Greetings!!!!

I believe spring has sprung in Trumbull County. Plants are blooming and the grass is getting green. I love this time of year!! Looking forward to sunshine and warm temperatures. Feeling thankful we have not seen any of that white stuff recently like some areas have. I am always humbled and feel the words “THANK YOU” is not enough for all that our volunteers and community supporters do for Trumbull Mobile Meals. Without you we could not continue to do what we do. I applaud and bow to you all!!! Once again THANK YOU!!! Our staff is always working to improve on areas that need it. An example is our delivery routes. We have made changes to improve the efficiency for our volunteers. I commend our staff and the great work they do. We have a great team!!! I also would like to commend the diverse group that participated in our annual Edward C. Taylor March for Meals Community Champions’ week along with our memorial walk at the Eastwood Mall. This campaign raised $8,780.00 between sponsorship and pledges. Again Thank You!!!! We also recognized our volunteers with a luncheon in April celebrating National Volunteers week. We had a great turnout this year and everyone seemed to enjoy the camaraderie. We love our volunteers!!! In May we had a little fundraiser at Texas Roadhouse in Niles. Thank you to everyone who participated. We appreciated your support!! In closing I would like to share this quote - “We make a living by what we get, but we make a life by what we give.” — Winston Churchill

Sincerely,

Becky
Thanks to the Generosity of the Middlefield Banking Company, a group of students at Warren G. Harding High School, the Youth Philanthropy Board awarded Trumbull Mobile Meals a $700 grant that will be used to help offset the cost of nutritious home delivered meals to area veterans. Janis Ulicny, Assistant Principal helped to guide the students through the entire grant process. The Youth Philanthropy Board held a presentation luncheon on Thursday, May 2, 2019 where all grant recipients were recognized and presented their check. Five local not-for-profits were awarded grants. WGH student and Philanthropy Board member, Precious Ball made a brief statement about the reason(s) Trumbull Mobile Meals had been selected and she then presented the award to Rebecca Edwards, CEO-Trumbull Mobile Meals and Assistant to the CEO, Kim Straniak.

Thanks to Texas Roadhouse for 10% Night on May 20th.

CALLING ALL VOLUNTEERS.....We need you! If you have an hour or two a week to spare, please consider delivering once a week, month or more. Call Terri Dean at 330-394-2538 today

We gratefully acknowledge the continued help and financial support of our local county commissioners.

We appreciate their input and participation in our programming efforts.

Trumbull Mobile Meals, Inc. embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.
Notes From our Clients :)  

Dear Mobile Meals Staff,  
My husband and I want to thank you for the birthday cards and placemat gifts. The mats are lovely and really brighten our kitchen table where we eat all our delicious Mobile Meals. We appreciate your thoughtfulness and handiwork. (Hi to Dolly!)  

John and Virginia  

Gene + Sally:  
Bev said that yesterday’s meal (Monday) was delicious!  

Hi!  
Keep sending those wonderful meals. I look forward to them each day. Thanks to everyone involved. Mary C.  

Nifty Ninties  
Jean Schlecht  

Trumbull Mobile Meals began with my reading two newspaper articles about home delivered meals. Thinking this is a great idea for Trumbull County, I wrote for more information, ascertained the need in our county and then adopted the plans to fit our area. Mainly, I changed the food bases to hospital dietary departments so that there would be no staffing problems, the meals would be prepared under the supervision of licensed dieticians, and we could offer special diets.  

When Pat Venetta became President of the Trumbull County Medical Auxiliary and asked me to chair the Outreach Committee, I told her about the plan and asked the auxiliary to do a 6 month trial program. When Pat, enthusiastically said “Yes”, Trumbull Mobile Meals was born. Pat worked at St. Joseph’s and I at Trumbull Memorial Hospital.  

Only Auxiliary members could drive because of insurance. Twenty-five women volunteered to drive. Jane Pollis became our first scheduler, Henrietta Schaffer our first treasurer with Dorothy Heller. Our first meal was delivered from Trumbull Memorial Hospital to Paul Scheska on November 10, 1970.  

I believe that God wanted T.M.M. to be. People offered all kinds of free assistance. A C.P.A. set up our books, a lawyer, Fritz Loomis, incorporated us, a disabled lady marked bags and lids. Another lady made aprons for our volunteer packers. Several churches especially Christ Episcopal donated paper, copying services for menus, schedules, newsletters, etc.  

Although we had planned on 12 subscribers for our trial program we had 18 at the end of six months. We were operating in the “black” and still had $200 banked against “bad debt.” After 6 months, we incorporated. St. Joseph’s Hospital became our second food base and Newton Falls became the first town outside of Warren to be served.  

Our constitution provided for a permanent place on the Board of Directors for a Chaplain, a representative from the Trumbull County Medical Auxiliary, and a representative from each food base. The rest of the Board would be chosen from the community. Our original board was: The Rev. James Schmidt; Mary Naffzinger, Catholic Social Services; Richard Maloney-T.M.H; Patricia Venetta; and Jean-Marie Schlecht.  

Pat and I used our homes as our offices but as our subscribers grew to 75, we found that T.M.M. was interfering our family’s lives (we each had a physician husband and 4 children.) The Trumbull County Medical Society paid for our answering service, but we needed an office and a director. We applied to United Way and were accepted. In 1974 we hired Kay Brodbeck as our first C.E.O. and established an office at Central Christian Church.  

Since then we’ve grown and been able to serve more people.  

Thanks be to God.  

RSVP held their Volunteer Luncheon to honor all volunteers from Trumbull and Mahoning under several different umbrellas which included our very own Trumbull Mobile Meals Drivers. Food and company was awesome :)
Recipe from the Chef-Kathy:

**Raspberry Swirl**

![Raspberries](image)

**Ingredients:**
- 2/3 cup graham cracker crumbs
- 2 tbsp melted butter
- 5 teaspoons sugar

**Filling:**
- 3 Eggs, separated
- 1/4 cup plus 1 tablespoon water, divided
- 1 cup sugar divided
- 1/3 tsp salt
- 1/3 tsp cream of tartar
- 1 package (8 oz) reduced-fat cream cheese
- 1 1/2 cups reduced fat whipped topping
- 1 package (10 oz) frozen sweetened raspberries, thawed

**Directions**

1– In a small bowl, combine the cracker crumbs, butter and sugar. Press into an 11-in. x 7-in. dish coated with cooking spray. Cover and refrigerate for at least 15 minutes.

2– Meanwhile, for filling, in a small heavy saucepan, combine the egg yolks, 1/4 cup water, 1/2 cup sugar and salt. Cook and stir over low heat until mixture reaches 160° or is thick enough to coat the back of a metal spoon. Cool quickly by placing pan in a bowl of ice water; stir for 2 minutes. Set aside.

3– In a small heavy saucepan over low heat, combine the egg whites, cream of tartar, and remaining water and sugar. With a portable mixer, beat on low speed until mixture reaches 160°. Transfer to a small bowl; beat on high until soft peaks form.

4– In a large bowl, beat the cream cheese until smooth. Gradually beat in the egg yolk mixture. Fold in the whipped topping, then egg white mixture. Drain raspberries, reserving 3 tablespoons juice. In a small bowl, crush half of berries with 1 tablespoon juice. Set the remaining berries and juice aside.

5– Spread a third of cream cheese mixture over crust; spoon half of crushed berry mixture over the top. Repeat layers. Cut through with a knife to swirl raspberries.

6– Top with remaining cream cheese mixture. Sprinkle with reserved berries and drizzle with remaining juice. Cover and freeze for 5 hours or until firm. Remove from the freezer 15 minutes before cutting.

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**Looking for Assistance**

TMM is asking for assistance acquiring any nonperishable food to help ensure “no one goes hungry” in our community. We would also like to request any paper products to help defray operational costs. Please feel free to drop off or ask us to pick up any of the following items which are much needed: Toilet paper, paper napkins, paper towels, plastic ware, cups, and nonperishable foods, can goods, etc..
Meet the Board

**BOARD OF DIRECTORS**
Chairperson — Roger Reynolds
Vice Chair – Matthew Joseph Sauer
Treasurer – Richard Lytle
Secretary – Linda Donley
CEO – Rebecca Edwards

**MEMBERS**
Sandy Bailey
Kathleen Bowen
Dell Demetrius Carroll
Anthony Cheff
Paul Clauer
Chrisi Economos
Maryann McElfresh
Janet McGeough
Noreen Moderalli
Mike Paquet
Gussie Reed
Jean Schlecht
Jan Solomon
Marsha Terry
Michael Weaver
Lucy Zinz

**ADVISORY COMMITTEE**
Gary Gibson, M.D.
Ron Gordon
Patricia James
Holly Maggiano, M.D.
Agapi Mantos, Ms., RD., LD.
Patrick Parry

**HONORARY COMMITTEE**
Patricia Venetta
Robert Laird
Michael Rescineto
Sandy Lisko
Glenn Holmes
Randall Miller

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**SPOTLIGHT ON BOARD MEMBER**

Maryann McElfresh attended YSU and Kent majoring in Finance and Minoring in Accounting and Computer Science. MaryAnn was a founding member and President, Vice President and Treasurer of Cortland Kiwanis. She has been actively involved in United Way, Relay for Life and mentoring at our public schools.

MaryAnn was Associate Supervisor with Trumbull Soil for over 10 years and retired from Chemical Bank in July of 2018 from her position of Chemical Bank Manager, Ass’t VP.

With over 18 years of coaching background in Trumbull County 9 of which include head coach for JFK, MaryAnn wishes that she would have lived closer to her grandchildren to have coached them in soccer.

Mary Ann and her husband of 45 years are looking forward to spending more time with her children and their families now that she is retired. They will be working on their bucket list which includes a trip to Ireland and Scotland. In addition she will have more time to enjoy her hobbies which also include crafting.

Trumbull Mobile Meals is thankful to have MaryAnn as an active Board Member serving on the Finance Committee as well as the Agency Development Committee since 2017.

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**CALENDAR**

**June**
3 – Golf Meeting
18 – Finance Comm
19 – Board Meeting
21 – Golf Outing

**July**
4 – Independence Day – Closed
15 – Basket Committee

**August**
20 – Finance Comm
21 – Board Meeting

**September**
2 – Labor Day – Closed
17 – Finance Comm
18 – Board Meeting

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There are two kinds of gratitude:

- The sudden kind we feel for what we receive, and the larger kind we feel for what we give.

~Edward Arlington

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THANKS TO OUR VOLUNTEERS!
DONATIONS/GRANTS

Trumbull Mobile Meals would like to thank the following for their generous donations. Without you we could not continue our mission to ensure that “No Person Goes Hungry” in our community.

Members of Trumbull Moose Lodge #186
Keith McCombs
First Energy Service Company
Members of New Covenant Baptist Church
Warren Harley-Davidson Sales, Inc.

MARCH FOR MEALS:
Cortland Church of Christ Inc.
W3 Wealth Management LLC
Center for Rehabilitation at Hampton Woods
Alma Currie
Mission Board All Saints Community Church
David & Marsha Terry
Jib Jab Hot Dog Shoppe
First Baptist Church of Braceville
First Presbyterian Church of Niles
Janet McGeough
Marjorie Dangaran
Lordstown Christian Church
Ron & Cynthia Wynn
Trumbull Career & Technical Center
Jelani Lampley
First Christian Church of Girard
St. Mary & St. Joseph Parish
Jane Miller
Kiwanis Club of Niles
Key Club-Niles Kiwanis
Rhonda Montellese
Warren Kiwanis Club
Blessed Sacrament Church
Rev. Gena Thornton
Messiah Lutheran Church
Braceville United Methodist Church
Ronald Gordon
March for Meals Walkers

IN MEMORY OF EVELYN-MAE DENNIS:
Anna Marie Hood & Matthew Hood
Chris Dascoulias
Harold & Lois Fowler
Richard & Vicki Morrison
Pat & Norm Silliman
Bill & Diane Silliman
“Dennis Family Reunion”
Morning Light Chapter #80
Order of the Eastern Star

IN MEMORY OF HARRY PONIKVAR:
E. Carol Maxwell
Lori Sisk

Big shout-out to Mary Sanata’s 6th Grade Class from Lincoln for their beautiful placemats made for our clients as part of their service project.

Report from the Kitchen

Yoga can, in fact, be good for adults of all ages, especially seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses increase core, strength, and balance, which reduces the risk of fall related injuries. Above all, yoga is a form of exercise that can help seniors feel younger.

-Theresa
Congratulations to the Niles Key club for participating and raising the most pledges for our annual “March for Meals” Event.

Shout out to TCTC staff and students who took 2nd place at the “March for Meals” Event.

What an awesome turnout we had for our March for Meals 2019! Thank you Eastwood Mall for being our host!!

Our volunteers enjoyed a fabulous Luncheon to end National Volunteer week.

Ohio State Senator Sean O’Brien toured Trumbull Mobile Meals and met with staff and volunteers.