



Share the News!

Our mission is to be a vital resource by nourishing our community in body, mind and spirit.

October Highlights at OCS

Don't forget to share this email with your friends!



Paul VanDenburgh (left) and Steven Van Arnem (right) present a check for \$30,000 to Tom Bell, One Church Street Steering Committee Chair (center) from The Johnstown Hospital Foundation. We are very grateful for their generous support.

Silent Auction at Wine and Chocolate Event to benefit One Church Street

While the proceeds of this year's Wine and Chocolate Event will support the NOAH Free Community Meal and the Johnstown Food Pantry, four silent auction items have been added to support the One Church Street building fund.

- SoroptiChefs and Friends (Anita Hanaburgh, Audrey Kline, Barb Taylor, Bonnie Valachovic, Deb Buck, Drue Wallack, Ginny Mackey, Laurie Agee, Linda Hinkle, Pat Beck, Polly Hoyer, Sandy Peters, and Amy Wellman) are offering a not-to-be-missed eight-course dinner event called, "The Soprano's Family Dinner . . . an offer you better not refuse."

- Pine Lake Lodge is offering a Friday and Saturday night stay at their wonderful Adirondack lodge featuring eight bedrooms, six bathrooms, two indoor and one outdoor bar, a commercial kitchen, fire pit, and much much more. A perfect venue for an unforgettable family or friend gathering.

- Two lower level tickets to see the defending NBA champion Boston Celtics take on the Atlanta Hawks at TD Garden on Saturday, January 18, 2025, at 7 PM.

- A two-night stay at a charming two-bedroom two-bathroom Saratoga apartment on Lake Avenue, located within a one-mile walk to the track, and a four-minute walk to Broadway, **during the Belmont Stakes**, June 6 and 7, 2025. Parking and breakfast included.

Our sincere thanks to our silent auction donors!

Beer, Wine and Chocolate Tasting

Friday, November 1, 2024

7:00 - 9:00 pm at The Eccentric Club

Tickets ~ \$50

***Available at the door
or call (518) 762-9210***



***~Musical entertainment generously
provided by the Litt Hour Band~***

***Proceeds benefit the NOAH Free Community Meal and the
Johnstown Food Pantry.***

On October 9, the Food Pantry welcomed P-Tech students Jay, Allison, Marissa, Kylie, Timothy and Zakery. These wonderful students came to volunteer at the pantry, taking on a multitude of jobs from breaking down boxes to filling orders to helping our guests out with their bags of groceries. In return, they learned about Nourishing our Neighbors through offering healthy choices.

Each student is pursuing a career through the P-Tech program and we got to chat a little about their choices as well. A special Thanks to Jen Sponnable, School Counselor and Alex Ruggeri, Communications.





The food pantry is open on Wednesdays from 9-12 and on Saturday from 10-12. Saturday volunteers are always needed and welcome!

Food is Medicine in October was Blood Sugar Balancing Month!

Food is Medicine Mondays

Breaking your overnight fast with a blood sugar-balancing meal is key to set you up for a successful day ahead! A low sugar meal that is high in fiber, protein, healthy fats, and colorful vegetables is optimal!



Food is Medicine Mondays

Want to balance your blood sugar before a meal? Dilute 1 tablespoon of vinegar in a glass of water or other beverage, no more than 20 minutes prior to eating, and drink with a straw. Any type of vinegar works: apple cider vinegar, white vinegar, red vinegar, balsamic vinegar.



Food is Medicine Mondays

Eating your food in this order actually makes a difference in blood sugar response. If you can, and within reason, eat veggies first, eat proteins and fats, then carbohydrates, sugar at the end.



Food is Medicine Mondays

Eating any non-starchy vegetable, even just a few bites before a meal is helpful in lowering blood sugar spikes after eating. Ex. carrots, broccoli, cucumber, celery, peppers, tomato, leafy greens, sugar snap peas, cauliflower.



You can find previous Food is Medicine tips and information on our website at <https://onechurchstreet.org/food-is-medicine/>.

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