

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! As summer fades and the school year draws near, I find myself reflecting on the whirlwind of the past few months and the exciting milestone of my "baby" starting his senior year. Parents, can time really fly this quickly? I love the warmth of the summer sunshine on my face and the fresh morning air, but I also appreciate the calm that comes with the school year's routine—especially since this will be my last year with a traditional school schedule.

September is National Suicide Prevention Month, and we invite you to join us for a free event, Suicide Prevention Rocks!, on Tuesday, September 24th at 6 p.m. in the Camden Life Center Conference Room.

Lastly, I want to extend a heartfelt thank you to everyone who attended, sponsored, supported, or volunteered at our inaugural fundraising gala. The event was a tremendous success! Highlights included our moving speakers, a beautiful venue, the fantastic turnout, and the amazing local auction items. From puppies and pictures to cornhole, dancing, and great conversation, the night was truly special. While final numbers are still being tallied, we anticipate raising over \$25,000 for our Community Cafe fund! Thanks to a generous \$10,000 matching donation from the Recovery Cafe Network, these funds will make an even greater impact.

At the gala, many of you expressed interest in learning how you can become more involved. We invite you to our Volunteer Interest Meeting on Wednesday, September 18th at noon or 5 p.m. It's incredible what a dedicated community can achieve together for the greater good. Camden, your generosity is truly inspiring. Thank you for your continued support.

Warm regards - Jessica Perusse - Director, Camden Life Center

# SAVE THE DATE!

- 9/18: Volunteer Interest Meeting
- 9/24: Suicide Prevention Rocks!
- 10/5: Camden Homecoming Festival & Copper Wire Run
- 10/26: Camden Spooktacular

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## **Spotlight of the Month**

### **Suicide Prevention in Rural Communities**

In the heart of rural America, tight-knit communities offer a sense of connection and support that is often unmatched. Yet, despite these close bonds, rural areas face unique challenges when it comes to mental health and suicide prevention.

Rural communities are known for their strong sense of community and self-reliance, but these same qualities can sometimes hinder open discussions about mental health. The stigma surrounding mental health issues and suicide can be more pronounced, privacy is a premium, and seeking help may be seen as a sign of weakness. This can prevent individuals from reaching out for the support they need, potentially leading to tragic outcomes. Understanding these challenges and taking proactive steps can make a significant difference in saving lives and fostering a supportive environment.

Additionally, the physical distance from mental health services is a significant challenge in rural areas. Access to qualified mental health professionals can be limited, and travel to a distant clinic or hospital is a barrier for many. This lack of access can increase feelings of isolation and helplessness for those struggling with mental health issues.

Despite these challenges, there are effective strategies that can help improve mental health and prevent suicide in rural communities. The CLC is a “one-stop” dedicated to increasing access to services locally, without the need to travel long distances. The “one-stop” model brings many different agencies together to offer services traditionally only found in the cities. Additionally, many of these services can be done by in-person, in-home, through telehealth or phone eliminating the transportation barrier.

The CLC is working to increase awareness and education about mental health to help reduce stigma and encourage individuals to seek help. Training community members to recognize the signs of mental health struggles and to provide initial support can be instrumental. The CLC offers Suicide Prevention Rocks! event and will begin training community members in Mental Health First Aid to help educate community members on how to approach conversations about mental health and where to find resources.

In conclusion, while rural communities face unique challenges in suicide prevention, there are effective strategies that can make a real difference. By fostering open conversations, improving access to mental health services, and utilizing technology, we can build stronger, more supportive communities that prioritize mental well-being and work together to prevent suicide. Your involvement and awareness can help create a safer and more supportive environment for everyone. Together, we can make a difference.

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## Volunteer Interest Meeting

Interested in Volunteering at Camden Life Center?  
Join us for one of our upcoming Volunteer Interest meetings to explore the various ways you can make a difference in your community.

**When:** Wednesday, September 18th  
**Times:** 12:00 PM or 5:00 PM  
**Where:** Camden Life Center Conference Room

We look forward to seeing you there!

## Walk-in Clinic

The Camden Life Center's FREE Mental Health Clinic has returned!

**What:** Are you struggling and just need someone to talk to? Not sure what resources may be available to help? Stop in and meet with our team  
**When:** Monday's and Friday's 9am-2pm.  
**Where:** Camden Life Center

## Suicide Prevention Rocks!

September is suicide prevention month and the CLC wants to equip you with tools to help those around you who may be struggling. Come learn strategies that can help you be prepared to ask a few quick questions which just might help you save a life.

**What:** Casual conversation on suicide awareness and rock painting for the \*988 Crisis Line  
**When:** Tuesday, September 24 at 6pm  
**Where:** Camden Life Center Conference Room



## 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, September 5th and 19th.  
**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 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; September 5th 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

"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending." Unknown

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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 & behavioral issues through a variety of services. 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. [www.helio.health](http://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](http://www.willownetwork.org).

Office Hours Tuesdays 10:00am-4:30pm

**National Grid Consumer Advocate:**

National Grid will be on site Tuesday, September 17th 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 September 11th 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, September 5th.

**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, September 5th or Tuesday, September 17th from 9am-4pm.

**YWCA Mohawk Valley:**

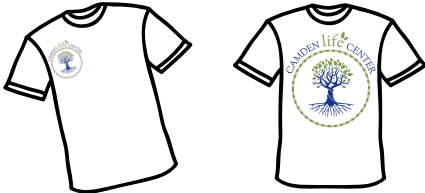
The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will be on-site Tuesday, September 10th from 9:30am-3:30pm.

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### CLC Store

A new store is coming soon with new ways you can help support and promote the CLC! Want something before then? Stop in for one of our NEW shirts launched at our gala!



### 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, September 9th 9-11am  
Pick up- Fri, September 28th 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 Sydney Dean (315) 820-2638.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Thursday, September 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 (9-12pm; 12-3pm)
- Special events like the Spooktacular and the Holiday Stroll
- Providing mentorship for Youth
- 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:



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## Spotlight of the Month

### **Our new neighbor, InVigorate Your Glow:**

### **How InVigorate Your Glow Can Help with Sleep, Anxiety, and Recovery**

In today's fast-paced world, many people struggle with sleep issues, anxiety, and the need for recovery and recharge. At InVigorate Your Glow, we understand the importance of holistic wellness and offer various services designed to support your physical and mental health. We are committed to your well-being. We believe in building trust with our clients and creating a safe space where you can focus on your health and wellness journey. If you're struggling with sleep issues, anxiety, or recovery, we invite you to visit us at InVigorate Your Glow Med-Spa. Together, we can help you revitalize your mind and body, allowing you to live your best life. You deserve to feel good—inside and out!

#### Enhancing Sleep Quality

Sleep is crucial for overall health, yet many individuals find themselves tossing and turning at night. Our wellness services, including IV hydration, can help you achieve a more restful night's sleep. Hydration is vital in maintaining your body's functions, including regulating sleep patterns. Our IV drips can help combat fatigue and promote deeper, more restorative sleep by providing your body with essential nutrients and hydration. When your mind and body are relaxed, you're more likely to drift off peacefully, waking you up feeling refreshed and rejuvenated.

#### Alleviating Anxiety

Anxiety can feel overwhelming, but you don't have to face it alone. At InVigorate Your Glow, we offer various IV therapies designed to help manage anxiety levels effectively. Our skilled practitioners can provide personalized treatment plans. These therapies can balance nutrients that affect mood and stress levels and provide a greater sense of calm and well-being. The serene atmosphere of our med-spa allows you to unwind and focus on self-care. Taking time for yourself in a nurturing environment can significantly alleviate feelings of anxiety. We believe that self-care is essential in managing stress and promoting mental clarity.

#### Supporting Recovery

Whether recovering from a workout, illness, or everyday stress, your body deserves the best care. Our IV hydration drips are designed to replenish essential vitamins and minerals, supporting your body's recovery process. This treatment can help reduce muscle soreness, restore energy levels, and enhance overall recovery, allowing you to return to your daily activities feeling revitalized. Our team can guide you in adopting habits that support your body's natural healing processes, enabling you to recover more effectively and efficiently.

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# CAMDEN life CENTER

## Events for September 2024

THURS. **9AM-4PM**  
**5** **Family First Thursday** with WIC and MVCAA

THURS. **12PM**  
**5 & 19** Chair Yoga

MON. **9AM-11AM**  
**9** Food Sense Sign-ups

TUES. **9AM-4PM**  
**10** YWCA

WEDS. **9AM-12PM**  
**11 & 25** Resource Navigation for Older Adults

TUES. **10AM-4PM**  
**17** National Grid & MVCAA

TUES. **6PM**  
**24** Suicide Prevention Training

THURS. **4PM**  
**26** Mobile Food Pantry @86 Mexico St. Lineup after 3pm

FRI. **1:30PM-3PM**  
**27** 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 **SCAN ME** 

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/>

### September 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: August 30th, 1:30-3:00pm and Monday, September 9th, 9:00-11:00am Pickup date: September 27th, 1:30-3:00pm

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

- |                           |                           |                           |
|---------------------------|---------------------------|---------------------------|
| -Italian Meatballs, 1 lb. | -Mozzarella Cheese, 8 oz. | -Mixed Vegetables, 1 lb.  |
| -Pollock Filets, 1 lbs.   | -Stuffed Rigatoni, 12 oz. | -Mandarin Oranges, 11 oz. |
| -Italian Sausage, 1 lb.   | -Pasta Sauce, 24 oz.      | -2 produce items          |
| -Ground Chicken, 1 lb.    | -Spaghetti, 1 lb.         |                           |

### September SPECIALS:

- **Pork Baby Back Ribs, 2 lbs. for \$8.50:** The pork ribs are fully cooked and are in traditional BBQ sauce.
- **Garlic Chicken Meal, 24 oz. for \$6.00:** Pasta in garlic sauce with broccoli, carrots, corn, and seasoned white meat chicken.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.
- **American Cheese, 5 lbs. for \$12.50:** The sliced American cheese is not individually wrapped.
- **Meatloaf, 2 lbs. for \$9.00:** The meatloaf is a traditional meatloaf made with 100% ground beef.

Questions contact:

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

# Black Tie & Blue Jeans Gala





# Black Tie & Blue Jeans Gala

