



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 Is Here—Let's Make the Most of It!

After a long stretch of snow and spring rains, we're finally basking in the warmth of summer—and what a joy it is to be outside again! Whether you're tending a garden, taking a walk in the woods, or just enjoying the sun on your face, this season invites us all to slow down and reconnect with nature.

For many, this time of year also marks milestones. If your household is anything like mine, you might be celebrating a graduation (or two!). To the Class of 2025—congratulations! There are so many strong, compassionate leaders in your ranks, and we can't wait to see how you'll shape the future. Be bold. Be kind. Stay rooted in community.

We kicked off summer with the grand opening of the Camden Farmers Market on Friday, June 20—and it was a smashing success! We're thrilled to welcome back our local farmers and artisans each Friday from 2–6:30 PM with fresh produce, meats, crafts, and more. It's a wonderful way to nourish your body and support your neighbors.

We're also excited to share that Camden Life Center has been awarded an Equity Grant through the Community Foundation to launch a brand-new initiative: Harvest & Hunt: Cultivating Self-Reliance in Camden's Backyard. This program will support rural food security and wellness through hands-on gardening, ethical hunting and fishing education, and trauma-informed mentorship. It's all about equipping our community with the tools to thrive—physically, emotionally, and together. Learn more on page 7 or visit our website: <https://camdenlifecenter.com/news>

✨ Don't miss what's inside this newsletter!

- Flip to pages 4 and 7 for our Summer **TEEN** Wellness Programs—including our Graduating & Adulthood 101 and more!
- Updates on our food programs on page 6
- More information on how you can get involved on page 8

Summer in our rural communities is full of opportunities—so let this be your nudge to try something new! From the Curtis Harlander Memorial Concert Series on Thursdays (6:30–8:30 PM), to yoga at the CLC, to swimming at Redfield Reservoir or Oneida Lake, to a peaceful picnic in Forest Park—there's something for everyone. Make time for joy, connection, and fresh air.

See you around town!

Jessica Perusse- Director, Camden Life Center

## SAVE THE DATE!

- 7/4: Office Closed
- 7/21-7/25: Adulthood 101 Program
- 9/18: MV Gives
- 10/4: Camden Homecoming Festival

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## Camden Life Center Daily 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. Visit our website [www.helio.health](http://www.helio.health)

## Camden Life Center Visiting Partners

### **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:**

Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Curious about cutting costs? National Grid is on site 10am-4pm Tuesday, July 15th & Tuesday, August 19th

### **Tri-County WIC @ the CLC:**

WIC supports pregnant women, new moms, and kids under 5 with nutrition education and healthy foods. Many working families qualify and don't realize it. WIC will be on-site the first Thursday of the month from 9:30-3:00pm. WIC will be in Camden on Thursday, July 3rd & Thursday, August 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, July 3rd & Tuesday, July 15th or Tuesday, August 7th & Tuesday, August 19th from 9am-3pm.

### **Clear Path for Veterans:**

Meet with a Clear Path team member to learn about peer services and resources available to veterans and military families. This is a great first step for those looking to connect with support—especially in our rural communities. Mark your calendar for Thursday, July 10<sup>th</sup> and Thursday, August 14<sup>th</sup> from 9am-4pm.

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## **July: Summer Time Wellness: Simple Ways to Thrive This Season**

Summer is the perfect time to refresh your routine and focus on your well-being. With longer days and warmer weather, it's easier to embrace healthy habits that lift your mood, energize your body, and bring a sense of joy.

Here are a few tips to help you feel your best this season:

summer  
time

- 1. Stay Hydrated:** As temperatures rise, so does your body's need for water. Keep a water bottle with you and aim to drink throughout the day. Add fresh fruit or herbs for a flavorful twist!
- 2. Get Moving Outdoors:** Take advantage of the sunshine! A short walk, bike ride, or outdoor yoga session can boost both physical and mental health.
- 3. Eat Seasonally:** Summer is full of fresh fruits and vegetables. Fill your plate with colorful produce to fuel your body with essential nutrients.
- 4. Protect Your Skin:** Whether you're gardening or at the beach, sunscreen is a must. Reapply every two hours and wear a hat for extra protection.
- 5. Slow Down & Soak It In:** Wellness isn't just about doing—it's about being. Take time to rest, enjoy nature, and connect with others.

This summer, let's embrace the season as a chance to recharge, reconnect, and care for ourselves in small, meaningful ways.

## **August: Celebrating Summer Fun!**

Summer is a season made for making memories—and August is the perfect time to soak up every last bit of sunshine and joy! Whether you're heading to a local fair, spending time at the lake, or simply enjoying a backyard barbecue, there's something special about the carefree spirit of summer.

**Summer fun isn't just for kids—it's for everyone!** Taking time to enjoy lighthearted moments helps reduce stress, strengthen relationships, and boost overall well-being. Even the simplest activities, like sharing a popsicle with a neighbor or watching the sunset, can bring unexpected joy.

### **Here are a few fun ways to make the most of August:**

- Get outside: Go for a nature walk, visit a park, or have a picnic.
- Try something new: Attend a community event, craft fair, or outdoor concert.
- Stay cool: Make your own frozen treats or enjoy water games with the family.
- Make it social: Invite friends or neighbors for a summer potluck or game night.



As we look ahead to the fall, let's take a moment to celebrate the fun, laughter, and togetherness that summertime brings. Here's to a month full of sunshine, smiles, and sweet memories!

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# Wellness Programs

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## RECOVERY CAFÉ CAMDEN

**You're Invited to Recovery Café Camden.** A Place for Connection, Healing, and Hope

Recovery Café Camden is a welcoming community for anyone seeking support, connection, and purpose—whether you're navigating recovery, grief, mental health challenges, or simply want to be part of something meaningful.

Rooted in trauma-informed care and built on love, belonging, and compassionate accountability, the Café is a safe space to be your true self, grow through life's challenges, and support others doing the same.

### What to Expect:

Each gathering begins with a shared meal and conversation, followed by small, supportive Recovery Circles where we check in, share highs and lows, and encourage one another.

- Mondays | 10 AM – 12 PM
- Thursdays | 5 PM – 7 PM

Come as our guest—no pressure, no expectations.

Just a warm meal, real conversation, and a caring community ready to welcome you.



Follow us on Facebook & Instagram for updates and menus. We'd love to see you soon!

### **Graduating 101 & Adulting 101: Helping Teens Step Confidently Into the Future!**

Camden Life Center is proud to offer Graduating 101 and Adulting 101 — two exciting, free programs designed to equip high school students with the real-life skills they need beyond the classroom.

Graduating 101 is a 4-day summer workshop series that supports recent high school grads as they transition into adulthood — whether they're heading to college, the workforce, or still figuring it all out. Interested in registering: <https://forms.gle/ovGjfBkezsrcMWzG8>.

Adulting 101 helps high school students gain essential life skills, from managing money and communicating effectively to preparing for jobs and solving everyday problems. Interested in registering: <https://forms.gle/GRxM2XHfUccfNZda8>.

Both programs are fun, interactive, and built to empower youth with knowledge, confidence, and community support.



For more information check out the Camden Life Center Facebook or call Frankie at the Camden Life Center 315-939-0386

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# Wellness Programs

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## Yoga Programs

At the CLC we offer two unique yoga opportunities designed to support your body, mind, and spirit—no experience needed!


Our **Chair Yoga** class offers gentle movement using a chair for support, making it accessible for all abilities. It's a great way to improve strength, flexibility, and balance while boosting overall well-being.

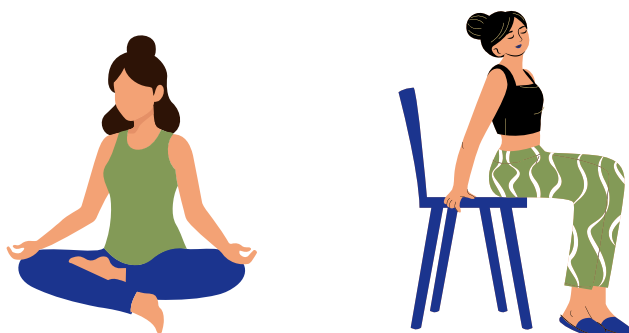
Join us on **Thursdays, July 10th & 24th and August 14th & 28th at 12 PM** in the Conference Room. No sign-up required—just wear comfy clothes and stop in!

We're also excited to continue our relaxing **Yoga for Wellbeing** classes, led by certified instructor Colleen, who brings over 20 years of experience and specialized training in mindfulness and trauma-sensitive practices. This calming, supportive class helps reduce stress, foster resilience, and promote emotional healing.

**Join us on Tuesdays, July 8th, 15th, 22nd & 29th at 5:30pm; New for July Fridays, July 18th & 25th at 8am.**

Come as you are and discover how yoga can help you heal, grow, and thrive.

\*Our Yoga programs are brought to you by a generous grant from the  **COMMUNITY FOUNDATION\***



## Empower at Home Program

Come to the Table Counseling and the University of Michigan are offering Empower@Home—a free online program designed to support well-being for life after 50.

### **What's included:**

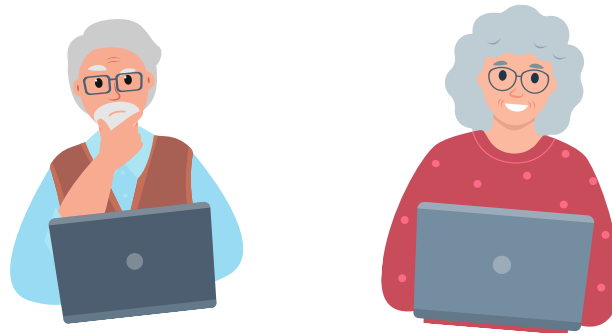
- 9 online self-paced lessons (~30 minutes each) based on CBT\*\* skills
- Weekly support calls from a trained coach
- A printed workbook with summaries and exercises
- Free tablet and internet access provided if necessary
- Tech support every step of the way
- No computer experience needed!

 **Now available to residents in all of Oneida County!** 

Want to learn more? There are several ways to connect:

1. Visit [empower-at-home.com](https://empower-at-home.com)
2. Call us at 315-820-2638 to connect with our local coaches
3. Call (734) 215-5090 to connect with a screener to see if you are eligible

\*\*Cognitive Behavioral Therapy (CBT) focuses on the connections between thoughts, feelings, and behaviors. It's based on the idea that changing **what you do** and **how you think** can make you feel healthier and happier.\*\*



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# Food Programs

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## Food \$en\$e

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

### **July Food \$en\$e Information:**

Order Dates - Friday, June 20th (1:30-3pm), Monday, July 7th (9am-11am)

Order Online by - Monday, July 14th at midnight

Pick up - Friday, July 25th 1:30-3pm

### **August Food \$en\$e Information:**

Order Dates - Friday, July 25th (1:30-3pm), Monday, August 4th & 11th(9am-11am)

Order Online by: Monday, August 18th at midnight

Pick up - Friday, August 29th 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.

## Mobile Food Pantry

The Mobile Food Pantry of CNY Food Bank comes to Camden on **Thursday, July 31st at 4pm. The August date will be posted on our Facebook page when released.**

There are no income requirements for families to receive food—available 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

## Camden Farmer's Market

Fresh, Local, and Coming to Camden!  
We're thrilled to announce that The Farms of ADL is partnering with the Camden Life Center to bring a weekly Farmers Market to our community—every **Friday from 2:00–6:30 PM right at the Camden Life Center!**

This exciting collaboration is all about nourishing our neighbors by making fresh, locally grown produce and handmade goods more accessible to everyone. From vibrant vegetables and fruits to locally made treats, the market offers a meaningful way to support local farmers while fueling your body with wholesome, nutrient-rich foods.

Access to fresh food is essential for good nutrition, and good nutrition supports better health, energy, and well-being. By bringing the farm directly to Camden, we're planting the seeds for a healthier, more connected, and food-secure community.

Don't forget! We offer Food \$en\$e, the Mobile Food Pantry, Outdoor Food Pantry and Emergency Food Pantry as well! Reach out to us if you are experiencing food insecurity, we can help!

Come support local, eat well, and be part of something nourishing—every Friday this summer at the Camden Life Center.



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# New Events

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## Keep Your Eyes on the Horizon — Harvest & Hunt is Coming!

Do you enjoy gardening, hunting, or want to learn more about how these skills can improve your family's nutrition and self-sufficiency? Harvest & Hunt is an exciting new program launching in our community to teach practical food skills that reconnect us with the land, our health, and each other.

This summer, we'll begin recruiting participants for the first round of programming, which will include hands-on workshops, community growing opportunities, and skill-sharing sessions around sustainable hunting and gardening practices. Whether you're a seasoned grower, a lifelong hunter, or simply curious about how these traditions can support wellness and food access, we welcome your interest.

Want to get register or get involved, have skills you'd love to share? Reach out to Rebecca, our Culinary Director, at [redwards@cflrinc.org](mailto:redwards@cflrinc.org) to learn more or scan the QR code below to register.

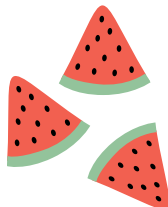
Stay tuned—Harvest & Hunt is just getting started, and we'd love for you to be part of the journey.



## Quote of the Month

"Summer is a season of sunshine, simplicity, and slowing down to savor the little things." 🌞🍓🌻

-Unknown



## Save the Dates – Free Events!

Join us for a summer of fun, relaxation, and community connection!

### Mindful Mornings

July 16th | 10:00 – 11:30 AM

For Camden High School students (going into grades 9–12). A free self-care session focused on stress management, creative expression, and wellness tools in a calming, supportive space.

### BINGO Night


August 26th | 6:00 – 7:30 PM

For Camden High School students (going into grades 9–12). Bring your lucky streak and join us for a night of free BINGO, prizes, and light snacks—perfect for some midweek fun!

### Family Movie Night: Willy Wonka & the Chocolate Factory

September 4th | 7:00 PM

Free and open to families of all ages! Enjoy a classic family favorite under the stars (or indoors if it rains) with popcorn, treats, and community cheer. Bring your own blanket or chairs!

 All events are FREE and will be held at Camden Life Center. Stay tuned for reminders and more details—we can't wait to see you there!

## Puppy Play Dates

Looking for a little joy in your day? Join us for Puppy Play Dates with the adorable pups from Lewis Manor!

Stop by the Camden Life Center on **Wednesday, July 2, 16, and 30 from 3:00–4:00 PM** for snuggles, playtime, and puppy love. It's a great way to relax, connect, and leave with a smile.

Watch our Facebook page for August dates!



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# Opportunities

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## Outdoor Food Pantry

### Donations

We kindly ask our community to be mindful when donating to our outdoor food pantry.

**Please check expiration dates and make sure cans and boxes are in good condition—no rust, dents, or tears.** We also ask that only food or personal hygiene items be placed in the pantry to ensure it stays safe and usable for everyone. Thank you for helping us support our neighbors with care and respect!

### How did you receive our Newsletter?

If you received our newsletter in the **Queen Central News**, bring it in or cut out this box and bring it with you to the Camden Life Center for a special prize!

We'd love to see you and say hello!



## 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

## Volunteer Opportunities at the 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



## 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/)