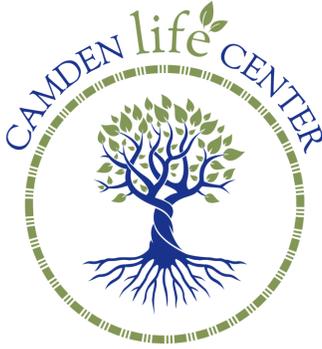


20 MAIN STREET, CAMDEN NY | 315-820-2638



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

Hello Camden and happy fall!

As we move into November, Camden Life Center is excited to celebrate Gratitude Month! This is a time to reflect on our many blessings and to show appreciation for those around us. We're deeply grateful for our dedicated volunteers, community members, and supporters who help us grow and make a difference every day. As the holiday season approaches, we encourage you to cherish moments with friends and family. This season is a special time to reflect, reconnect, and create memories with loved ones. Whether gathering around the table, exchanging gifts, or simply enjoying each other's company, may your holiday season be filled with warmth and joy.

In the month of November, the CLC focuses on raising awareness about the strengths and challenges faced by our country's 12.2 million Veterans. Please take a moment to thank a Veteran for their service and check out our feature article on page 2 to learn more about the challenges they face and the importance of community support.

Remember to continue prioritizing your health and well-being throughout November. Medicare Open Enrollment ends on December 7th, and our Resource Navigator for Older Adults will be in the office every Wednesday from 9 a.m. to 12 p.m. More details are available on pages 3 and 7.

Join us on November 9th for a cleanup day at Camden Life Center! We'll start at 9 a.m., tackling our long to-do list to prepare the office for winter. Painting, organizing, and refreshing spaces—there's plenty to do, and we'd love your help. Join us for some laughs and a great time as we work together to keep our center in tip-top shape. (PS - there will be snacks!)

Don't miss our second night of HEAP sign-ups at the CLC on November 12th from 5-8 p.m. Camden Central School District families can also sign up for Toys for Tots & Rotary Christmas Baskets. More information is on pages 3 and 7.

Mark your calendar for Camden's upcoming holiday events! Imagine Greater Camden will host a Christmas Tree Lighting in Village Park on November 30th, and the Holiday Stroll is set for December 13th from 5-8 p.m. Camden Life Center will join in on Main Street Business Bingo and have fun activities for the kids at our office. Also, please note that Camden Life Center will be closed on Thursday, November 28th, in observance of the holiday, and we will have limited staff on site on Friday, November 29th.

In gratitude,
Jessica Perusse, Camden Life Center Director

SAVE THE DATE!

- 11/12: HEAP Sign-ups, Toys for Tots and Rotary Basket Sign-ups
- 11/9: CLC Office Clean Up Day
- Office Closed: 11/11 and 11/28
- 11/30: Camden Christmas Tree Lighting
- 12/13: Camden Holiday Stroll

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Spotlight of the Month

Supporting Our Veterans in Rural Communities

At Camden Life Center, we want to take a moment this November to honor our Veterans, particularly those who live in our rural community. Veterans Day is not only a time to recognize the dedication and sacrifices of our servicemen and women but also to bring attention to the unique strengths and challenges they face once they return home. Rural communities like ours have a higher percentage of veterans than urban areas, a fact that brings both an opportunity and a responsibility for support.

Let us introduce you to Josh, a Camden Life Center staff member and Certified Recovery Peer Support. Josh is a Veteran of the U.S. Army National Guard who served in Iraq in 2004. Josh medically retired and sought the peace of rural life. Josh found adjusting to civilian life wasn't as easy as he'd hoped and struggled with the lack of support available. "I thought I'd come back, forget about it, and everything would just fall into place," Josh shares. "But there were some tough days. I felt disconnected and didn't know where to go for support."

Josh's story is not unique. Rural veterans often face isolation and have limited access to resources. Studies show that rural areas, like our own, have larger numbers of veterans per capita than urban centers. According to the U.S. Department of Veterans Affairs, around 18% of the nation's veterans live in rural areas. This statistic highlights an important reality: small towns are home to many who have served, yet those very places sometimes struggle to provide the services veterans need most.

The good news? Rural veterans also have a unique strength. The sense of resilience they gained from military service is often strengthened by the tight-knit communities they return to. "When I started connecting with other veterans here, things began to change," Josh explains. "There's a camaraderie among us that's hard to explain, but it's comforting."

The Camden Life Center is here to foster that sense of community for our veterans. We're working to create spaces where they can gather, share their stories, and support one another. With the development of our Community Cafe and Youth Center, we hope to build a safe, social space where Veterans, along with their families, can find connection, resources, and mutual support. Our community can be a place where Veterans find not only friends but also the services they need to thrive in civilian life.

This November, let's keep our Veterans in mind. They have given so much, and now, as a community, it's our turn to support them. For veterans like Josh and countless others, the journey home continues, and we are here to walk with them every step of the way.

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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

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, November 21st.

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!

Medicare Open Enrollment

Medicare Open Enrollment begins on October 15th and ends on December 7th, 2024.

Our Resource Navigator for Older Adults will be available every Wednesday from 9 AM to 12 PM, starting November 6th until the close of Medicare Open Enrollment.

Beginning October 1st, you can start comparing your current health or drug coverage options for 2025. During Open Enrollment, you can join, switch, or drop a Medicare Advantage Plan or Medicare drug plan.

No appointment is needed—just stop by the CLC to meet with our Resource Navigator for assistance.

HEAP Sign-ups

The Camden Life Center will be hosting two HEAP (Home Energy Assistance Program) sign-up events:

When:

- Monday, November 4th, 5-8 PM
- Tuesday, November 12th, 5-8 PM

Where:

- Camden Life Center

Required Documents:**To complete sign-up, please bring:**

- Photo ID
- Birth certificate
- Marriage certificate (if applicable)
- Valid Social Security card(s)
- Proof of shelter expenses (rent/mortgage, utilities)
- Proof of income
- Proof of resources (bank statements, assets)
-

Additional Assistance:

During these events, Camden CSD families can also register for Toys for Tots and Rotary Christmas Baskets. Questions?

For more details, contact the Camden Life Center.

Quote of the Month

"In a world that moves fast, let's take November to slow down and give thanks—not just for the extraordinary but for the ordinary that fills our days with meaning."



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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

National Grid Consumer Advocate:

National Grid will be on site Tuesday, November 12th 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 every Wednesday of the month (11/6, 11/13, 11/20, and 11/27).

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-site the first Thursday of the month from 9:30-3:00pm. WIC will be in Camden on Thursday, November 7th.

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, November 7th or Tuesday, November 19th from 9am-4pm.

YWCA Mohawk Valley:

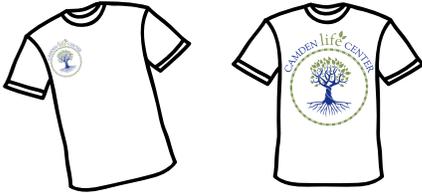
The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will be on-site Tuesday, November 12th from 9:30am-3:30pm.

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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, November 4th 9-11am

Pick up- Fri, November 22nd 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 office at (315) 820-2638.

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Friday, December 27th at 3pm. There will be NO distribution for the month of November**

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 2pm. 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

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

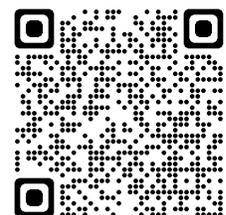
Never Use Alone:

- 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/](http://CAMDENLIFECENTER.COM/)

CAMDEN life CENTER

Events for November 2024

EVERY WEDNESDAY IN NOVEMBER	9AM-12PM Resource Navigation for Older Adults	MON. 4	Food Sense Sign-ups 9AM-11AM HEAP Sign-ups 5PM-8PM	THURS. 7	9AM-4PM Family First Thursday with WIC and MVCAA
SAT. 9	9AM CLC Clean Up Day	TUES. 12	National Grid & YWCA 9AM-4PM HEAP Sign-ups 5PM-8PM	TUES. 19	9AM-4PM MVCAA
THURS. 21	12PM Chair Yoga	FRI. 22	1:30PM-3PM Food Sense Sign-Ups and Pick-Ups	OFFICE CLOSED	November 11th & November 28th

****No Mobile Food Pantry in November****

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 \$en\$e

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

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

November 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: October 25th, 1:30-3:00pm and Monday, November 4th, 9:00-11:00am Pickup date: November 22nd, 1:30-3:00pm

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

- | | | |
|------------------------------------|-----------------------------|---------------------------|
| -Pork Tenderloins, 1.75 lb. (avg.) | -Instant Potatoes, 13.3 oz. | -Whole Cranberries, 1 lb. |
| -Chicken Breast, 1.66 lbs. (avg.) | -Stuffing Mix, 6 oz. | -Corn, 15 oz. |
| -Pollock Filets, 1 lb. | -Turkey Gravy, 10.5 oz. | -2 produce items |
| -Ground Beef, 1 lb. | -Sweet Potatoes, 15 oz. | |

November SPECIALS:

- **Whole Turkey, 14-16 lbs. for \$15.75:** The whole turkey is pre-basted and has a pop-timer.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **American Cheese, 5 lbs. for \$13.50:** The sliced American cheese is not individually wrapped.
- **Produce Box, 18 lbs. for \$14.00:** Includes onions (2 lbs.), apples (3 lbs.), carrots (2 lbs.), potatoes (5 lbs.), celery (1 each), sweet potatoes (3 lbs.), and winter squash (1 each).
- **Italian Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully cooked and are in a five-pound bag.
- **Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

Questions contact:

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

HEAP SIGN-UPS

**MONDAY - NOVEMBER 4TH
& TUESDAY 12TH 5-8PM**

Required Documents:

- ID
- Birth Certificate
- Marriage Certificate
- Valid Social Security
- Shelter Expenses
- Proof of Income
- Proof of Resources

*Toys for Tots & Rotary
Christmas Basket sign-ups
also available for Camden
GSD families!*

Camden Life Center

20 Main St. Camden, NY, 13316



MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment begins on
October 15th and ends on December 7th.

Our Resource Navigation for Older Adults will be at the CLC
every Wednesday starting October 2nd until December 7th
for individuals looking to join, switch or drop a Medicare
Advantage Plan or Medicare Drug Plan!

No appointment needed!
20 Main Street
Camden, NY, 13316

