you struggling and just need someone to talk to? Stop in and meet with our team

Hands Only CPR Training

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: Thursday August 15th at 3:00pm
Where: Camden Life Center Conference Room
Call us to reserve your spot. Limit of 20 seats
Narcan training will be available for interested individuals

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, August 8th and 22nd.
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; August 8th and August 22nd 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

"Nature is the best healer. The great outdoors brings peace and restores the mind." Hippocrates

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 provided by Dean's Concessions, dance to the rhythm of great music from Fish Creek Rodeo and Goldman Creative, and mingle the night away.

Explore our silent auction, full with unique items and experiences, and participate in an array of activities that showcase the vibrant spirit and fun of our community. Some items include: a handmade wooden chair, Vitamin Infusions, a signed Utica Comets jersey and tickets to a game, a signed Utica City Football Club (UCFC) jersey and tickets to a game, an overnight stay at The Farmhouse, and so much more!

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. Learn more about the Camden Life Center's vision and mission and hear moving stories from members of our community.

Are you interested in attending the event? Tickets can be purchased online at:
https://secure.qgiv.com/for/centerforfamilylifeandrecovery/event/blacktiebluejean4clc/
Not sure about purchasing a ticket online? Visit one of the following locations to purchase a ticket in-person: Camden Life Center, The Camp Store, or Main Street Massage and Wellness. Tickets are $85 per person and $160 for a pair.

Check out our current sponsors: Community Bank, Christmas & Associates, Helio Health, Hill and Erie Insurance Agencies, Mind Matters Neurofeedback, The Shop Collision & Mechanical. Are you or an organization interested in sponsoring the event? Sponsorships can be purchased online at the link above or contact us at (315) 820-2638 for more information.

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

In-kind donations and 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.

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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 & behavioral issues through a variety of services. 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. www.helio.health
Office Hours Mon, Tues & Fri 8:00am-3:00pm

Willow Network
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 Tuesdays 10:00am-4:30pm

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
Narcan Training
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, August 20th 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 August 14th and 28th.

****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, August 1st.

****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, August 1st or Tuesday, August 20th 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, August 13th from 9:30am-3:30pm.

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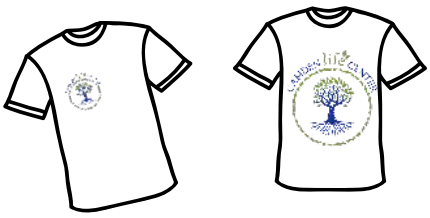
CLC Store

A new store is coming soon with new ways you can help support and promote the CLC!



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, August 12th 9-11am
Pick up - Fri, August 30th 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, August 16th 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 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:

HTTP://CAMDENLIFECENTER.COM/

CAMDEN life CENTER

Events for August 2024

THURS. 1 — **9AM-4PM** **Family First Thursday** with WIC and MVCAA	TUES. 13 — **9AM-4PM** YWCA	TUES. 20 — **10AM-4PM** MVCAA and National Grid
THURS. 8 &22 — **12PM** Chair Yoga	WEDS. 14 &28 — **9AM-12PM** Resource Navigation for Older Adults	FRI. 23 — **6:30PM** CLC Inaugural Fundraiser Gala@ Burlap and Lace Barn
MON. 12 — **9AM-11AM** Food Sense Sign-ups	FRI. 16 — **4PM** Mobile Food Pantry @86 Mexico St. Lineup after 3pm	FRI. 30 — **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, Fri.- Helio Health
  - 8-3pm
- **Tues.**-Willow Network
  - 10:30-4pm

Events page: SCAN ME

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/

August 2024

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: July 26th, 1:30-3:00pm and Monday, August 12th, 9:00-11:00am Pickup date: August 30th, 1:30-3:00pm

Projected Package for August (Subject to change)- $20.50

- **-Ground Beef,1 lb.**
- **-Chicken Breasts, 1.66 lbs.(avg.)**
- **-Marinated Pork Kabobs, 1 lb.**
- **-Tilapia Filets, 1 lb.**
- **-Hot Dogs, 1 lb.**
- **-Hamburger Helper, 5.8 oz.**
- **-Elbow Macaroni, 1 lb.**
- **-Pizza Pepperoni, 10 oz.**
- **-Corn, 15 oz.**
- **-Strawberries, 1 lb.**
- **-2 produce items**

August SPECIALS:

- **Chicken Wings, 5 lbs. for $11.00:** The chicken wings are ready for the air-fryer or grill and are individually quick frozen.
- **Pork Tenderloin, 1.75 lbs. (avg.) for $4.50:** The pork tenderloins are a nice option since they are high in protein and low in fat, these are perfect for grilling, roasting or slow-cooking.
- **Lobster Bites, 15 oz. for $5.00:** The lobster bites can be baked in the oven, or cooked in the air-fryer.
- **Mozzarella Sticks, 3 lbs. for $11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Protein Box, 5 lbs. for $13.50:** Box includes: ground Turkey (1 lb.), Italian Sausage (1 lb.), Boneless Chicken Drumstick Meat (1 lb.), Fish Sticks (1 lb.) and Bologna (1 lb.).
- **Meatballs, 5 lbs. for $13.00:** The Italian Meatballs are fully-cooked and are in a five-pound bag.

Questions contact:
Sydney Dean: 315-832-0368 or The Camden Life Center: (315) 820-2638

Attention Teens!

Join the CLC August 12-16 for "Adulting 101"

Geared for teens entering 8th-12th grade, learn valuable skills to prepare for adulthood.

Topics include: car maintenance, emergency preparedness, learn how to cook, phone and email etiquette, stress management, personal finance, and more!

To reserve a spot contact:
(315) 820-2638

Hands Only CPR Training

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

When: Thursday August 15th at 3:00pm
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.

Please join us for the inaugural
Camden Life Center
Black Tie +
BLUE JEANS
Gala
Dinner + Auction
to raise money for the Camden Life Center
Friday, August 23rd at 6:30pm
The Burlap & Lace Barn
2534 Waldron Rd.
Camden, NY
Buy Tickets
Here
Scan Me
Tickets also available at:
The Camp Store, the Camden Life Center,
Main Street Massage & Wellness and Hill
Insurance Agency!