

# NEWS



This past June, Trumbull Mobile Meals hosted its 16th Annual Jim Economos Memorial Golf Outing. It was a great success! We would like to thank our first time sponsors, Colonial Life/Rick Heubel, King Bros., Michael Silberman, Russo's Quality Concrete, Toyota of Warren, Triple M Towing & Transport, and all our other sponsors. This year's outing grossed more than any other year, which is a good thing because one of our vans decided to drive its last route shortly after the end of our golf outing.

TMM would like to thank Matt Sauer and everyone at Diane Sauer Chevrolet for assisting us in getting our 2019 Chevy Equinox. This

wouldn't be possible without the support of our sponsors and participants in our recent golf fundraiser. Thank you all from the bottom of our hearts.



TMM participated in PA/OH Giving Week at the end of June. The Community Foundation of Western PA & Eastern OH was found in 1981 to assist charitable efforts throughout Lawrence (PA), Mercer (PA), and Trumbull (OH) counties. The foundation stands as a testament to the

fact that if you give people who live in a generous region an efficient way to give back, then they will, in turn, provide assistance to charitable causes that they hold close to their hearts. TMM would like to thank everyone that donated during Giving Week. It is donors like you that help us continue our mission to provide nutritious meals to seniors and home-bound individuals.



## NEW VOLUNTEERS

*Kim Anzevino Charles Burger Wade Calhoun Blaine Chapman*

*Valerie Chapman Roderick Cook Carole Elliott Phil Elliott*

*Rachael Moore Shellie Stephens Bill Webster*

*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 provide meals to seniors and home-bound individuals.*



to our

2024 Route

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## WHY IS VOLUNTEERING SO IMPORTANT?

One good reason why volunteering is important is that it goes a long way towards creating a healthy community. Volunteering is important as it offers essential help to worthwhile causes, people in need, and the wider community. Many organizations and charities rely on the generosity of volunteers as often they're only part-funded through federal, state or local governments, and cannot afford to pay salaries for all their staff. Our volunteers are the **HEART** of Trumbull Mobile Meals. Without them, we cannot provide the nutritious meals that so many need.

Volunteering is beneficial to the participant for a whole host of reasons, including stress reduction, combating depression and providing a sense of purpose.

**Volunteering connects you with others** - If you're feeling lonely, isolated, or simply want to widen your social circle, volunteering in your local community is an important – and often fun – way to meet new people.

**Volunteering builds self-confidence and self-esteem** - Doing good for others and the community helps to create a natural sense of accomplishment.

**Volunteering is important for physical health** - Volunteering has distinct health benefits that can boost your mental and physical health. Carrying out volunteer work could increase physical activity among those who aren't normally very active, and that it could also reduce stress.

**Volunteering is important for a sense of purpose** - Volunteering helps address a social problem that is meaningful to you and in turn helps to build a sense of purpose, which furthermore boosts your own happiness.

**Volunteering helps you forget your own problems** - Focusing on others can give us a deeper sense of perspective and help distract us from the negative. Volunteering often involves helping those in need and can be useful in showing us that, in fact, our own lives are not as bad as we thought they were.

It's clear the benefits of volunteering are huge – improved physical and mental health, new friends, avoiding loneliness, a sense of purpose, and deeper self-confidence. In turn, all of these things will help to boost your overall happiness: a win-win situation for all involved. Volunteering is important – the benefits are clear – but it's important to **enjoy it too!**



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

**We will soon see an influx of new clients due to the closure of a local senior support agency at the end of summer. Can you spare up to two hours a week to help feed our neighborhood seniors and shut-ins?**

**For more information or to sign up to volunteer call Christine at 330-394-2538 Ext. 101**

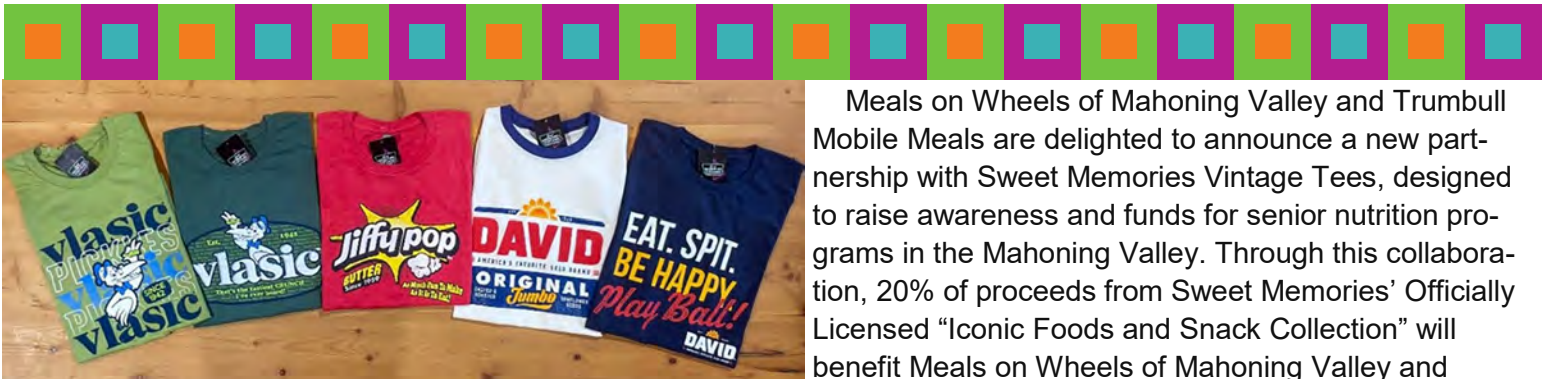


## Greetings from our CEO

It is a privilege and an honor to serve as CEO at Trumbull Mobile Meals. I'd like to start off by thanking our fabulous staff and troop of volunteers. We have many exciting growth opportunities and an expansion on the horizon, and none of this would be possible without each and every one of them. I strongly believe that when you recognize people, you will be rewarded. So, this is one small way I can thank our team members who are instrumental in this journey. I am genuinely, incredibly grateful.

I'm also excited to announce that our exceptionally talented Food Service Manager, LaQuisha, has been crafting delicious new meals for the upcoming season. Keep an eye out for subscriber surveys to provide your personal input on your favorite foods.

Thank you for trusting Trumbull Mobile Meals as your home-delivered meal provider. We will continue to serve only the highest quality, freshly made, nutritious meals to keep our community thriving and healthy.



Meals on Wheels of Mahoning Valley and Trumbull Mobile Meals are delighted to announce a new partnership with Sweet Memories Vintage Tees, designed to raise awareness and funds for senior nutrition programs in the Mahoning Valley. Through this collaboration, 20% of proceeds from Sweet Memories' Officially Licensed "Iconic Foods and Snack Collection" will benefit Meals on Wheels of Mahoning Valley and

Trumbull Mobile Meals, helping to combat senior hunger and isolation.

This initiative blends fashion with philanthropy, ensuring that every purchase from the Licensed Foods and Snack collection contributes directly to the well-being of seniors in need. With each retail purchase, Sweet Memories Vintage Tees will donate 20% of each sale to Meals on Wheels of Mahoning County and Trumbull Mobile Meals in Ohio, supporting their mission to combat senior hunger and isolation.

The new "Iconic Foods and Snack Collection" will showcase iconic designs inspired by beloved brands such as Jiffy Pop®, Vlasic® Pickles, DAVID® Seeds, and more. "We are incredibly excited about our partnership with Sweet Memories Vintage Tees," said Audrey Novotny, CEO of Trumbull Mobile Meals. "This collaboration not only helps us raise essential funds but also amplifies our message and mission. By utilizing Iconic Brands that we love so much, combining nostalgic, high-quality apparel with a cause everyone can rally around, we're creating a powerful platform for change."

The Officially Licensed Foods and Snack shirts feature a range of vintage-style designs that celebrate beloved foods and snacks from the past. Each purchase supports Meals on Wheels of Mahoning Valley and Trumbull Mobile Meals' efforts to provide nutritious meals, safety checks, and friendly visits to seniors, making a tangible difference in their lives.

The Licensed Foods and Snack shirts are available on the Sweet Memories Vintage Tees website at [www.sweetvintagetees.com](http://www.sweetvintagetees.com) and at select retail locations. With each purchase, customers not only get to enjoy a piece of nostalgia but also contribute to a crucial cause. T-shirts in the collection retail for \$24.99.



**IN MEMORY OF NED LACY**

Mary King  
Mary Harshman

**IN MEMORY OF  
WILLARD THOMASON**

Lula Thomason  
John & Karen O'Leary

**IN MEMORY OF  
MAUREEN DONICH**

John & Barbara Somich

**IN MEMORY OF  
ROBERTA BECKNER**

Angie Kalogeras

**IN MEMORY OF EDYTH HARTZ**

Carolyn Andrews  
Mark, Ruth, Laura Deer  
Kathy Keeler  
Ronald & Kimberly Licata

**IN MEMORY OF  
SUZANNE CLARK**

Marilyn Cook

**IN MEMORY OF ROBERT LAIRD**

Richard Archer  
Carl Barnett  
Rick Clark  
Albert & Sallyanne Falasca  
Ellen Roby  
Jack & Charlotte Walk

**IN MEMORY OF  
BOB HANNUKSELA**

Marietta Education Association  
Joseph Rabbene

**IN MEMORY OF  
HARI CHANDNANI**

Jyoti Chandnani

**IN MEMORY OF JEFF BELANGER**

Mary Catherine Scarnecchia

**IN MEMORY OF  
LOYD MILLER SR.**

Angie Kalogeras

# 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.

## UPCOMING EVENTS

**AUGUST 8<sup>th</sup>**

Champion Senior Health  
Expo & Resource Fair

**SEPTEMBER 17<sup>th</sup>**

Volunteer Appreciation  
Celebration

**NOVEMBER 8<sup>th</sup>**

Night at the Races

**DECEMBER 3<sup>rd</sup>**

Giving Tuesday



People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.



Sometimes we just need to laugh about our failing eyesight and ability to know for sure what we're doing.

*“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”.*

*~Author Unknown*