

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 embrace October and all the beautiful colors of the falling leaves, I invite you to take a moment and step outside, pause, and take a deep breath of the wonderful smell of autumn. I know this is a reminder I often need in the busy of life and the return to school, sports and all the other #reallife demands.

October is Domestic Violence Awareness Month- take a moment to read our feature article, **Together We Rise: Stories of Strength and Hope**. This article highlights a community of resilience and emphasizes the importance of support and awareness. Turn to page 2 to learn more.

In addition to raising awareness, October is also a time to focus on your health and well-being. Medicare Open Enrollment begins on October 15 and runs through December 7. Don't hesitate to reach out—details can be found on pages 3 and 8.

We're also excited to announce some fun and engaging events this month. We will be holding our first ever Halloween Costume Exchange (see page 7 for details). This great idea was brought to the CLC by a community member and we are excited to try it out. Do you have old costumes collecting dust? Drop them off during business hours then come back on October 21 & 22 from 4-6 PM to pick out a new costume for this Halloween!

Two other save-the-dates include onsite HEAP, Toys for Tots, and Rotary Basket sign-ups. More information can be found on page 8. Also, save the date for MVCAA's Financial Literacy Classes. Check pages 3 and 7 for additional details. Trust me, you don't want to miss this class (lunch is included!)

We hope you find this month's newsletter informative and inspiring. Together, we can uplift our community and support one another through both challenges and celebrations.

Have a great October! Jessica Perusse

SAVE THE DATE!

- 10/21 & 22: Halloween Costume Exchange
- 10/26: Camden Spooktacular
- 11/4 & 11/12: HEAP Sign-ups, Toys for Tots and Rotary Basket Sign-ups

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Spotlight of the Month

Together We Rise: Stories of Strength and Hope During Domestic Violence Awareness Month

October is Domestic Violence Awareness Month, a time to shed light on an issue that often remains hidden, especially in rural communities. Here at the Camden Life Center, we believe that sharing stories can foster understanding, break the silence, and inspire change.

A Journey of Resilience: Sarah's Story*

Sarah, a lifelong Camden resident, faced years of emotional and physical abuse from a partner she once loved. Like many in our rural community, she felt isolated, unsure of where to turn. "I thought I was alone," she recalls. "In a small town, it felt impossible to talk about what was happening at home."

When a friend reached out and shared information about the Camden Life Center, Sarah found the courage to seek help. Our team provided her with resources, including counseling, legal resources, and help finding a safe place to stay. "I never knew I could find such strength within myself or that there were people willing to help me," she shares. Sarah's advice to others who may be struggling in silence - "It's vital for us to talk about these issues openly. No one should feel they have to suffer alone."

Creating Change Together

As we observe Domestic Violence Awareness Month, let's remember that every story shared is a step toward healing and change. The Camden Life Center and its partnership with the YWCA stands committed to providing support, education, and resources to those affected by domestic violence in our rural community.

We invite you to participate in our upcoming events, including awareness workshops and community forums. Together, we can build a network of support that ensures no one has to face their struggles alone.

If you or someone you know needs assistance, please reach out to us at the Camden Life Center. Your story matters, and you are not alone.

Remember: Awareness is the first step toward action. Together, we can create a healthier Camden for everyone. For more information about our programs and how you can get involved, visit our website or call us. Let's continue to lift each other up and shine a light on the importance of domestic violence awareness this October and beyond.

Together, we rise.

The names and story reflect a common experience within our community rather than focusing on a specific individual.

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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, October 10th and 24th.

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 October 2nd 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.

Financial Literacy Class by MVCAA

MVCAA will be offering a financial literacy class at Camden Life Center on **Saturday, October 19th, from 10-2:30PM**. Please join us for this upcoming class, where lunch will be provided, along with other incentives being provided to those that attend.

Financial literacy is the ability to understand the use of money and financial services to make informed decisions on your finances. It is best to understand the various financial skills when you are younger to have a solid financial foundation for yourself and your family in the future. However, these classes are also great for any age participants. Topics that will be presented include Understanding Credit, Budgeting, and Debt Management.

With having the knowledge for financial wellness, it helps with understanding your finances to establish a stable, fulfilling financial future. Financial wellness programs can have an immediate impact on your finances, and physical wellbeing.

Quote of the Month

Autumn shows us how beautiful it is to let things go - 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

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, October 15th 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 (10/2, 10/9, 10/16, 10/23 and 10/30).

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, October 3rd.

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, October 3rd or Tuesday, October 15th from 9am-4pm.

YWCA Mohawk Valley:

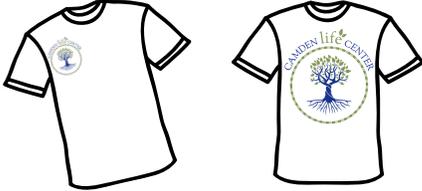
The YWCA brings domestic and sexual violence support services to the CLC. YWCA staff will be on-site Tuesday, October 8th from 9:30am-3:30pm.

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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, October 7th 9-11am

Pick up- Fri, October 25th 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, October 31st 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

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

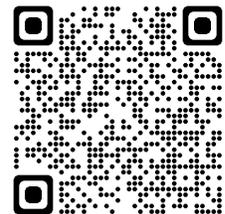
Never Use Alone:

- 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 October 2024

EVERY WEDNESDAY IN OCTOBER	9AM-12PM Resource Navigation for Older Adults	THURS. 3	9AM-4PM Family First Thursday with WIC and MVCAA	MON. 7	9AM-11AM Food Sense Sign-ups
TUES. 8	9AM-4PM YWCA	THURS. 10 & 24	12PM Chair Yoga	TUES. 15	10AM-4PM National Grid & MVCAA
SAT. 19	10AM-2:30PM Financial Literacy Course MVCAA	FRI. 25	1:30PM-3PM Food Sense Sign-Ups and Pick-Ups	THURS. 31	4PM Mobile Food Pantry @86 Mexico St. Lineup after 3pm

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** 
page: **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/>

October 2024

FOOD \$ENSE 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: September 27th, 1:30-3:00pm and Monday, October 7th, 9:00-11:00am Pickup date: October 25th, 1:30-3:00pm

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

- | | | |
|---------------------------|--------------------------------|-----------------------|
| -Chicken Breasts, 1 lb. | -Pierogies, 13 oz. | -Blueberries, 16 oz. |
| -Beef Portions, 1 lbs. | -White Rice, 16 oz. | -Ground Turkey, 1 lb. |
| -Kielbasa Sausage, 13 oz. | -Macaroni and Cheese, 7.25 oz. | -2 produce items |
| -Cheddar Cheese, 8 oz. | -Sweet Potato Fries, 19 oz. | |

October SPECIALS:

- **Chicken Wings, 5 lbs. for \$11.00:** The chicken wings are ready for the air-fryer or grill and are individually quick frozen.
- **Beef and Broccoli, 24 oz. for \$6.00:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Stuffed Pork Chops, 2 lbs. for \$9.75:** The pork chops are stuffed with apples and cranberries.
- **Lasagna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.
- **Pantry Box, 9 lbs. for \$11.75:** The pantry box is 9 items and consists of: Honey Nut O's (7 oz.), Pancake Mix (32 oz.), Instant Potatoes (13.3 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.) and Carrots (14.5 oz.).
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.

Questions contact:

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

YOUR MONEY, YOUR GOALS!

Mohawk
Valley
Community
Action
Agency



FINANCIAL WELLNESS

Learn how to improve your overall financial wellness and establish confidence in your financial future!

Please call (315) 624 - 9930 to register for sessions today!

A light lunch will be offered to those in attendance.

SESSION WILL TAKE PLACE AT
CAMDEN LIFE CENTER
20 MAIN ST., CAMDEN, NY 13316
OCT. 19TH 10 AM - 2:30 PM



Do you have old Halloween costumes hanging around and collecting dust?

The Camden Life Center will be hosting a Halloween costume exchange this year!



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

