



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

July 2018

Volume IX, Number 4

TRTA General Meeting Dates

Aug. 14, Oct. 9, Dec. 11

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

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

Program:

Bridget Lackey, Mercy Health

How do you know when a situation is a medical emergency? What should your first steps be? The "Healthier at Home Program" provides the tools to make the right health care decisions for yourself and your loved ones in an easy-to-understand format. Everyone will receive a take-home reference book.

Hospitality

Mary Fuller, Chairperson:

Here is a timely quote from Oriana Green, "I am Summer, come to lure you away from your computer...come dance on my fresh grass, dig your toes into my beaches".-- Table décor for August will help us savor our long-awaited summer.

Collected at all meetings:

Candle wax, cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn.

From our President:

Well, here we are in the midst of one of the hottest summers ever. Hope that you are keeping cool and hydrated. And don't forget your sunscreen!

An STRS Update: The STRS Retirement Board adopted the 2019 Investment Plan which projects returns for the upcoming fiscal year at or near STRS Ohio's policy objective investment returns of 6.84% and sustained momentum for above-trend global economic growth for the upcoming fiscal year. The plan will be posted this month. A copy of the plan is also available by request through STRS Ohio's member Services Center by calling toll-free 888-227-7877. STRS Ohio's most recent valuation report showed that strong investment returns and good claims experience had a positive effect on STRS Ohio's Health Care Fund.

The Retirement Board is currently discussing a plan management policy designed to make the plan more stable, secure and reliable, and will review their goals and objectives at their August meeting.

Hope to see you at our August meeting!

Diana Bauman, President

Scholarship – Bake/"Goods" Sale

Donna Pate, Chairperson



The Scholarship Committee would like to remind you of the upcoming sale at the October 9th meeting. Your baked goods and garden harvests are appreciated, as well as any small homemade items that might make excellent holiday or hostess gifts. Some suggestions include hand-made cards, knit dishcloths, canned jellies and pickles. There will be sign-up sheets at the August meeting so that a committee member can give you a reminder call. Thank you in advance for your help in raising money for our Scholarship Funds.



Breakfast Quiz

Which of the following choices make a smarter start to your day?

- Bacon vs. Sausage: A side of sausage adds 277 calories; bacon adds only 131 calories, a third less sodium, and half the saturated fat. Bacon is the winner.
- Home fries vs. hash browns: Thicker potato slices or cubes present less surface area on which oil can take hold. Less fat and fewer calories make home fries the winner.
- High-fiber cereal vs. Oatmeal: Those who eat the most fiber have lower rates of heart disease and diabetes. High fiber cereals deliver more fiber with fewer calories than oatmeal, so cereal is the winner.
- Egg sandwich vs. Breakfast burrito: Restaurant burritos can have as many as 1000 calories, more than an egg sandwich, plus the egg sandwich provides 32 grams of protein. The egg sandwich is the winner. (*AARP, the Magazine*, June/July 2018, p. 21)



Can Coffee Extend your Life?

Having a morning cup of coffee, and another and another, might prolong your life. It is not the caffeine in coffee that is a benefit. The effects of drinking coffee, whether it is decaf, caffeinated, or instant come from something else. In an informal survey, researchers found that people who drank six or seven cups of coffee a day cut their risk of dying within ten years by 16 percent. Samantha Heller is a nutritionist at NYU Langone Medical Center in New York City. She says that since a coffee bean is a plant food, it is "brimming with polyphenols that, research suggests, confer health benefits such as antioxidant, anti-inflammatory, anti-cancer, anti-diabetes, and anti-hypertensive properties." (<https://www.webmd.com/food-recipes>)

Human Life Span

The limits of human existence might not be as limited as we have long thought.

A person's risk of death slows and even plateaus above age 105, a new study reports, challenging previous research saying there's a cutoff point past which the human life span cannot extend.

Longevity pioneers lucky enough to make it past the perilous 70s, 80s and 90s could potentially live well into their 110s, if fortune remains on their side, said senior author Kenneth Wachter, a professor of demography and statistics at the University of California, Berkeley.

"Our data tell us that there is no fixed limit to the human life span yet in sight," Wachter said. "Very few of us are going to reach those kinds of ages, but the fact that mortality rates are not getting worse forever and ever tells us there may well be more progress to be made improving survival past the ages of 80 to 90. This is a valuable, encouraging discovery."

(*HealthDay News*, Thursday, June 28, 2018)

Luncheon Reservation

Tuesday, August 14, 2018– 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by August 1.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Luncheon @ \$11.75 = _____

Scholarship 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 TRTA has to pay Ciminero's for the lunches ordered. Thank you for your understanding.

Make one check payable to TRTA.

Send this form to:

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

Spelling Bee 2018



Denise Deltondo, Coordinator

Even though you are reading the "final" spelling bee report, please know that in reality the bee has not yet taken place! Therefore, there are no specific details included! We sincerely thank the following members who donated toward the spellers' treat bags: Betty Jean Bahmer, Diana Bauman, Dorothy Blake, Ava Bloom, Jan Bogan, Janet Burkey, Kathy Carr, Nancy Countryman, Linda Cowin, Jane Cribbs, Elsie Fowler, Cindy Harris, Ruby Hawkins, Luanne Hite, Charlotte Jessep, Marsha Kind, Ellen King, Gretchen LaLiberte, Kathy Luhaney, Jeannie Morello, Marcia Overholt, Donna Pate, Janet Snowberger, Marilyn Stanton, Diane Starr, Dee Sullivan, JoAnn Szczyglowski, and Barb Wright.

We are also grateful to the following corporate sponsors: Arby's, Bruster's Real Ice Cream, Girard Location, Elm Road Dairy Queen, Girard Free Library, Home Savings Bank, Huntington Bank, Mahoning Valley Scrappers, McDonald's, Olive Garden Italian Restaurant, Waffle House, and Wendy's, as well as the Trumbull County Fair Board. We began the year with a \$23 balance, collected \$267, and ended the year with \$13!!! Heartfelt thanks to each for your generosity!

Pre-Retirement

Gretchen LaLiberte, Luanne Hite, Chairpersons

The pre-retirement workshop will be held on Wednesday, October 24, 2018, from 5:00 – 7:30 p.m. at St. Paul Lutheran Church in Warren. We will need volunteers to help with registration, work in the kitchen with the refreshments and bake cookies for our guests. If you are interested in helping, please contact Gretchen at 330-240-9966 or grlplib@embarqmail.com. You may also contact Luanne at 330-847-9966 or ib573@aol.com. You may also sign up at the next general meeting in August.

T C ORTA

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

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Community Service

Marilyn Stanton, Chairperson

At the August meeting, we will be collecting school supplies. These items will be delivered to the Emmanuel Center in Girard for distribution to area children and families.

Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons
Dave Ambrose, Dues Coordinator



PLEASE HELP! TIME TO RECRUIT!

The TRTA Membership Committee needs your help to find the names and addresses of recently retired licensed/certified educators who taught or live in Trumbull County. We would like to invite these recent retirees to our October meeting. We still need members to help contact the following districts:

BROOKFIELD, MATHEWS, McDONALD, NILES CITY and WEATHERSFIELD.

If you would be willing to help by contacting the Superintendent's or Treasurer's office from one of these districts to request the names and addresses of recent retirees, contact Luanne at 330-847-8777 or Gretchen at 330-240-9966.

If you volunteered to do a contact at the June meeting, contact your school and give your information to Luanne or Gretchen. Thanks to all who volunteered in June.

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 St. Paul Lutheran Church on Market St. Dates--9/18/18, 11/20/18

Web Address:

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