

A Nutritional Bounty Awaits us in Fall!

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The Harvest Festival

At

Fairgate Farm

129 Stillwater Avenue, Stamford

September 28, 2019

11 a.m. to 1 p.m.

**Music * Kids' Crafts * Games
Food Samples * Face Painting
Fall Bread Contest * Pickling
And Fermenting Workshop**

**FREE Event/FREE Parking
129 Stillwater Avenue**



Board Meetings for 2019:

- **September 25, 2019**
- **October 23, 2019**
- **November 13, 2019**
- **December 18, 2019**

*The meeting will begin at 6:00 p.m.
at Post House, 40 Clinton Avenue in the
first-floor conference room.*

The pace of life is quickening, the days are getting shorter and cooler, school has returned and the holidays don't seem far away. But beyond the beauty of the late summer, the upcoming fresh autumn harvest offers a bounty of delicious and heart-healthy fresh fruits and vegetables. And if delicious isn't enough of an incentive, many of these items have properties that help protect against maladies like heart disease and stroke.

Colorful options like pumpkins, beets, cranberries, squash and apples are readily available this time of year.

Fruits and vegetables with color contain vitamins, minerals, fiber and phytochemicals that have different disease-fighting elements. These compounds are important in reducing the risk of many conditions, including cardiovascular disease.

Purchasing produce at its peak guarantees the freshest taste, the greatest nutritional value and the most affordable price. Here's some guidance on the best choices to make for a healthy, fresh fall diet:

Pumpkins: The bright orange color of pumpkin is loaded with an important antioxidant, beta-carotene, which converts in the body to vitamin A and may reduce the risk of developing certain types of cancer, offers protection against heart disease and reduces some degenerative aspects of aging.

Apples are crisp and flavorful when the newly harvested crop hits the market and farm stands. The soluble fiber in apples actually helps to prevent cholesterol buildup in the lining of blood vessel walls, reducing heart disease.



The Fall holds an abundance of colorful fruits and vegetables full of nutrients.

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Farmer's Market Trainees Connecting to the Community



Fairgate Farm Market Trainees holding fresh produce, left to right: Madeline MacDonald, Caroline Klumac, University of Connecticut intern Jonathan Russo, Grace Chasanoff, Dasani Mandza and Diana Kola. Missing from the photo is Franki Spinelli.

On these perfect late-summer days at the Fairgate Farmers Market, our farmer's market trainees, Westhill High School Regional Agri-science students, are happy to greet customers with a smile and knowledge on all the Farm has to offer.

The trainees, passionate about agriculture, have part-time seasonal posi-

delicious recipes with the fresh produce available.

Several of the trainees were volunteers at Fairgate Farm before being hired. Diana Kola describes her experience: "Farm Manager Pete Novajosky made a lasting impression on me to further my learning experience at the Farm and in the classroom. Gardening

tions at Fairgate Farm, providing customers information on the organic fruits and vegetables harvested at the Farm and farmers market. They have weekly customers who they've built relationships with, sharing everything from farm activities to

and growing food has always been an interest of mine, and I'm happy to share my experiences with the many people that visit."

"The Farm is a great outlet for me to be outside and connect with nature," says Grace Chasanoff. "This is a wholesome place that I find fulfilling and interesting, especially when talking to the customers who place a priority on their health," she adds. "I've always been interested in the availability of organic food."

The trainees have learned firsthand from the customers as well – including the importance of eating organically to nourish their bodies, and how food helps build friendships and bridges the community. Here, at Fairgate Farm, they are delighted to facilitate these benefits through equitable access that strengthens the community.

Come by and experience the opportunities at Fairgate Farm!



Who: For all High School students and adults looking to return to college!

What: Learn about various types of financial aid and how to complete the Free Application for Federal Student Aid (FAFSA).

When and Where:

Tuesday, October 8th at 6:00 p.m. to 7:30 p.m.

Fairgate Community Room - 2nd Floor

9 Fairgate Drive, Stamford

Contact Nicole Beckham (203) 517-0132 for more information

Thursday, October 10th at 6 p.m. to 7:30 p.m.

32-34 Custer Street, Stamford

Contact Mirlande Pressat or Ramon Lara (203) 883-8462 or (203) 977-1400, Ext. 3165 for more information



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Sweet potatoes are rich in carotene, and supply about twice the recommended daily amount of vitamin A. They are also a good source of dietary fiber, potassium and vitamin C. One medium baked sweet potato has only 103 calories.



Beets are low in calories and fat, cholesterol free, and a good source of folates, a B vitamin which supports red blood cell production and helps prevent anemia.



Brussels sprouts: Closely related to cabbage and broc-



coli, Brussel sprouts have a similar look, taste and nutritional value. Peak season is September through February.

Seasonal squash: Butternut and acorn squash are hearty, healthy and the ultimate storage vegetable. Harvested in early fall and throughout the winter months, they make delicious soups and side dishes.

The autumn is a wonderful time of year to eat, recreate and prepare our bodies for the colder months that follow. Enjoy its abundance and have a colorful fall in your kitchen!

Family Centers' Summer Club 2019

By: Director of Self Sufficiency Gayle Paquin and Resident Services Coordinator Nicole Beckham

The Family Centers Summer Club returned this year for COC residents. This year, Family Centers combined both the East Side and West Side properties by holding the program at the Fairgate Community site. The program averaged 30 participants daily, two wonderful summer counselors, several eager and engaging volunteers, a couple of young counselors in training, Resident Service Coordinators (RSCs) and a Mayor's Youth program assistant – all who supported an enriching, engaging and fun summer program.

The children participated in learning stations focused on reading, math and physical activities. Every day, they worked on their math skills, thanks to the digital learning iPads that were graciously provided by the Family Centers Literacy Volunteer program. With a plethora of math applications installed, we were able to see a significant difference in the children's math skills by the end of the program.

Weekly trips to the Ferguson Library allowed the children to immerse themselves in books of their choice. A book fair held at the Fairgate site gave the children the opportunity to take free books home. Free time was enjoyed outside playing tag, soccer, football and jump rope. Everything wasn't always all work and no play!

Special activities were incorporated into the daily schedule as well. These included focusing on important topics such as self-esteem, teamwork building and expressing oneself through arts and crafts.

Thanks to the success of last year's program, there was an abundance of field trips ranging from a Sound Waters boat tour where they were able to learn about (and touch!) crabs and marine life; hiking and nature learning at the Bartlett Arboretum & Gardens; spending the day at the Girl Scouts Camp Rocky Craig campsite; becoming fearless by rock climbing at BETA Climbing & Fitness; swimming at the Boys & Girls Club; a trip to the Bruce Museum and Stepping Stones; and a favorite from last year, returning to Camp Simmons!

Providing a multitude of unique experiences through different field trips gave each child a chance to experience something new this summer. Although sad to see the summer come to an end so fast, the children have returned to school with refined math and literacy skills, an appreciation for working as a team, new friendships and stories to share.

Thanks to Family Centers for providing these enriching experiences!



A Summer Club student preparing to rock climb!



FREE Opportunities with your Resident Service Coordinators at Family Centers

Families:

Community Day at DOMUS September 14th from 12:00 p.m. to 3:00 p.m. at 83 Lockwood Avenue. Touch a Truck, food and more! Contact Mirlande Pressat 977-1400, Ext. 3165, Ramon Lara 883-8462 or Nicole Beckham 517-0132 for more information.



East Side: United Way Grow Truck with fresh food and information will be offered FREE to families begins September 10th on the 2nd and 4th Tuesday of the month from 10:30 a.m. to 12:00 p.m. at 32-34 Custer Street. Contact Mirlande Pressat 977-1400, Ext. 3165 or Ramon Lara 883-8462 for more information.

Park 215: Homework Club begins September 4th from 3:30 p.m. to 5:00 p.m. Contact Jackie Ofria at 517-0597 for more information.

Fairgate: Back to School Game Night begins September 27th from 7:00 p.m. to 9:00 p.m. located at 9 Fairgate Drive. Contact Nicole Beckham at 517-0132 for more information.



Lawnhill & Oak Park: After-School Homework/Fun Club for elementary age children begins in September. Contact Mirlande Pressat at 977-1400, Ext. 3165 or Ramon Lara 883-8462 for details.



Seniors:

Clinton Manor: Computer Basics September 12th at 11:00 a.m. Contact Shawnece Simmons at 977-1400, Ext. 3342 for information.

Post House: Art Day September 16th at 1:00 p.m. Contact Jean Vaccaro at 977-1400, Ext. 3412 for information.

Quintard Manor: Music and Movement September 20th at 2:00 p.m. Contact Shawnece Simmons at 977-1400, Ext. 3171 for information.



Scofield Manor: Fun with Words & Activities begins September 3 every other Tuesday at 1:00 p.m. **Wellness** with Tami every Wednesday at 10:00 a.m. Contact Alex Griffin 329-2388 #9 for information.

Stamford Manor: Person-to-Person Mobile Food Pantry every Monday at 2:00 p.m. **Sittercise and Walk in the Park** group every Wednesday at 2:00 p.m. Call Sam Ambrose at 977-1400, Ext. 3164 for information.