Greetings!!!!!

It’s hard to believe that we are already into Fall. Upon the time of our last newsletter to you, many of us were putting away our boots and coats in preparation for the summer. Soon we will be finding ways to warm ourselves again. This is my favorite time of year with the fall foliage. It’s hard to believe there are only a few more months left in 2019. Feeling thankful we have not seen any of that white stuff recently like some areas have.

I am always humbled and feel that just saying “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!!!

For the first time in TMM’s history we had to postpone the Jim Economos Memorial Golf Outing. Originally scheduled for June 19th it was rescheduled to August 16th due to the weather. We are very thankful for all the support we received in sponsorship, donations, volunteers and to the many golfers that support our golf outing. We had a beautiful fun day!!! We raised over $14,000.00 this year. Again Thank You!!!

Thank you to those that helped us with River Rock at the Amp this year volunteering your time. Such a great way to spend an evening with live entertainment and supporting our community. Thank You!!!

We also participated in the “Taste of Warren” during the Warren Homecoming. What a great event!! Not only did we serve our delicious loaded potato skins but we also had an information table. Thank you to those that helped out!!!

The Senior Levy is up for renewal in November. With this funding we are able to serve 80 people a day. Not only does the levy help to feed people but also provides many other vital serves to our seniors in Trumbull County. Please consider supporting the levy when you vote.

In closing I would like to share this quote - “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. –Maya Angelou

Sincerely,
Becky
River Gate High School Students with their advisor, Larry Brown, spent the afternoon helping with our gala fundraising mailing.

Trumbull Mobile Meals partners with organizations such as Clark Dietrich. This organization provides packers each Wednesday for us.

Our ladies from the Western Reserve Quilters have been busy making beautiful placemats for our clients. We appreciate your hard work and beautiful creations.

We would like to recognize the many hours that the basket committee put into planning the premier Gala.

CALLED 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.

CALLERD

November
8- Volunteer Appreciation Luncheon
9- Gala
11- Veteran’s Day
28- Thanksgiving

December
7- Pearl Harbor Remembrance Day
23- Chanukah
25- Christmas
26- Kwanza

January
1- New Year’s Day
20- Martin Luther King Jr. Day

Aim for the moon. If you miss, you may hit a star.
-W. Clement Stone

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**Notes From Our Clients :)**

To the Volunteers,

This is a note of appreciation for the volunteers' time you give to Mobile Meals.

During my time of surgical recovery the meals you prepared and delivered were more than beneficial to my health and nutritional needs.

I did not need to stress out about preparing a meal. With a lack of appetite, the meals encouraged me to eat.

This is my last meal and I’ll not only miss the meals, but all of your friendly greetings.

Thank you.

-Rhonda T.

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**DONATIONS: 06-01-2019 to 09-30-2019**

James & Carole Callahan
Keith McCombs
Shenago Valley Corvette Club
First Energy Service Company
Members of Trumbull Moose Lodge #186
Pamela Willits
Sunrise Inn/ Warren Amp
Community Foundation of the Mahoning Valley
Edward & Angela Palumbo
John & Linda Yuhasz
Mr. & Mrs. Russell Griffin
Representative Michael O’Brien
St. John the Baptist Orthodox Church

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**In Memory Of**

**GARY PRESSELL:**
Linda Benson
Sally Fowler
Dr. & Mrs. Antonius Hadi
NAI Pleasant Valley Corporation
James & Judith Parish
Frank "Rick" Tkach
Terence Yates & Diana Butts
David & Kathy Thomas
Richard & Barbara DeLost
Karen & Dennis Zwigart
Mr. & Mrs. Harry Cancelli
Patricia & Lawrence King
Betty Keeling Boos
Bob & Carol Nestor
Marjorie & Terry Monos
Kathy McCormick

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**Small Deeds done are better than great deeds planned.**

-Peter Marshall
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..

Chef Kathy’s featured recipe:

Southwest Chicken Corn Chowder

Original by Eileen Robitaille

1 large onion, chopped
1 garlic clove, minced
1/2 teaspoon olive oil
1 can (14 1/2 oz) reduced-sodium chicken broth
1 can (10 3/4 oz) reduced fat, reduced sodium condensed cream of chicken soup, undiluted
1 can (4oz) chopped green chilies, drained
2 cans (14 3/4oz each) cream-style corn
1 can (12oz) fat-free evaporated milk
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
6 tablespoons shredded reduced-fat cheddar cheese.
4 1/2 teaspoons chopped cilantro.

1. In a large nonstick saucepan, sauté the onion and garlic in oil until tender.
2. Stir the broth, soup, chicken and chilies until blended. Bring to a boil. Reduce the heat; stir in corn, milk, chili powder and cumin. Heat through (do not boil). Sprinkle each serving with the cheese and cilantro.

(Diabetic Exchanges: 2 starch, 2 lean meat.)
Paul Clouser, owner of National Fire and Water Repair and Trumbull Mobile Meals Board member donated his amazing fire truck and culinary skills by grilling the perfect hot dog for the golfers. (Yes, there is a grill on the truck, along with a superior sound system, playing top hits from the 70’s.) Paul has donated his time and talents to TMM for many years.

The Jim Economos Annual Golf Outing highlighted 34 teams + 38 hole sponsors. A Heartfelt thank you to our Grand Sponsors, Sons of Italy #2798 and the Cafaro Foundation. Participants enjoyed beautiful weather, friendly competition, wonderful giveaways and made memories to last a lifetime.

Grand Sponsors:
Sons of Italy #2798 & The Cafaro Foundation

Hole Sponsors

Leeworthy’s Auto Body
Woodall Tree Preservation Inc.
The Trumbull Cement Products Co, Inc.
Wanda J. Grima
Dr. & Mrs. Rudolph Krafft
Jean Schlecht
Tim Garland Excavating LLC & Quiggley’s Bar & Grill
Capital Business Strategies
A & N Restaurant Equipment
Dr. & Mrs. Thomas Groner
ITAM #30
Tracksense, Inc.
Buena Vista Café, Inc.
The Mocha House, Inc.
Sandy’s Tire Sales, Inc.
Phillips/Sekanick Architects, Inc.
Simco Management Corp.
Quality Match Plate Co.

United Steelworkers Local Union 1375
Ironworkers Local #207
Insurance Navigators Agency, Inc.
Custom Vending, Inc.
Western Reserve Building Trades
Fernando G. Chaves, MD, Inc.
David & Marsha Terry
Congressman Tim Ryan
United Steelworkers Local 2243
Jaro Transportation Services, Inc.
Tim Wikoff
717 Credit Union
Commissioner Mauro Cantalamessa
Warren Precision Products
Moose Lodge #186
Families For Franklin
Finney Construction
Quality Switch
Flex-Strut

Lunch Sponsors

Paige & Byrnes Insurance
United Steelworkers District 1
John Perdue Inc./McDonalds

Golf Favors

Mahoning/Trumbull Federation of Labor
Corry Manufacturing
Sandy’s Tires Sales & Service
Pizza Works
Farmers National Bank
Chemical Bank

Beverage Sponsors

David & Marsha Terry
Lucy Zinz
Coca-Cola
Get Go Cafe & Market
Pepsi Cola

Hole-In-One Sponsors

Diane Sauer Chevrolet Niles
Expanded Metals & Plastics
This month we highlight our Board Member Lucy Zinz who has been on our board for over 30 years and served as Board Chair 4 times. During one of her terms as board president she was instrumental in helping to purchase kitchen equipment, flooring, setting up menus and negotiating a purchase contract for TMM’s new building. Lucy has also helped to create menus for special diets over the years to help TMM serve the community better. Lucy was a registered Dietitian and recently retired as Director of Dining Services for Park Vista and enjoys volunteering in many capacities throughout the community.

Lucy received the Marcia A Schneider Volunteer of the Year Award from Trumbull Mobile Meals in 2007 and was nominated and named a finalist for the 2011 ATHENA Award. This award is presented annually to a local woman who has made significant achievements in her career as well as in the community. In addition she won the Valley Legacy Award for Outstanding Advocacy for Seniors.

Throughout her career Lucy has mentored dietetic students, providing training programs required for graduation.

Lucy and her husband Don spend their free time traveling throughout the world and making wonderful memories with their family.
HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.
Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.
Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."
Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.
Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.
Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.
Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.
Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

EASY TIPS FOR DINING OUT

Move the salt shaker away.
This simple first step could become second nature.

Research the restaurant’s menu before going out.
Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.
Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.
A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.
Choose fruit or vegetables instead of salty snacks, chips, or fries.