

THE COMMUNITY Dish



mobilemeals

ISSUE 4



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Our Mission:

To help our clients remain independent and enhance their quality of life by delivering nutritious meals.

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A Future Focused on Seniors

By Alison Foreman, Mobile Meals of Toledo CEO



Mobile Meals of Toledo is a proud member of the Meals on Wheels America network, working every day to ensure older adults receive nutritious meals, safety checks, and essential support. As we move forward into 2026, we are asking our community to stand with us by volunteering,

advocating, and donating so that more senior neighbors can access the services they depend on.

In 2026, Mobile Meals of Toledo will continue expanding our home-delivered meal services and strengthening long-term sustainability through several key initiatives, including:

- Launching a breakfast program for the Oregon Senior Center
- Partnering with The Ability Center to serve as a Durable Medical Equipment (DME) Hub, delivering adult sanitary products and mobility equipment directly to senior homes
- Growing catering services to local businesses and nonprofit partners
- Advancing a bold 2030 vision to serve over 1,000,000 meals annually as the older adult population rapidly expands

This work is critical because many older adults face financial, health, and social challenges that can make daily living more difficult. With the right support, these challenges are manageable. While aging should bring comfort and stability, many seniors are navigating fixed incomes alongside rising healthcare and living costs, often while living alone. Social Security provides



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an important foundation, but it was never designed to cover all basic needs. For more than 40% of older adults, it is their primary source of income.

As a result, many seniors continue to struggle to afford the essentials. Together with our community of supporters, Mobile Meals is bridging these gaps and creating pathways for older adult neighbors to live healthier, more secure, and independent lives at home.

The Impact of Monthly Giving

The need has never been greater. Mobile Meals of Toledo supports an ever-increasing number of homebound older adults who depend on us for nutritious meals and caring human connections. **The Giving Plate** is our monthly donation program created to meet this urgent need, and we can't do it without you.

When you give monthly, you become a reliable lifeline for seniors. A monthly \$25 gift to **The Giving Plate** provides a dependable source of funding so we can plan ahead, respond to increased demand, and ensure no one is left waiting for a meal. Monthly giving is simple and secure, and you can update or cancel your gift at any time.

Please join **The Giving Plate** today. Your commitment helps us deliver hope, dignity, and meals, one plate at a time.

To set up monthly giving, visit mobilemeals.org/donate.

More than a Meal

Meet Manny

Emmanuel "Manny," a Whitmer High School graduate and University of Toledo student, joined Mobile Meals of Toledo as an intern through a professor's recommendation. Majoring in Pre-Social Work and aspiring to earn his MSW, Manny understands the importance of mental health and the power of a helping hand during a crisis.



Alison, Manny, Matthew, Nadia, Pam, and Lindsay

During his internship at Mobile Meals of Toledo, Manny gained experience in every aspect of our organization, assisting in the kitchen, delivering meals to clients and congregate sites, supporting **MemoryLane Care**, and helping in the office and at fundraising events. He eagerly learned new skills and welcomed every challenge. His favorite part was connecting with clients. One memorable moment was delivering a meal to a senior who had just fallen. Despite his offer to help, the client insisted on doing it themselves. A reminder of how deeply seniors value independence.

Manny says Mobile Meals has shaped his vision for working with older adults, people with disabilities, and those facing substance abuse challenges. He now feels more confident in his ability to support and advocate for these individuals in his future career.

The Mobile Meals team sincerely thanks you for your time and support. We wish you all the best.



From Our Kitchen

By Chef Linda, Kitchen Director

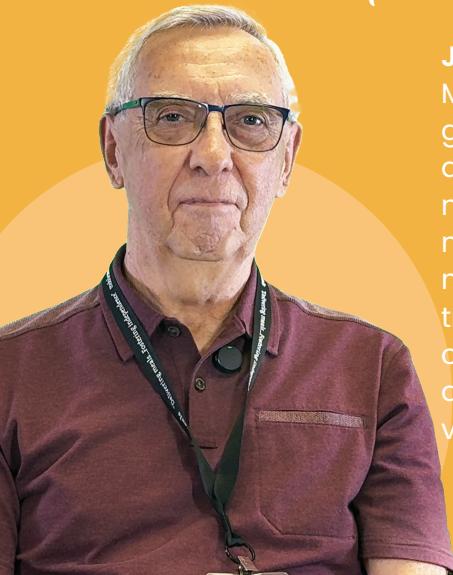
Despite the bitter chill outside, warmth fills our kitchen as the team prepares nourishing meals for our neighbors. Each day, nearly 600 clients count on us for proper nutrition. Including weekend and lunch services, our team creates 1,200 to 1,400 meals daily. Beyond home deliveries, we bring 120 to 180 hot meals to senior facilities across the Toledo area, ensuring no one is left behind in the cold.

At Mobile Meals, every meal tells a story. We offer **Medically Tailored Meals** to all eligible clients; meals thoughtfully customized for those with swallowing challenges or specific medical requirements. Our kitchen creates pureed entrées, blending them to a smooth consistency and tasting each batch for quality. Mechanically ground meals are finely chopped to help clients who struggle with chewing or swallowing. For those living with kidney disease, our renal diets are carefully curated to avoid high-potassium foods. Soft-diet choices feature tender vegetables and easy-to-digest proteins. If you or a loved one could benefit from one of these special menus, Mobile Meals is here to help.

As winter gives way to spring, anticipation builds for our **Pies & Pints** event on March 12. We are hard at work, preparing to bake over 100 Peanut Butter Porter Pies. They are a delicious celebration of community and generosity. You can find full event details and order your signature pie at mobilemeals.org/piesandpints.



Volunteer Spotlight



Jerry of Whitehouse, Ohio, is a devoted Mobile Meals volunteer who generously gives his time to deliver meals, smiles, and warm greetings to neighbors who need them most. Through his kindness, members of his community receive more than just food; they experience true compassion and meaningful connection. Curious to see Jerry in action? Watch his **Volunteer Spotlight** video at mobilemeals.org/volunteer.

New 2026 Board Members

Welcome Susan Conda, Matt Hohman, and Angelica Sinclair



Susan Conda is a dedicated community volunteer and advocate, passionate about accessibility and

empowering people to navigate their world with ease. She champions education, mental health, the human-animal bond, and the arts. Susan has been instrumental in raising funds for Mobile Meals' Pet Food Program.



Matt Hohman is a real estate finance attorney. He advises on real estate finance, including mortgage-related matters and other transactions. Previously, he worked at the Supreme Court of Ohio and studied international law at the University of Akron. He enjoys spending time with his family and is an avid golfer and Ohio State football fan.



Angelica Sinclair was born and raised in Genoa, Ohio, and is the Director of Player Services at Hollywood Casino Toledo, where

she manages a team of 50 and oversees Player Services and other operations. As a parent and board member, Angelica brings a collaborative spirit and a strong commitment to Mobile Meals' mission.



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Learn more: mobilemeals.org/piesandpints

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