



One Church Street Newsletter

Nourishing our community in body, mind and spirit.

2025 Vol. 2

OCS Summer Roundup

Johnstown Hospital Foundation Matching Challenge Met

We reached and EXCEEDED our \$25,000 goal, thanks, once again, to YOUR generosity. Special thanks to the Johnstown Hospital Foundation for having faith that our community would rise to this challenge!



Art to Table: Local Art, Big Impact

In August, over 20 area artists graciously donated their talents to help raise funds for the OCS Community Kitchen. At the close of the online art auction, the artist donors helped to raise over \$5,900!

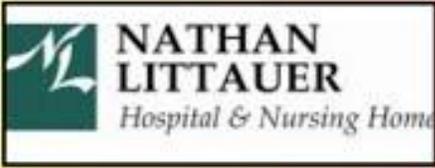
2nd Year of Nourish to Flourish a Success

Thanks to all who attended our Nourish to Flourish dinner! We are grateful to our Entree sponsor John and Sunday Blackmon, our Tapas Sponsors Hupkes Financial Services, MVP Health Care, Nathan Littauer Hospital, and our Dessert Sponsor Coldwell Banker. Together we raised over \$20,000 to help make our Community Kitchen a reality.



Food is Medicine in Practice

One Church Street says Thank You
Today's Food is Medicine Workshop
to help manage
Pre-Diabetes and Diabetes
led by Dr. Sara Brown, DPT, CNS
is being sponsored by
these community partners. Stay tuned for
video clips and photos from our first class
on Saturday, September 13, 2025



Last month a new Food is Medicine workshop began through One Church Street in partnership with MVP and Nathan Littauer Hospital. Diabetes is a chronic disease that can benefit from simple dietary changes. Sara Brown, DPT, CNS, our instructor for the workshop, is one of the Capital Region's newest nutrition stars. Personable, committed and knowledgeable, Dr. Brown makes good nutrition accessible. Watch the video for a taste of the program.



You can see why we need a larger Community Kitchen. Our max capacity is 10 people. A larger and better equipped kitchen will allow us to do this workshop for many more people at the same time.



Allie B's Cooking Classes are growing! We recently held two successful sessions — on July 17 and September 21 — where participants learned new skills, got their questions answered, and enjoyed a delicious meal together. Next class: December 7.

One Church Street Receives Proclamation



Proclamation

Office of the Mayor
City of Johnstown, New York

WHEREAS, the One Church Street Food Pantry has recently celebrated its first anniversary in a bright and accessible new space, ensuring that every neighbor can enter with dignity and receive support without barriers; and

WHEREAS, in the past year alone, the One Church Street Food Pantry has provided more than 68,000 meals to the community, with 31% of its guests being children, demonstrating its profound impact on the youngest and most vulnerable among us; and

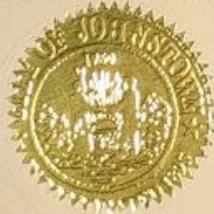
WHEREAS, the NOAH (Needy or Alone and Hungry) program continues to serve an average of 112 meals per week, reflecting a 6% increase each year and meeting a steadily growing need in our community; and

WHEREAS, One Church Street has expanded its *Food is Medicine* program, offering healthy cooking classes and a 12-week program designed specifically for diabetic and pre-diabetic patients, fostering both wellness and education; and

WHEREAS, One Church Street embodies the spirit of service, nourishing our community in mind, body, and spirit, and strengthening the bonds of compassion and care that make our city thrive;

NOW, THEREFORE, BE IT RESOLVED, that I, Amy Praught, Mayor of the City of Johnstown, do hereby recognize and commend **One Church Street** for its decades of dedicated service, its innovative programs, and its unwavering commitment to feeding, educating, and uplifting our community.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Johnstown to be affixed this 15th of September, 2025.

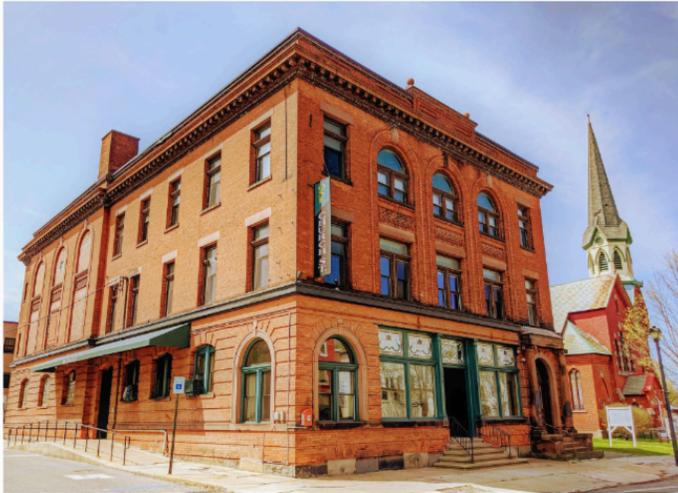


In Witness Whereof, I have hereunto set my hand and caused the Seal of the City of Johnstown, New York to be affixed this 19th day of May, 2025.

Amy Praught, Mayor

On September 15, Mayor Amy Praught presented One Church Street with a proclamation in commemoration of Hunger Awareness Month and in honor of our One Year Anniversary at the Common Council Meeting. Thanks to our Mayor and our City of Johnstown Council for all you do to lift up local businesses and community organizations together we can help alleviate hunger in this community!

Join One Church Street in fighting food insecurity in our community



Want to tour this amazing space to learn more?
Scan here to schedule a time!



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