

TRTA Newsletter

*Published for the Trumbull Chapter of the Ohio Retired Teachers Association.
TRTA – one of nine chapters in District XI.*

Volume XIII, No. 6

November 2017

From our President:

It is hard to believe that 2017 is coming to a close. I would like to thank the officers, committee chairpersons and members, all volunteers who have served in any capacity, and all members of TRTA for all that you have done and continue to do to make our chapter so vital and thriving. On a personal note, it is an honor for me to serve as president of such a fine organization, a job made easy by your outstanding efforts.

I would like to update on a few facts. During the October meeting of the STRS, the actuarial consultant, Segal Consulting, presented key findings from its July 1, 2017, annual pension valuation report. The funded ratio (benefits earned by members of the system) improved from 69.6% to 75.1%, for a total of \$7.2 billion in benefits. Investment returns for the 2017 fiscal year topped 14% and the pension fund has a net \$155 million in deferred investment gains. The Retirement Board also adopted a new plan for providing health care premium subsidy assistance to benefit recipients who are enrolled in the STRS Ohio Health Care Program that will go into effect in 2019. More information will be forthcoming.

I would like to take this opportunity to wish you and yours a very merry Christmas and a healthy, happy new year---may your joys be many and your cares be few. May God grant us peace and continue to bless America. Hope to see you at the December meeting. Sue Datish, our President-Elect and Program Director, has a wonderful Christmas program planned that you will not want to miss. See you on December 12th.



Diana M. Bauman, President

TRTA Meetings

2017 Meeting Date:

Tuesday, December 12, 2017

Every other month on the second Tuesday at Noon

Ciminero's Banquet Centre, 123 N. Main St.,
Niles, Ohio 44446

December Meeting Program:

We will be entertained by the Girard Swing Band. The Executive Director of ORTA, Dr. Robin Rayfield will be visiting us.

Hospitality, Mary Fuller, Chairperson

"May Christmas dazzle the moments with Love,
Happiness and Joy."--Unknown

The holiday decorations will have dazzle and sparkle for
Christmas and New Year's celebrations.

Mailing Meetings: Won't you consider dropping by to help assemble our newsletter? If everyone does a little, no one has to do a lot! The mailing work sessions are at 8:45 am at St. Paul Lutheran Church, 2860 E. Market St. Warren, OH.

Next Mailing Meeting: Tuesday, January 16, 2018.

Our Web Address:

<https://trumbullrta.wixsite.com/trta>

Check out the slide show on the bottom of the homepage highlighting honors our members have received.

You can also follow **Trumbull Retired Teachers Association** on Facebook.



"The thing I'm most thankful for during the holidays is an elastic waistband!"

~Author Unknown



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➡ REMINDER: ⬅
MEETING RESERVATION
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You **MUST** make lunch reservations by December 1st if you are planning to attend our luncheon meeting on December 12th.

Thank you!

TRTA Lifelines

Volume V, No. 6 (November 2017)

Compiled by Carol Hart



Get More from Giving

Unsure about what holiday gifts to get for others? When researchers in Wisconsin and Canada asked hundreds of people to rate presents, scores rose when they knew the givers got the same thing for themselves. This included even mundane items like tote bags and umbrellas.

(*Personality and Social Psychology Bulletin*, July 20, 2017)

The Stroke You May Not Recognize

Transient ischemic attacks, known as TIAs or ministrokes, occur when blood flow to the brain is temporarily blocked or dramatically reduced. Symptoms, which usually last for less than 5 minutes but can linger for 24 hours, are the same as those a full stroke may bring, such as sudden numbness in the face, arm, or leg; trouble speaking or seeing; dizziness; or loss of balance. But many people who have TIAs don't realize what's happening. If you think you may be having a TIA, get to the emergency room immediately. It is important to be evaluated quickly to determine the cause.

(*Consumer Reports On Health*, November 2017)

Drugs You May Want to Skip

The Beers Criteria, published by the American Geriatric Society, is a list of drugs people age 65 and older should usually avoid. These may have limited effectiveness or serious side effects for older adults. Antianxiety drugs like Valium and Xanax and sleep drugs such as Ambien and Lunesta can all increase risk of delirium, falls and fractures. Antihistamines like Benadryl and Somnolax may cause confusion and could increase the risk of dementia. Also, antidepressants like Elavil and Silenor may cause sedation. A full list can be found at dcpi.org/beers-criteria-medication-list.

(*Consumer Reports On Health*, November 2017)

Health Benefits of Coffee

A few decades ago coffee was considered not healthy and possibly harmful, but recent studies suggest there are benefits to coffee drinking. Regular coffee drinkers seem to have a lower risk of type 2 diabetes and Parkinson's and Alzheimer diseases, as well as healthier livers, faster metabolism, and decreased risk of endometrial, prostatic and colorectal cancers. It may also boost learning and decision-making and performance on cognitive tasks. Moderation, however, is still the key: one to three cups per day.

("Not Your Average Joe," *Consumer Reports*, October 2017, p. 9)

THANKSGIVING ≡ TRIVIA ≡

There is no proof that the colonists and Native Americans ate turkey on the first Thanksgiving. They did, however, eat lobster, seal, and swan.



TRUSTEE REPORT

At the ORTA Board meeting in Columbus on October 10, the following actions were taken:

Bee Lehner was installed as President and Gale Adkins, Vice President. Dr. Randy Overbeck is the Immediate Past President.

A new ORTA logo inclusive to all in education was adopted. It appears above. A name change **had** also been considered.

The size of the Board of Directors was reduced from 31 members to 8. STRS has only 11 Board members, and no other state RTA has such a large Board. In my opinion, the reduction does make sense. If the new structure does not work, it can be changed. The Board will consist of the President, Vice President, Immediate Past President, and 5 district liaisons replacing 11 district directors. Ohio will be divided into 5 regions (NE, SE, NW, SW, and Central) with a total of 15 liaisons, 3 from each region. Only 5 liaisons, 1 from each region, will have voting privileges. The 1 voting member will be decided by the 3 regional liaisons.

Standing committees will be Membership and Pre-Retirement Planning, Communications (Public Relations and Technology), Organizational (Nominations, Elections, and Bylaws), Legislative, and Community and Protective Services. All of the changes will become effective on January 1, 2018.

It was announced that there is no increase or decrease planned for the 2018 budget, and there are currently 190 STRS benefit recipients over the age of 100!

I sincerely thank you for allowing me to represent you in Columbus.

Denise Deltondo, Trumbull Trustee



Meeting Reservation

Tuesday, December 12, 2017 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by December 1, 2017

Member Name: _____

Guest Name: _____

Phone Number: _____

_____ luncheon @\$11.75 = _____

Scholarship Donation: _____

Total Enclosed: _____

**Make one check payable to TRTA.
Send this form to:**

Dee Sullivan
1125 Townsend Ave.
Youngstown, OH 44505-1267
330-759-1305

Membership Dues

(Please check the appropriate box)

Name _____

Phone Number _____

email _____

New/Renewal

Annual ORTA Renewal

Annual TRTA Renewal

☐ **TRTA/ORTA**
Unified Annual Membership
*Required for new members and
those who joined after 2015.*
\$50.00 Annually

☐ I am a Current TRTA Life Member
and paying annually for ORTA.
\$30.00 ORTA Annually

☐ I am a Current ORTA Life
Member and paying annually for
TRTA.
\$20.00 TRTA Annually

Life Membership Dues

☐ **TRTA Life**
\$150.00

☐ **ORTA Life**
\$500.00

_____ \$250.00 Two payments: One half now; one half in six months
_____ \$125.00 Four payments: January, March, May, July
_____ \$500.00 Lump sum

Your ORTA dues will be forwarded to ORTA.

Please return this application form and check payable to TRTA in the amount of _____ to:

Mr. Dave Ambrose, Membership Dues Coordinator
2740 Atlantic St. NE
Warren, Ohio 44483-4426

Questions? Contact Dave Ambrose Email: dambrose1@neo.rr.com Phone: 330-647-3666

Community Services Survey

2017 Volunteer Hours — January 2017-December 2017

Please include all areas where you volunteer — church, schools, hospitals/nursing homes, food pantries, libraries, museums, etc.

Grand Total of Volunteer Hours (actual or estimated) _____

Name _____

Return this form by **December 15, 2017** to: Marilyn Stanton, 1281 Prindle-Booth Rd., Niles, OH 44446 or bring it to the meeting.

T C ORTA
2740 Atlantic St. N.E.
Warren, OH 44483-4426

Nonprofit ORG
U.S. Postage Paid
Warren, OH
Permit NO. 29

Committee News

Membership, *Gretchen LaLiberte, Luanne Hite, Chairmen; Dave Ambrose, Membership Dues Coordinator*

Welcome New Members! Elaine Franks, Margery Husted and Michele Krisher

Membership Dues for 2018 Please check your mailing label. If your label says LIFE or 2018 after both TRTA and ORTA, your dues are current. However, if your label says 2017 after TRTA or ORTA you need to pay your membership dues for 2018. You can pay your dues at the December luncheon. See Dave Ambrose, our Membership Dues Coordinator; he will collect your membership form and money. Dues for the 2018 year need to be renewed by January 31st or your name will be removed from the roster. You will find a Membership Renewal Form in the November newsletter, at the TRTA website (<http://trumbullrta.wixsite.com/trta>) or at the Membership Committee's table at the December luncheon.

Snowbirds

Just a reminder you need to update your address if you wish to receive your newsletters during the time you are gone.

Community Service, *Marilyn Stanton, Ellen King, Chairpersons*

Thanks to everyone who signed the cards for veterans at the October meeting. They were delivered to the veterans office in Warren to be taken and shared with those in the VA hospital in Cleveland. At our December meeting we

will be collecting money for Second Harvest Food Bank. If you are writing a check for your donation, please make it payable to TRTA, so that we can combine all money collected. Receipts will be available for tax purposes. If writing a check, use the memo line to note the Second Harvest donation. There will be a prize for those sitting at the table with the most money collected.

It's time to start totaling your volunteer hours for 2017. Remember to count all that you do even if it's only a few hours. If you're not sure, just estimate and be sure to include the rest of December. You may bring the form to the meeting or mail it to Marilyn Stanton by December 15. Let's try to be 1st in the state again!

Scholarship, *Donna Pate, Chairperson*

Thank you! Thank you to everyone who helped make October such a special month for TRTA scholarships. We raised \$627.50 from the "Homemade Goodies Sale, \$104.00 from the 50/50 raffle, and \$211.75 from extra money added to luncheon reservations. That was almost enough for one of our \$1000 scholarships.

In the next few months the Scholarship Committee would like to know how our past winners have done. If you know a student who received a TRTA scholarship, please let one of the committee members know what school he/she attended, field of study, present employment, etc. It will be interesting to follow the paths of these fine young people from our valley. Feel free to contact Donna Pate at 330-638-6550 or Marcia Overholt, Joyce Faiver, Libby Whetson, or Anita Shaw.