



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retirement for Teachers Association

March 2024

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TRTA General Meeting Dates: Every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446. April 9, June 11, August 13, October 8, and December 10.

Program: Dr. Pablo Giuseppucci, General Surgery, and Dr. Kenneth Jones, Orthopedic Surgery from Trumbull Regional Medical Center will speak about Robotic Surgery.

Hospitality: *Mary Fuller, Chairperson*
"The first blooms of spring always make my heart sing," Said S. Brown. I think we can all agree. Our April decorations will feature the new life and beauty spring brings.

Collected at all meetings:

Cell phones, eyeglasses, hearing aids, and yarn. No candle wax or pill bottles!

Foundation Financial Update:

See a list of donors on our webpage.

Mailing Meetings:

Won't you please consider joining us to help with the mailings at 9 a.m. at St. Paul Lutheran Church, Market St., Warren, on the third Tuesday of every other month: May 21, July 16, Sept. 17, and Nov. 19.

From our President, Cindy Harris:

Before I retired, I remember talking about March Madness. However, my colleagues were not talking about the NCAA Basketball Tournament; they were taking about March testing month. As winter and spring seem to be fighting it out, I hope that you are weathering (no pun intended) the anticipation of spring. Spring is a special time of year—St. Patrick's Day, Spring sports, special holidays and the probable once-in-a-lifetime Total Solar Eclipse. I wish you warm, sunny days and special memories. I'm looking forward to seeing you at our April 9th General Membership Meeting.

Please take note at the bottom of this page regarding your donations at each general meeting. Your participation is greatly appreciated.

Treasurer's Report, February, 2024

Checking account balance \$3,296.94

Savings account balance \$6,042.25

Scholarship Fund \$12,777.00

Teacher Grant Fund \$1,392.00



You may view the detailed treasurer's report on the TRTA website:
<https://trumbullrta.wixsite.com/trta>

Where do our donations go?

Please note: TRTA will no longer collect stamps.

- Eyeglasses and cell phones and accessories are donated to Roberts-Clark Funeral Home, Warren, Ohio.
- Eyeglasses are also given to the Lions.
- Cell phones are given to the Veterans Administration.
- Hearing aids and accessories are donated to the Audiology and Hearing Associates, Inc., in Howland. They are sent to an organization that may use them for parts; if they are in good condition, they are refurbished and sent to areas like Guatemala or other countries as hearing aids for children.

Thank you so much for your generosity. 😊



TRTA Lifelines

Volume XI, No. 2 compiled by Carol Hart



Health Benefits of Mushrooms



Mushrooms are rich in protein and contain a vast array of micronutrients. Some even contain vitamin D, which is rare in food. In addition, mushrooms are one of the few vegan sources of vitamin B12. Much of the research into links between mushrooms and heart health has focused on extracting individual components and testing them in the lab, sometimes on animals. For instance, one study found that reishi mushrooms reduced blood pressure in rats. Another identified protein in oyster mushroom extract that should, theoretically, lower blood pressure. Researchers are also excited by a mushroom compound called ergothioneine (ET). It's an anti-inflammatory and an antioxidant, and some scientists believe it should be classed as a vitamin. Scientists agree that they must increase research on the benefits of mushrooms, but upping your mushroom intake is a healthy choice. Opt for fresh or dried rather than powders and supplements, so you get the benefit of the whole mushroom. ([Zoe.com/learn](https://zoe.com/learn))

Beware of Utility Scams

During cold weather, there is an increase in utility scams. Many start with an unexpected call, email, or visit from someone claiming to offer a free energy audit or assistance. Utility imposters try to convince you to make a payment to them or to provide personal or financial information. It's unfortunate to be wary of answering your door or responding to emails or phone calls. If anything causes you to be concerned, contact your utility company by using a phone number or online portal you know to be real (i.e., a phone number on a paper bill). If you fear you are a victim of fraud, report it to your utility company and local law enforcement. (The AARP Fraud Watch Network)

Facts about April

April 22 is Earth Day, which was first celebrated in 1970. It was a call to all of us to be aware of concerns for toxic drinking water, air pollution, and the effects of pesticides. April 28 is Arbor Day, which we celebrate by honoring trees. Of course, April also brings sure signs of Spring. Enjoy the warmer weather! (almanac.com/content)

Spelling Bee 2024 *Ava Bloom and Garry Peacock, Chairpersons*



The Trumbull County Fair is happening this summer and so is the 38th Annual Spelling Bee! The Bee will be held on Thursday, July 11th, at 1 p.m. on the Historical Stage of the fairgrounds. **The Spelling Bee is for grades 1-6.** If you would like to make a monetary donation toward the spellers' treat bags, you may do so at the April or June luncheons. You may also mail a check payable to TRTA and send it to Garry Peacock, 3689 Staunton Dr., Youngstown, OH 44505 if you are not attending the luncheons. Pre-registered spellers will receive free admission (rides not included). Pre-registration begins on June 1st and runs through July 1st. Call Garry at 216.262.3194 to pre-register. Registrations will also take place on the day of the Bee from noon to 12:45 p.m. on the Historical Stage.



Scholarships, *Vicki Janik*

The Scholarship Committee will be reading and scoring the applications that have been submitted. The winners will be notified and will join us at the June TRTA meeting.

Luncheon Reservation Tuesday, April 9, 2024

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by March 30, 2024

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$16.00 = _____

Scholarship Donation: _____

Teacher Grant Donation: _____

Total Enclosed: _____

If you make a reservation and are unable to attend, regretfully there can be no refunds or carry overs for the next meeting as we must pay Ciminero's for the lunches ordered.

A RESERVATION IS REQUIRED; NO WALK INS. Thank you for your understanding.

Social distancing rules will follow state guidelines.

The recipient of the free lunch for the April meeting is Joanne Stringer.

Make one check payable to TRTA.

Send this form along with payment to:

Linda Cowin
PO Box 152
Leavittsburg, OH 44430

Phone: 330.399.1448

STRS Update, Denise Deltondo

STRS is planning a town hall meeting in the Youngstown area on Monday May 6, 2024. The place and time will be on our website when they become available as they were not available when the newsletter went to the printer.

"Disconnect" Seaborn Elementary, Weathersfield Local School District

TRTA members are asked to donate **gently used** board/card games at the April 9th General Meeting. "Disconnect" is a one hour after school program organized by teacher Stephanie Dota for grades 3-6. Students "disconnect" from electronics and participate in board/card games to encourage socialization/making friends. About 30 students currently participate with another 15-20 on a wait list. High school Student Council members volunteer to teach the students game rules. Examples include but are not limited to: Dominos, Scrabble, Uno, Sorry. Thank you to *Nadine Maceko*, TRTA member, for bringing this to our attention and participation.

Community Service, Jeannie Morello

TRTA members will have the opportunity to volunteer at Second Harvest Food Bank on Salt Springs Road in Youngstown on May 9 or 16 from 1-3 p.m. This involves sorting and packing dry goods in their warehouse. We need 5-15 volunteers per session. If you are interested, please submit the form below to me either at the April 9th TRTA meeting or email it or call me at 330-402-3902 by April 28. I will contact you to confirm your scheduled time. Thank you in advance.

Complete this form by putting an "X" under the day you are able to help.

Thursday, May 9	Thursday, May 16	
1-3 p.m.	1-3 p.m.	

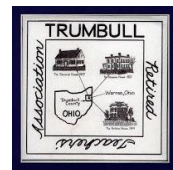
Bring this form to the April meeting or send it to:

Jean Morello
290 Dakota Avenue
McDonald, OH 44437
Email: jeanniemorello@gmail.com

Name _____ Phone number: _____

TRTA
1457 Henn Hyde Rd.
Warren, OH 44484

Nonprofit ORG
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Warren, OH
Permit NO. 29



Membership, Luanne Hite, Gretchen LaLiberte, Co-Chairs

We would like to welcome our newest member, Deborah Kovell.

We have two members, Barb Guliano and Fawnda Baker, who have upgraded to TRTA Life Membership. We currently have 356 members. This is the time of year when teachers will start submitting their letters of retirement. Keep your eyes and ears open for potential members.

Temporary or Permanent Address Changes

Temporary, Permanent, and Snowbirds

Whether you are changing your address temporarily, permanently or you are a snowbird, please contact Sue Datish with your new address. Email: suedat@gmail.com, Phone (330) 719-1978, or address to 1457 Henn Hyde Road, Warren, Ohio 44484.

Email Address

Let Sue Datish know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: suedat@gmail.com

Web Address: <https://trumbullrta.wixsite.com/trta>—Follow the Trumbull Retired Teachers Association on Facebook. Please email comments or corrections for the TRTA Newsletter to Cindy Harris, Editor, at cindyharris513@gmail.com.