



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association.

TRTA—one of nine chapters in District XI.

Volume XVII, No. 5

September 2016

From our President:

Our October meeting will welcome Carol Kinsey, OTRA District 11 Director, and we thank her for her work on behalf of teachers. It is also our legislative meeting and we are reminded that ORTA does not take positions on candidates, and if one is invited to speak, all candidates in the same race must be invited also. However, we may note that the Ohio legislature will be in recess until November 15th, the U.S. House will be adjourned from September 30th to November 14th and the U.S. Senate from October 7th to November 14th. This is the time incumbents and challengers are “home” and available to give their positions on issues affecting us and to listen (?) to our concerns!

In STRS news, the Board meets September 15th – 16th and is scheduled to focus on our health care program – stay tuned!

Finally, we are reaching out to the newly retired teachers who we hope will become active in TRTA as we can use their talents and time. We are, indeed, an active chapter and are especially proud of our volunteer community service and our scholarships.

“May your retirement be for you, a time of new beginnings and new dimensions too,
In which you find fulfillment of your creative art, And joy in every avenue of spirit, mind and heart.”

Helen Steiner Rice

Carol Pinney, President

TRTA Meetings

TRTA General Meeting Dates

October 11, 2016, December 13, 2016, February 14, 2017, April 11, 2017, June 13, 2017

Every other month on the second Tuesday, 12:00 Noon

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

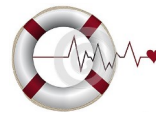
Program: Legislative Update

Hospitality, Mary Fuller, Chairperson:

A quote from an anonymous writer states, "Autumn paints in colors that summer has never seen." Table and door decorations in the glorious tapestry of autumn colors. will be suitable for fall and Thanksgiving. Our Mobile Meal Fund, comprised of the profit above cost has grown nicely at each meeting. We should have a nice check to present to Mobile Meals at the end of the year.

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 9 a.m. at Grace United Methodist Church on Drexel Avenue. Next Mailing Meeting: 11/15/16

Web Address: www.trumbullrta.blogspot.com/ Follow Trumbull Retired Teachers Association on Facebook. Please email comments or corrections to the TRTA Newsletter to Sue Datish, editor at suedat@gmail.com



Do Symptoms Change with Age?

Some conditions present differently as we age. Here are four that may have different symptoms after the age of 65:

Heart attack: Instead of chest pain, you may experience difficulty breathing, abdominal pain, sweating, fatigue;

Urinary-tract infections: Instead of painful and frequent urination, you may experience dizziness, confusion, fatigue;

Overactive thyroid: Instead of agitation or heart palpitations, you may experience weight loss, sleepiness, depression, confusion;

Depression: Instead of feeling sad, you may experience confusion, forgetfulness, loss of interest in your usual activities. (*Consumer Reports ON HEALTH*, September 2016)

Symptoms of a Vitamin B12 Deficiency

Vitamin B12 is a vital nutrient that helps your body to make healthy red blood cells. Chronic lack of this vitamin can result in fewer red blood cells, causing anemia. Severe vitamin B12 deficiency can result in memory loss and dementia, often irreversible.

A blood test can show a deficiency in vitamin B12. Symptoms of such a deficiency can be fatigue, weight loss, constipation or diarrhea, numbness or tingling of the hands or feet, or loss of balance. Some medications can also make it difficult for your body to absorb vitamin B12 from food. Animal products and dairy foods are good sources of vitamin B12, and some foods like cereals have been supplemented with the vitamin.

Often a deficiency can be treated with a vitamin supplement. On occasion it might be necessary for a person to get vitamin B12 shots. Check with your doctor to see if your vitamin B12 levels are up to par. (<http://www.webmd.com/vitamins-and-supplements>)

Blood Trivia

The first blood transfusion was done in the 1600s, after an experiment transfusing the blood of dogs. A person in Japan might ask your blood type to see if you are a good romantic match. People with type O blood are 83% more likely to be bitten by a mosquito. People with the rarest type of blood, AB, are most likely to have thinking and memory problems.

Blood thinners do not actually thin the blood, but they make it harder for blood to clot effectively. If you are taking a blood thinner, avoid anything that could make you bleed. Use a soft toothbrush and waxed dental floss. Don't use toothpicks. Always wear shoes outdoors. Put on gloves while gardening or using tools.

(<http://www.webmd/a-to-z-guides>)



Bit of Trivia

Elephants can't jump; they are too heavy. If you leave a jellyfish in the sun too long, it will evaporate. (www.hellogiggles.com)

Community Service, Marilyn Stanton, Ellen King Chairpersons

Thank you to everyone at our August meeting who donated to Habitat for Humanity. We collected \$533. Also a special thanks to Kathleen Funtulis and Donna Pate for helping to paint the house in Howland. And, of course, thanks to Lynn Valentino for more beautiful afghans crocheted from your donated yarn. At our October meeting we will again be signing cards for the veterans in the hospitals in Cleveland.

TRTA 2016 Officers

President..... Carol S. Pinney
President-elect Diana Bauman
Recording Secretary Linda Cowin
Financial Secretary Ellen King
Treasurer Patrick C. Pinney
Chaplain..... Alberta Morales
Historian..... Charlotte Jessep
ORTA Trustee..... Denise Deltondo

Pre-Retirement Workshop



The pre-retirement workshop will be held on Wednesday, October 19, 2016, from 5:00 p.m. until 7:30 p.m. at St Paul Lutheran Church in Warren. We will be asking for volunteers to help with registration, work in the kitchen that evening, and for volunteers to bake cookies to provide for our guests' refreshments.

Meeting Reservation

Tuesday, October 11, 2016– 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by October 1, 2016.

Member Name: _____ Guest Name: _____

Phone number: _____

_____ luncheon @ \$11.25 = _____

Scholarship Donation: _____

Total Enclosed: _____

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

Ellen King

7141 Vineland Place

Youngstown, OH 44512-4845

Phone: 330.758.3902

2016 Membership Form



TRUMBULL RETIRED TEACHERS ASSOCIATION (TRTA) OHIO RETIRED TEACHERS ASSOCIATION (ORTA)

Membership is open to all Trumbull County Educators. Unified membership is required.

Member's Name: _____ Email: _____

_____ Current Member

_____ New Member

Dues are as follows:

Annual Memberships

_____ Annual TRTA/ORTA Dues

\$50 (\$20 TRTA + \$30 ORTA)

Life Memberships

_____ Life TRTA Dues \$150



Life ORTA dues (\$500) are payable in three ways:

_____ Two payments: One-half now; one-half in six months

_____ Four payments: January, March, May, July

_____ Lump sum: \$500

Total Enclosed: _____ **Check payable to TRTA**

_____ I would be willing to receive my newsletter by e-mail. Referred by _____

Send this form and payment to: Jane Cribbs, 150 Royal Troon Dr. SE, Warren, OH 44484

Membership, Jane Cribbs, Chairperson

Please Help! Time To Recruit!!

The number of retirements in Trumbull County was drastically reduced this year. We were averaging about 120 in past years—only 35 this year. Why not invite one of these new retirees to lunch in October? I have sent postcards to them inviting them but a personal invite would be better. Only Howland, Hubbard, Maplewood, Niles and Warren had more than one retiree.

Volunteer Opportunity

United Way is sponsoring a **Fall Read 4 Fun** program. There are two activities that may be of interest to educators. They are conducting a book drive and looking for gently used books for grades K-2. **You can bring these books to our October 11th meeting.** They are also looking for volunteers to spend up to an hour in a second grade classroom reading to the kids, doing a craft and sharing a snack. United Way provides everything. If interested contact Ginny Pasha at 330.369.1000 x 26 or gpasha@unitedwaytrumbull.org

T C ORTA

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Warren, OH 44484-4668

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Warren, OH
Permit NO. 29



Scholarship

Scholarship, Donna Pate Chairperson “HOMEMADE GOODIES SALE”

Join us for the annual “HOMEMADE GOODIES SALE” before the October luncheon. Choose from all the cookies, cakes, pies, candy, fresh vegetables, homemade jams, jellies, peppers, and craft items. All money goes into the scholarship fund. If you offered to make something, please have it packaged and ready to sell. Remember that small amounts, like six cookies, sell better than a dozen cookies. We also accept monetary donations. Last year the sale raised \$500. Plan to come early and pick out some “HOMEMADE GOODIES” to take home to enjoy.



Final Spelling Bee Report

There were 32 children who participated in the 31st Annual TRTA Spelling Bee at the Trumbull County Fair on Thursday, July 14. Despite the threat of bad weather, it was a beautiful day, and everyone had a great time! Many children and their parents approached us after the bee to personally thank us and shake our hands!

The children were thrilled with their treat bags, which were stuffed full of school supplies and treats. (I've already started buying for next year—index cards, wooden rulers, notebooks, and vinyl folders so far! I just can't pass up an exceptionally great sale!) Thanks again to all of you who also donated. The list appeared in the July newsletter. It is because of your generosity that the TRTA Spelling Bee is such a success!



Newsletter Editor Needed

We are looking for a new editor for the newsletter. You do not write any of the articles — just electronically put the newsletter together. There are only 6 issues a year. TRTA will provide the software needed. If you are interested please email suedat@gmail.com.