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TRTA Newsletter

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

TRTA—one of nine chapters in District XI.

Volume XVI, No. 5

November 2015

From our President:

We enjoyed our District Director, Carol Kinsey's, visit at our October General Meeting and thank her for the work she does keeping up on the legislation that affects us. It is especially relevant now that Denise Bartholomew is no longer able to bring us the latest reports of the actions of the legislature in Columbus.

November is a month to reflect on our blessings and to share our good fortune with others as we look forward to the end of another year. I hope the holiday season is one of contentment for all of you.

At our December meeting we will welcome Ann Hanning who is retiring as Executive Director of ORTA and hope to express our appreciation for her dedicated years of service. I hope to see all of you for fellowship and our holiday program.

Carol Pinney, President

TRTA Meetings

TRTA General Meeting Dates

December 8, 2015, February 9, 2016, April 12, 2016, June 14, 2016, August 9, 2016

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

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

Program: To get you in the spirit of Christmas, the entertainment at our December luncheon will be a ladies Barber Shop Quartet called the CHORD OF APPEAL. They will perform a selection of Christmas music for your listening pleasure. You will not want to miss out on hearing this talented group of ladies; they have a great harmony.

Collected at all meetings: Candle wax, cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn.

Hospitality, Mary Fuller, Chairperson:

Decorations for the December meeting will celebrate "that most wonderful time of the year" as the song lyrics say. The profit will be added to that of our other five meetings and a check sent to Mobile Meals. Thanks for your wonderful support all year so we can, in turn, support this worthy organization.

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. Dates: 1/19/16, 3/15/16, 5/17/16, 7/19/16, 9/20/16, 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

Snowbirds

During the months of November, January, and March access the complete Newsletter on our webpage. Contact Jane Cribbs at jlcibbs11@aol.com if you have any questions or concerns.

Committee News

Membership, Jane Cribbs, Chairperson

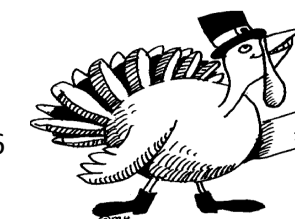
Dues for 2016 are now payable. TRTA dues have increased to \$20.00 annually; \$150.00 for Life. ORTA dues remain the same--\$30.00 annually and \$500.00 for Life. **It is required to join both.** There were 126 new retirees in Trumbull County this year. The 10 new members of TRTA include: Janice Bogan, Karen Dahman, Catherine Vanasdale, Jane Snowberger, Sherry Giancola, Monica Hawley, Carol Madden, Mary Jo Minton, Linda Webb, and Mary Alice Rodgers. Check the other names on the Board. Invite a retiree to our December meeting. Remember a free dinner will be given to a current member who recruits a new member. Drawing to be held in December.

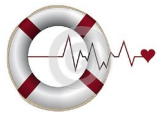
Community Service, Marilyn Stanton, Ellen King Chairpersons

Thanks to all who signed cards for the veterans at our October meeting. We delivered 120 cards to the VA hospital. Thanks also to Lynn Valentino for 5 more beautiful crocheted afghans.

At our December meeting we will be collecting monetary donations for Second Harvest Food Bank. There will be a prize for the table with the most money donated. Receipts will be made available for those who would like one for tax purposes.

It is also the time of year to start totaling your volunteer hours for 2015 (actual or estimated). Our chapter has had the most volunteer hours in the state for 2 years in a row. Last year 84 members reported their volunteer hours for a total of 29,020. Let's try to beat that total this year! Remember to give yourself enough credit for all the volunteering that you do. Thanks in advance for completing this survey and for all that you do for others. Please complete the enclosed form. You can bring it to the December meeting, return it with your reservation or mail it to Marilyn Stanton, 1281 Prindle-Booth Rd., Niles, OH 44446 by Dec. 17, 2015.





Healthy Aging

Take preventive action now to help make sure you're healthy into your 60s, 70s, 80s, and beyond. "You must remain active and engaged. By that, I mean physically and mentally active and socially engaged," says James Pacala, MD. He is the associate head of the Department of Family Medicine and Community Health at the University of Minnesota. Pacala, who is also president of the American Geriatrics Society, ticks off the necessities: aerobic and resistance exercises, a balanced diet that's low in saturated fat and high in fruits and vegetables, and brain games and social outings to keep you sharp.

You also want to try to avoid diseases. "Get your immunizations, your cancer screening tests, your cardiac and osteoporosis risk factors assessed before you have those problems," Pacala says. (www.webmd.com)

Preventing Falls and Fractures



Get Moving: Regular exercise is a great way to improve your balance and flexibility. It also helps your bones get stronger and denser. That will lower the chance that you'll fall and break one.

Turn on the Lights: Make sure your home is well-lit so you don't trip in the dark. Put in ceiling lights or add switches so lamps can be turned on as you walk into the room. Use nightlights.

Wear the Right Shoes: Get ones that give you good support to help keep you on your feet. Choose low heels with rubber soles, not leather. Wear them even when you're home. Don't walk around in socks, backless shoes, or loose slippers -- especially on bare floors.

Do a Bathroom Makeover: Install grab bars next to toilets, tubs, and showers. Attach non-skid strips to tile floors to make them less slick. Water makes things slippery, so put a non-skid bathmat on your tub or shower floor. For extra security, use a chair when you're in the shower.

Get a toilet safety frame or raised seat to make it easier to get back on your feet.

Make Your Steps Safer: Be sure stairways in your home are well-lit. Install handrails on both sides so you've always got one in reach. If your stairs are slippery, add non-skid tread.

Keep Rugs from Sliding: Replace them with non-skid ones, or add non-slip tape or pads under them. Make sure your wall-to-wall carpets are securely tacked to the floor, especially on steps. The best practice is to remove throw rugs from your floors.

Get Your Hearing and Eyes Checked: If you don't hear or see well, it can throw off your balance. Use hearing aids if you need them. And make sure your glasses or contacts are up to date. Try not to wear bifocals when you go up and down stairs, because it can make you feel dizzy. (www.webmd.com/osteoporosis/slideshow)

Scholarship, Donna Pate, Chairperson

Thanks to all those who helped out in any way with making our "Goodies Sale" a huge success. Thanks to those who made all the "goodies", those who helped with setting up, taking down, making, arranging, and selling the "goodies" and, of course, to those who purchased them.

An extra **big thanks** to the 3 "non-committee members" who jumped in and helped. They willingly filled in at the request of our 2 members who were out of town on the day of the sale. These ladies were: Janet Burkey, Anita Shaw, and Cathi Hawn. Again **Thanks!**

With all this help we were able to make \$598. That's over half of one of our 5 scholarships we give to Trumbull County Public School Students. S-o-o-o- THANKS AGAIN!



Honoring Denise Bartholomew

At the November Board meeting the Board voted to give special recognition to Denise Bartholomew for her years of service as Chairman of the Legislative Committee. She has been a devoted worker for TRTA following legislation in Columbus that affects us as teachers. We have named her "Legislative Chairman Emeritus".

Meeting Reservation

Tuesday, December 8, 2015 – 12:00 Noon at Ciminero’s Banquet Centre
Please make reservations by December 1, 2015.

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

Community Services Survey

2015 Volunteer Hours —January 2015– December 2015

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** (optional) _____

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

Forms should be returned by December 17, 2015.

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

Will not be shared.

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