

# Trumbull Mobile Meals

# NEWS



## GIVING TUESDAY

### Year-end Campaign

We would like to thank everyone that participated and donated to our Giving Tuesday and Year-end campaigns. With your continued support, we've been able to help our local seniors and shut-ins by defraying some of their meal cost. Your support has continuously played a key role in the success of Trumbull Mobile Meals. Thank you again for your unwavering support.



## FirstEnergy® Foundation

Trumbull Mobile Meals was awarded a grant from First Energy for the TCDD initiative, helping support key safety initiatives, advance workforce development and education initiatives. We would like to thank First Energy for their support in our mission to provide nutritious meals to seniors, and homebound persons in need.



## NEW VOLUNTEERS

- Dennis Brady    Peter Cicero    Kimberly Garrett    Nancy Hahn
- Teresa Helmick    Fran & Connie Jenkins    Steve Kelly
- David Martin    Bette & Dennis Nisbett    Daniel Plant
- Marybeth Rawa    Patricia Stark    Chuck Yancy

*We really want to thank you for choosing Trumbull Mobile Meals and welcome you to the team. Without caring individuals like yourselves, we wouldn't be able to continue our mission to "ensure no one goes hungry in our neighborhood".*

Thank you 

## to our Route Sponsors

### 2022-2023

## BRAYDICH DENTAL

Complete Care for Your Family in One Place

45 E. Liberty St.  
Hubbard, OH 44425  
330-534-5408

Braydich Dental is a leading provider of dental care in the Hubbard community and surrounding areas of Northeast, OH and Western, PA. Call today for an appointment.



A to Z provides septic, plumbing, drain cleaning, heat & cooling, and 1-day bath remodel.

For more information call them at 330-652-0511.



# Greetings from our CEO



We at Trumbull Mobile Meals have a thankful filled with gratitude for all your help no matter how big or small. Without all your help and investment, we could not do what we do. Thank You!!

Thank you for the grants awarded to TMM throughout the year. To the Foundations such as First Energy, PNC Charitable Trust, Strimbu Memorial Fund, United Way of Trumbull County, Community Development Block Grant for the City of Warren and the Senior Levy. These grants have helped with the rising food costs, shelf stable meals, partnering with Fairhaven to provide training and eventually able to get a job and lastly feeding people throughout Trumbull County. One of our goals is to create new partnerships and continue the important work with our current partners. Sharing that same passion, gives us all the sense of belonging and excites us about accomplishing the same mission and being a part of Trumbull Mobile Meals.

Our staff works diligently making sure to provide our community with premier home delivered meals. Some days are more challenging than others but we are thankful to be part of such a great agency with amazing volunteers.

We are excited to bring back our 15<sup>th</sup> Annual Jim Economos Memorial Golf Outing on June 16 at Riverview Golf Course in Newton Falls. Mark your calendars, teams usually fill up quickly. It is a day to raise money for such a great cause and at the same time have fun!! This will be our 1<sup>st</sup> in person fundraiser in several years.

I am always humbled seeing firsthand how a meal (something so small) impacts someone's life. Again, something so small but has a huge impact on their mental and physical well-being. What a difference a meal makes! Simply amazing!!!! I feel blessed to be able to witness something so beautiful. At the end of the day, people are fed and that is what TMM is all about. Honestly, it is just beautiful!!

I am very humbled to have worked the last 10 years for such a great organization. Unfortunately, it is time for me to take a new path in my career. I feel truly blessed to have the opportunity to meet so many wonderful people since I have been at Trumbull Mobile Meals. I have loved my time and will always be an advocate for this amazing agency. I have enjoyed working with so many of you and are humbled by the love that is spread throughout Trumbull County every day at Trumbull Mobile Meals. This agency is small but powerful in the impact it has on someone's mental and physical well-being. Thank you for your love, support and kindness you have shown me. I will always hold close to my heart my time at Trumbull Mobile Meals. Thank you! Thank you! Thank you!

In closing I would like to share this quote - Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope. -Maya Angelou

Becky 

## Endowment Fund



The Trumbull Mobile Meals Endowment Fund was established to help ensure the long-term sustainability of Trumbull Mobile Meals. The fund will provide ongoing and perpetual support for meal subscribers needing financial assistance for nutritional home delivered meal services. With this endowment, we now have a permanent source of funds to supplement the annual dollars we raise allowing us to provide

meals to more individuals in our community. If you would like more information about the TMM Endowment Fund or information on how to remember Trumbull Mobile Meals in your estate planning, call 330-394-2538.

Join us on June 16<sup>th</sup> for the  
15<sup>th</sup> Annual Jim Economos  
Memorial Golf Outing

at the Riverview Golf Course  
3903 St. Rt. 82, Newton Falls

**\$95 individual or \$380 per team**

**First paid 36 teams only!**

Cost includes 18 hold scramble,  
beer, soft drinks, water, snacks,  
breakfast, lunch, dinner,  
door prizes and FUN!



## Spaghetti Squash Lasagna with Broccolini

### Ingredients

- 1 (2 1/2- to 3-pound) spaghetti squash, halved lengthwise and seeded
- 1 tablespoon extra-virgin olive oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- ¼ teaspoon crushed red pepper (optional)
- 2 tablespoons water
- 1 cup shredded part-skim mozzarella cheese, divided
- ¼ cup shredded Parmesan cheese, divided
- ¾ teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper



### Directions

Step 1—Position racks in upper and lower thirds of oven; preheat to 450 degrees F.

Step 2—Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400 degrees F oven until the squash is tender, 40 to 50 minutes.)

Step 3—Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.

Step 4—Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir ¾ cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining ¼ cup mozzarella and 2 tablespoons Parmesan.

Step 5—Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

### Tips

Easy cleanup: To save time and keep your baking sheet looking fresh, line it with a layer of foil before you bake.

### Nutrition Facts

Serving Size: 1/2 stuffed squash half

Per Serving:

194 calories; protein 11g; carbohydrates 14.6g; dietary fiber 2.4g; sugars 4.7g; fat 10.8g; saturated fat 4.6g; cholesterol 22.7mg; vitamin a iu 1234.8IU; vitamin c 47.3mg; folate 18.1mcg; calcium 313.7mg; iron 1.1mg; magnesium 24.7mg; potassium 346.6mg; sodium 608.9mg; thiamin 0.1mg.

**IN MEMORY OF  
ALEXANDER VUCHAK**

Terri Crabbs  
Sunday School Class at the  
Eastview Baptist Church  
Nina Grech  
Robert Hoy  
Bill & Kathy Kerins  
Samantha Menezes  
Anton & Phyllis Placek  
Charles & Jean Potashnik  
Andrew & Ana Vuchak  
Jerry Vuchak

**IN MEMORY OF CLYDE BOLINGER**

Loralee Daily

**IN MEMORY OF JOE DAVIS**

David & Cindy Haeck  
Richard Stoneman

**IN MEMORY OF RICHARD MALONE**

Buzz & Jan Berkowitz  
Michael & Roberta Berkowitz  
Dorothy Blake  
William Casey  
MaryAnn Hendrickson  
Richard & Peggy Jones  
Jason Katz  
Karen Kowol  
Joseph Lastowka  
Danielle Lazor  
Joseph & Joyce Lukz  
Dolores Macali  
Richard Pavlock  
Lawrence Prince  
Jean Vrancich  
Diane Williams

**IN MEMORY OF RUBY JUSTIS**

Steven Marsh

**MEET THE FACES (kind of)  
BEHIND THE VOICE ON THE PHONE.**



Dee is our new Financial Clerk. She is taking the place of Valerie, who has retired. Dee is in charge of all the billing and financial book keeping.



Anita is our Administrative Assistant taking care of route scheduling, new client paperwork, kitchen pa, and assists with the Senior Levy program.



Christine is our Volunteer Coordinator. She handles scheduling for our wonderful volunteers. She also is the Senior Levy program associate.



Deb is the Marketing Coordinator. She handles our social media, website, online event campaigns and our newsletter. She also assists Christine and the Senior Levy program.



**Volunteers are a vital part of our organization and the community. We could not provide meals to our local seniors and shut-ins without you.**

**Can you spare two hours a week to help feed our neighborhood seniors and homebound people?**

**TMM is in need of volunteer drivers for our Warren and Cortland routes.**

**For more information call Christine at 330-394-2538 Ext. 101**