

TRTA Newsletter

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

Volume IX, No. 1

January 2018

From our President:

As we begin 2018, I would like to thank all of the Officers, Committee Chairpersons, and Committee members for continuing in their positions for another year. Your time and efforts are greatly appreciated.

I would like to give you an update on the status of the STRS Ohio's latest Financial Report. At the December meeting of the State Teachers Retirement Board, Clifford Larson Allen reported the results of its audit of the STRS Ohio financial statements for the fiscal year ending June 30, 2017. The report showed that the statements were fairly stated in accordance with generally accepted accounting principles and that no material weaknesses in internal controls or instances of noncompliance were found. As a result, STRS Ohio received an unmodified opinion--also known as a "clean" opinion which is the highest level of opinion that an organization can achieve. Also, the Public Pension Coordinating Council awarded STRS Ohio the Public Pension Standards Award for Funding and Administration for 2017. STRS Ohio's financial statements are included in the 2017 Comprehensive Annual Financial Report which is posted on the system's website. The Report also includes investment, actuarial and statistical information about STRS Ohio. This Report can also be requested by calling STRS Ohio's Member Services Center toll-free at 888-227-7877.

Here's hoping that the 2018 Winter becomes milder! See you at the February meeting!



Diana M. Bauman, President

TRTA Meetings

2018 Meeting Dates:

2/13, 4/10, 6/12, 8/14, 10/9, 12/11

Every other month on the second Tuesday at Noon

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

February Meeting Program:

Is the media 'made?' Join us when Madonna Chism-Pinkard, Community Relations & EEO Director with WFMJ Television, Inc. presents, "A Media Made Life of Surprise." She will share stories, tidbits and informational novelty on the local media market in Youngstown, Ohio and how it has shaped her life into one big surprise. Entertaining, educational and informational, Chism-Pinkard will leave you smiling and saying, "Wow, I didn't know that!"

Hospitality, Mary Fuller, Chairperson

"Like the seeds dreaming beneath the snow, your heart dreams of spring."--Unknown.

The February decorations will celebrate the last of winter and hint of the coming spring.

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: March 20, 2018.

OUR WEBSITE

TRUMBULLRTA.WIXSITE.COM/TRTA

CHECK IT OUT!

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.

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➡ **REMINDER:** ⬅
MEETING RESERVATION
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You **MUST** make lunch reservations by February 1st if you are planning to attend our luncheon meeting on February 13th.

Thank you!

TRTA Lifelines

Volume VI, No. 1 (January 2018)

Compiled by Carol Hart



Calcium and Vitamin D

"The potential benefit of calcium and vitamin D supplementation in preventing even a small number of hip fractures far outweighs the otherwise minimum risks associated with routine calcium and vitamin D supplementation in at-risk populations," Dr. Daniel Smith, an assistant professor of orthopedics at the Icahn School of Medicine at Mount Sinai in New York City.

It's been longstanding medical advice that aging people focus on getting enough calcium and vitamin D to preserve their bone health as they age. About 99 percent of the calcium in the human body is stored in the bones and teeth, and the body cannot produce the mineral on its own, according to the U.S. National Institutes of Health. Too little calcium can lead to osteoporosis. The body also requires vitamin D to absorb calcium.

The National Osteoporosis Foundation recommends that women aged 50 or younger and men 70 or younger should get 1,000 milligrams (mg) of calcium per day. Men and women older than that should get 1,200 mg daily. (<https://www.webmd.com/osteoporosis/news>)

Superfoods for Strong Bones

One great choice for adding calcium to a diet is dark leafy greens such as bok choy, Chinese cabbage, kale, collard greens, and turnip greens. One cup of cooked turnip greens has about 200 milligrams of calcium (20% of your daily goal). On top of that, dark greens also have vitamin K, which can reduce your risk for osteoporosis. Two lesser known nutrients that help keep bones healthy are magnesium and potassium. If you're low on magnesium, you can have problems with your vitamin D balance, which may affect your bone health. Potassium neutralizes acid in your body that can leach calcium out of your bones. One delicious way to get some of both of those nutrients is by eating a baked medium-size sweet potato with no salt, which has 31 milligrams of magnesium and 542 milligrams of potassium. Half a cup of dried figs has 120 mg of calcium. Canned salmon, almond butter, tofu, and molasses are all sources of calcium for your diet. (<https://www.webmd.com/food-recipes>)

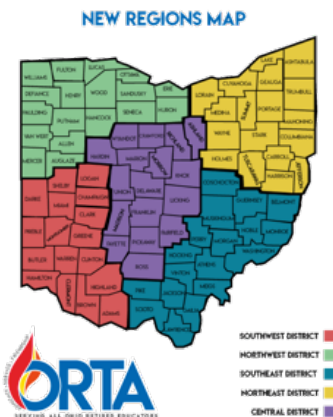


This struck me as a good thing for all of us to consider:

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something." Neil Gaiman

(<https://www.brainyquote.com/topics/newyears>)

ORTA Redistricting



As was previously announced, Ohio has been divided into five regions—NE, NW, SE, SW, and Central. Trumbull RTA is located in the NE region. The following counties are included: Ashtabula, Carroll, Columbiana, Cuyahoga, Geauga, Harrison, Holmes, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Stark, Summit, Trumbull, Tuscarawas, and Wayne. Our three liaisons are Carol Kinsey, Kendra Burger, and Stella Hull. When further information becomes available, we will update you! The map of the state appears to the left, or you can check orta.org for a colorful version.

Meeting Reservation

Tuesday, February 13, 2018 - 12:00 PM at Ciminero's Banquet Centre

Please make reservations by February 1, 2018

Member Name: _____

Guest Name: _____

Phone Number: _____

_____ luncheon @\$11.75 = _____

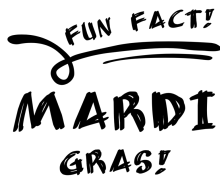
Scholarship Donation: _____

Total Enclosed: _____

Make one check payable to TRTA.

Send this form to:

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



Our February Luncheon this year is on Mardi Gras. It's a day to enjoy eating your favorite foods or snacks. Louisiana is where the celebration originated in North America, but New Orleans was not the first American city to host a parade for the occasion. It was Mobile, Alabama!

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

T C ORTA

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Warren, OH 44483-4426

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Warren, OH
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Committee News

Membership, *Gretchen LaLiberte, Luanne Hite, Co-chairs; Dave Ambrose, Membership Dues Coordinator*
Welcome New Members! Marjorie E. Ford, who is also a TRTA LIFE Member and Georgiann Sampson
Members Who Have Upgraded Their Membership
Pamela A. Rumancik ORTA LIFE, Linda M. Webb and Sharon Richardson TRTA LIFE

Membership Dues for 2018

Please check your mailing labels. If your mailing label is highlighted, it means your dues are past due. Dues for 2018, need to be renewed by January 31, 2018 or your name will be removed from the roster. You will find a Membership Renewal Form in the January 2018 newsletter or at the TRTA website: trumbullrta.wixsite.com/trta

Address Changes Temporary or Permanent

Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address.

Email: dambrose1@neo.rr.com. Phone: 330-647-3666
Address: 2740 Atlantic Street NE, Warren, Ohio 44483

Pre-Retirement, *Gretchen LaLiberte, Luanne Hite Co-chairs*

The pre-retirement committee will be making plans to hold the preretirement workshop again in 2018. It is tentatively scheduled for October. As the date nears, we will need volunteers to help work in the kitchen, bake cookies, register attendees, etc.

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

Our committee would like to thank everyone for all that you have contributed this past year. In particular we would like to thank Lynn Valentino for the afghans she makes from your donated yarn, Lydia Caskey for turning your used candles into new ones to be shared with several organizations and Michelle Gall for trimming all the stamps to be sent to the veterans. Thank you, also, to Linda Falatic, Doris Mathews and JoAnn Stringer for judging the 4-H booths at the fair. Thanks to those who volunteered at Second Harvest Food Bank during our May week of service and for your donation of \$905 in December.

We had 60 members turn in volunteer hours for 2017, for a total of 19,807 hours. We had 3 members who each contributed over 1000 hours! Their totals were 2850, 1360 and 1239. Time to start keeping track for 2018!

At our February meeting we will again be collecting coloring books, crayons and story books for Akron Children's Hospital of the Mahoning Valley.

Scholarship, *Donna Pate, Chairperson*

Scholarship Application Forms will be available at the February meeting. If you know of students who will be graduating this year and would be worthy candidates for one of our \$1000 TRTA scholarships, please pick up the application forms or call Donna Pate at 330-638-6550 if you will not be at the meeting. Each TRTA member is permitted to nominate two students.