

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



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

December Greetings from Camden Life Center!

The holiday season is upon us, and here at the Camden Life Center, we're embracing the spirit of giving and connection with our Spotlight of the Month: A Month of Giving. December is the perfect time to reflect on the joy of generosity and the difference we can make when we come together as a community.

We're also thrilled to announce the launch of a new Trauma-Informed Yoga course in January, made possible by a generous donation from the Community Foundation. This program is designed to promote healing and mindfulness and we are excited to offer this new opportunity to our community.

Mark your calendars for the Camden Holiday Stroll on Friday, December 13! Be sure to swing by the Camden Life Center as you stroll down Main Street to get our Bingo card punched. While here, stop in to our photo booth, enjoy some Christmas music, and let the kids have some fun with holiday activities—it's a great way to soak in the holiday cheer with family and friends.

Don't miss the exciting news on page 4 about the launch of New York State's first Recovery Café right here at Camden Life Center! This groundbreaking program, beginning in January, will bring a unique sense of community and connection to those seeking healing and support.

As we wrap up 2024, we wish you and your loved ones a very Merry Christmas and a Happy New Year. May this season bring you joy, peace, and plenty of moments to rest, recharge, and celebrate with family and friends.

Warmest wishes,
Jessica, Josh and the entire Camden Life Center Team

SAVE THE DATE!

- 12/13: Camden Holiday Stroll
- 12/24-25 - Office Closed
- 12/31-1/1 - Office Closed
- 1/13 - Recovery Cafe Camden LAUNCH!

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Spotlight of the Month **The Month of Giving**

As December unfolds, the spirit of giving is everywhere: twinkling lights, thoughtful gifts, and acts of kindness bring warmth to even the coldest days. At Camden Life Center, we cherish this season as a time to reflect on what it truly means to give—not just to our family and friends but to our neighbors, our community, and even to ourselves.

Giving is powerful, but it doesn't need to be overwhelming. Sometimes, the greatest gifts are the simplest. A homemade ornament crafted with love, a heartfelt note of gratitude, or even the gift of your time to listen or lend a hand can resonate more deeply than any store-bought item. Meaningful gifts remind us that it's not the cost but the thought and care behind them that creates impact.

For many, the holidays can feel like a whirlwind of "give me" rather than "thank you." But as parents, caregivers, and community members, we have the opportunity to nurture a new perspective. One idea: involve your children in acts of giving. Together, you might bake cookies for a neighbor, create holiday cards for a local nursing home, or donate gently used toys to a family in need. These moments teach children to find joy in generosity and gratitude in receiving.

Let's also remember that giving extends beyond the people around us. Supporting our community helps us all thrive. Whether it's donating to a local cause, volunteering a few hours, or shopping at a small business, every act of kindness adds to the shared abundance we all benefit from.

Finally, don't forget yourself. In a season of giving, it's easy to overlook your own well-being. This December, consider small ways to recharge: a quiet cup of tea, a walk in the snow, or setting healthy boundaries. Caring for yourself ensures you can continue to give with an open heart.

At Camden Life Center, we believe that giving doesn't have to come with January regret. It's about the joy of connection and the power of small, meaningful gestures. Together, let's celebrate December as a month of thoughtful, impactful giving—to our loved ones, our community, and ourselves.

Happy Holidays,
The Camden Life Center Team

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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

Trauma Informed Yoga

Join us for the launch of our Trauma-Informed Yoga Class in December! Led by our compassionate & experienced instructor, Colleen, this class is designed to provide a safe & supportive space where everyone can explore the benefits of yoga.

Colleen is an RYT-500 certified instructor with additional training in mindfulness, meditation, and trauma-informed yoga. With over 20 years of practice, she has a deep passion for sharing how yoga can create balance, healing, and resilience. Colleen's open-hearted approach welcomes all participants to come as they are and discover how yoga can enhance their mental and emotional well-being.

Yoga has been shown to support mental wellness by reducing stress, promoting relaxation, and fostering a deeper connection between mind and body. Whether you're new to yoga or looking to deepen your practice, this class is for you.

Class Dates:

- Thursday, December 5 at 5 PM
- Thursday, December 12 at 5 PM
- Tuesday, December 17 at 5 PM

We invite you to take the first step on your wellness journey. Come experience how yoga can empower you to heal, grow, and thrive!

****This event is brought to you by a generous grant through the Community Foundation****

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, December 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!

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 on Wednesday December 4th and 18th from 9 AM to 12 PM. Stop in on December 4th for the last day to make changes to your plan.

With enrollment ending December 7, you must complete comparing your current health or drug coverage options for 2025.

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

Quote of the Month

"No one has ever become poor by giving."

— Anne Frank

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RECOVERY CAFÉ CAMDEN

Introducing Recovery Café Camden: A Community of Connection and Belonging

At its heart, **Recovery Café Camden** is about creating a safe, welcoming space where everyone can find connection, healing, and support. Rooted in the belief that we all belong to one another, Recovery Cafes offer a unique approach to building community, particularly for those navigating challenges such as trauma, grief, loneliness, addiction, mental health concerns, or other life hardships.

But this isn't just a space for those in recovery—it's for anyone seeking a sense of connection and a community to grow with. Whether you're on a personal recovery journey or simply looking to deepen relationships, Recovery Café Camden provides a supportive environment for belonging and becoming.

What Makes Recovery Café Special?

Recovery Cafes are guided by trauma-informed principles and honor multiple pathways of recovery. They recognize that healing and growth require consistent support, authentic relationships, and a place where you can be your true self. By fostering healthy relationships and offering compassionate accountability, our Cafe empowers members to rediscover joy, build resilience, and create lives filled with purpose and service.

Stay connected with us on **Facebook and Instagram**, where we'll share updates, inspiration, and details about how you can get involved.

Membership: At the Heart of the Café

Membership is central to the Recovery Café model. While Recovery Café Camden isn't a drop-in center, becoming a member is free and open to anyone committed to building a healthier, more connected life.

Membership involves three simple commitments:

1. Be drug- and alcohol-free within the Café space.
2. Participate in a weekly Recovery Circle.
3. Contribute to the Café community in a way that feels meaningful to you.



These commitments ensure a foundation of mutual respect, support, and accountability for all members. And when life gets challenging, the Recovery Café community is there to offer understanding and encouragement.

Two Weekly Gatherings Starting in January!

We're thrilled to announce that Recovery Café Camden will begin hosting **two weekly** Recovery Circles starting in January!

Each gathering starts with a shared meal and conversation, followed by smaller, member-led circles where members can share weekly highs and lows, celebrate victories, and find support through challenges.

- Monday Morning Circle: January 13, 10:30 AM–12:30 PM
- Thursday Evening Circle: January 16, 5:00 PM–7:00 PM

Both circles will be held at the **Camden Life Center**.

Recovery Café Camden is more than a program; it's a movement toward deeper connection and mutual care. Whether you're looking for a place to grow or to support others on their journey, we hope you'll join us in building a stronger, more connected community.

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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, December 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 the first and third Wednesday of the month (12/4, and 12/18).

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, December 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, December 5th or Tuesday, December 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, December 10th from 9:30am-3:30pm.

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CLC Store

Are you interested in purchasing some Camden Life Center gear?

Check out our new online store where you can purchase swag to support and promote the CLC!

<https://store.masteryourimage.com/CLCPUB/shop/home>

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, December 2nd 9-11am
Pick up- Fri, December 20th 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 20th at 3pm.**

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

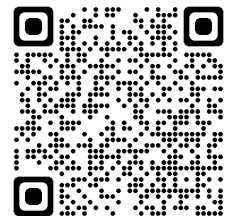
Never Use Alone:

- 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:



CAMDEN life CENTER

Events for December 2024

MON. 2	9AM-11AM Food Sense Sign-ups	WEDS. 4 & 18	9AM-12PM Resource Navigation for Older Adults	THURS. 5	9AM-4PM Family First Thursday with WIC and MVCAA
THURS. 5 & 19	12PM Chair Yoga	TUES. 10	9AM-4PM YWCA	TUES 17	National Grid 10am-4pm MVCAA 9AM-4PM
FRI. 20	1:30PM-3PM Food Sense Sign-Ups and Pick-Ups	FRI. 20	2PM Mobile Food Pantry @86 Mexico St. Lineup after 2pm	OFFICE CLOSED	December 24th, 25th and 31st

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:



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Food \$en\$e

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

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

December 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: November 22nd, 1:30-3:00pm and Monday, December 2nd, 9:00-11:00am Pickup date: December 20th, 1:30-3:00pm

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

- Chicken Breast Nuggets, 27oz.
- Breakfast Sausage, 6.5 oz.
- Marinated Pork Portions, 1 lb.
- Ground Turkey, 1 lb.

- Large Eggs, 1 dozen
- Pancake Mix, 14 oz.
- Breakfast Bites, 19.5 oz.
- Frozen Blueberries 16 oz.

- French Fries, 24 oz.
- Mandarin Oranges, 11 oz.
- 2 produce items

December SPECIALS:

- **Spiral Ham, 10 lbs. (avg.) for \$16.00:** The spiral ham is fully cooked and honey-glazed.
- **Lobster Bites, 15 oz. for \$5.25:** The lobster bites can be baked in the oven or cooked in the air-fryer.
- **Chicken Tenderloins, 3 lbs. for \$7.00:** The chicken tenderloins are in a 3-pound re-sealable bag.
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Meatloaf Mix, 2 lbs. for \$9.50:** This meatloaf mix is an equal blend of beef, pork, and veal. It is vacuum-sealed and frozen to ensure freshness.
- **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.

Questions contact:

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



CAMDEN LIFE CENTER

Trauma Informed Yoga

December 5th, 12th and 17th at 5pm

Located at 20 Main Street Camden NY

Questions? Call 315-820-2638

Experience the benefits of our trauma-informed yoga sessions designed to support mental health and substance use recovery. Enjoy stress relief, emotional regulation, and physical healing with holistic support designed for our rural community.

