



# TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

September 2021

Volume XII, Number 5

## TRTA General Meeting Dates:

October 12 and December 14  
Every other month on the second  
Tuesday, 12:00 Noon

## Ciminero's Banquet Centre

123 N. Main St.  
Niles, Ohio 44446

## Program: Legislative

Our speaker will be Michael O'Brien, Ohio House District 64. He will address SB 256 which permits juveniles who were previously sentenced to life without parole to now have the opportunity for parole. He will also address the Ohio prison systems.

## Hospitality: Mary Fuller, Chairperson

"There is no season in all the year so beautiful, so radiant with glory as early autumn." says *The Northern Advocate*. Our decorations will celebrate this season of beauty, gathering together and gratitude.

**Collected at all meetings:** Cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn. No candle wax or pill bottles!

## Foundation Financial Update:

See a list of donors on our webpage.

## From our President, Sue Datish:

Welcome, Fall! We certainly hope that it will be a healthy and safe time of year for us all. TRTA plans to continue holding luncheons as long as conditions allow. We will follow the current CDC guidelines at the time of the luncheon.

The October meeting will be busy with a legislative speaker and our Make It—Bake It Sale. Be sure to come early if you are bringing items to sell! Thanks for participating either by donating or buying!

We collect stamps at our meetings and did some research on their use with the military. They go to Stamps for the Wounded (SFTW), a service organization dedicated to providing comfort and stimulating activity to U.S. veterans through stamp collecting. SFTW sends donated postage stamps and other philatelic material and supplies to wounded, ill, and isolated veterans. They have been helping veterans since 1942. It seems to be a worthwhile project. If you bring stamps to TRTA, please trim them first. It is an overwhelming job to trim all the stamps you have so generously donated. Hope to see you in October!

## "Bake It or Make It" Sale

Come and enjoy the "Bake It or Make It" sale at the October meeting. And then be prepared to "Take It Home" to enjoy. Bring your baked goods and items to sell by **11:30 a.m.** Do you have peppers, tomatoes, squash or other garden goodies? Did you preserve jellies or canned fruits or pickles this fall? How about Halloween crafts and treats? Anyone handy with yarn or craft items? Cash donations are also welcome. All proceeds will be used for Teacher Grants.



## Treasurer's Report, September, 2021

Checking account balance \$2,747.42

Savings account balance \$8,556.12

Community Foundation (Scholarship Fund) \$14,440.00

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

## TRTA Lifelines

Volume X, No. 4 compiled by Carol Hart



**Early Risers**—Those folks who get up earlier in the morning are less likely to have major depression. A study of almost 840,000 adults in their 40s through 60s indicated that those who got up at 6 a.m. had a 23% lower depression risk compared to those who woke at 7 a.m. Early birds may get more morning sunshine, which often boosts mood, or “may be more in sync with the routines of others in their lives.” This information appeared in *JAMA Psychiatry*, May 26, 2021. (Consumer Reports On Health, September 2021: p. 3)

### Boosting Brainpower

As social activity increases post-pandemic (or at least post-isolation), many seniors are reporting improvements in memory and thinking. Joel Salinas, MD, NYU Grossman School of Medicine, and others suggest that there are key activities to help memory. First, monitor your health. Not only should you keep up with routine medical appointments, you should review your medications. Second, keep moving. Physical activity increases blood flow to the brain. Something as simple as walking can help. Focus also on strength and balance. Third, eat foods to maintain brain health. Fatty fish and olive oil are beneficial. Remember that vitamin B12, which is important for brain function, is not as efficiently absorbed in older adults. Have your doctor check your vitamin B12 levels and suggest a supplement if needed. Finally, do what you love. Look for activities that stimulate you and offer a social component. (Consumer Reports On Health, September 2021: pp. 4-5)

### Trivia

Apples are the fruit most associated with the season of autumn. Apple-bobbing was originally a harvest activity. Pumpkins were once believed to cure snake bites and freckles! Happy Fall!



### Pre-Retirement, *Gretchen LaLiberte, Luanne Hite Co-Chairs*

The preretirement seminar will be held on Wednesday, October 13, 2021, from 5:00-7:30 p.m. at St Paul Lutheran Church in Warren. If you volunteered to help with registration, please be at the church by 4:00 p.m.; those who volunteered to help in the kitchen will need to be at the church by 3:00 p.m.; those who volunteered to provide individually wrapped desserts such as Hostess or Little Debbie Cakes, etc. should drop off their boxes at the church between 3:00 and

4:00 p.m. or bring them to the next meeting on October 12. All volunteers should enter through the kitchen door. Look for the sign!

If you are not sure whether you volunteered to help, check the display board beside the nametag table at the October meeting. If your plans have changed and you are no longer to help, please contact Gretchen at 330.240.9966 or email at [grlplib@embarqmail.com](mailto:grlplib@embarqmail.com) or Luanne at 330.719.4438 or email [ib573@aol.com](mailto:ib573@aol.com) as soon as possible.

### Boscov Passes



TRTA sales of Boscov Charity Day passes have reached 145, adding \$725 to our scholarship fund. Thanks to all who bought passes for the October 7 event. You still have two opportunities to purchase passes. Dave Ambrose will be at **Panera Bread Eastwood Mall on Sunday, October 3, 2-4 p.m.**, to sell remaining passes to TRTA members. If you wait until Charity Day, you can purchase a pass at the event; make sure to note TRTA on the registration stub. Thanks for supporting the TRTA Scholarship Fund!

## Luncheon Reservation Tuesday, October 12, 2021 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by October 1, 2021.

Member Name: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Lunch(es) @ \$12.00 = \_\_\_\_\_

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.

**A RESERVATION IS REQUIRED; NO WALK INS.** Thank you for your understanding.  
Social Distancing rules will follow the State Guidelines.

**Make one check payable to TRTA.**

**Send this form to:**

Dave Ambrose  
2740 Atlantic St. NE  
Warren, OH 44483-4426  
330-647-3666

### ATTENTION SNOWBIRDS!

This bimonthly newsletter is mailed in January, March, May, July, September and November. If you are away during any of these months, your newsletter will NOT be forwarded or held by the U.S. Postal Service. Since we mail with a bulk rate permit to save expenses, these newsletters are returned to TRTA, and we must pay a "postage due" fee. Help us keep your database entry valid by informing TRTA of address changes. Please contact Dave Ambrose by mailing this form to 2740 Atlantic Street NE, Warren, OH 44483-4426, by email at [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com) or phoning 330-647-3666.

### OUT-OF-TOWN ADDRESS, 2021-2022

Member: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Months you will be at this address: September November January March May July

\_\_\_\_ Send to my snowbird address. \_\_\_\_ Do not send when I am at my snowbird address.

**Please note: If your plans change, inform Dave to make database adjustments.**

### Nominations of Officers for 2022-2024

President: Marilyn Stanton, President Elect: Cindy Harris, Recording Secretary: Carol Senne, Treasurer: Linda Cowin, Financial Secretary: David Ambrose. Nominations will also be taken from the floor with prior approval of the nominee.

### Spelling Bee *Denise Deltondo*

This spelling bee report seems a bit late, but when the July newsletter went to the printer, the bee hadn't happened! You generously donated \$515, and all but \$35.56 was spent. I sincerely thank committee members Ruby Hawkins, Charlotte Jessep, Kathy Luhaney, Marilyn Stanton, Sue Datish, Diana Bauman, Roz Gadd, Ava Bloom, and Garry Peacock for their help. In addition, the following corporate sponsors made donations for the spellers' treat bags: Arby's, Bruster's Real Ice Cream, Eat'nPark, Elm Road Dairy Queen, Farmers National Bank, Howland Giant Eagle, Girard Free Library, Huntington Bank, Mahoning Valley Scrappers, McDonald's, Waffle House, and Wendy's. Also, the Trumbull County Fair Board offered free admission to pre-registered spellers. I sincerely thank Ava Bloom, Garry Peacock, and Diana Bauman for continuing the tradition next year!



**TRTA**  
2740 Atlantic St. NE  
Warren, OH 44483-4426

**Nonprofit ORG**  
**U.S. Postage Paid**  
**Warren, OH**  
**Permit NO. 29**



**Membership,** *Luanne Hite, Gretchen LaLiberte, Co-Chairs*  
*Dave Ambrose, Dues Coordinator*

It was so nice to see a few of the current retirees take us up on our invitation that was extended to them in the newsletter. We are hoping to see more recent retirees next month for the October luncheon. Currently we have 384 TRTA members.

**Welcome New Member** Please extend a warm welcome to our newest membe: Karen

M. Beran and Mary Jo Minton.

**Membership Dues for 2022** Dues for 2022 need to be renewed by December 31, 2021, unless you are a life member. If you are not sure of your membership status, check the address label on your newsletter. Dave Ambrose will begin collecting dues at the October luncheon.

**Temporary, Permanent and Snowbirds** Whether you are changing your address temporarily, permanently or you are a Snowbird, please contact Dave with your new address. Those with temporary addresses should tell Dave which **months** you want him to use the temporary address. Fill out the form in the newsletter and mail it to Dave at 2740 Atlantic Street NE, Warren, OH 44483-4426, by email at [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com) or phoning 330.647.3666.

**Email Addresses Needed** If you have an email address, please forward it Dave Ambrose. This will enable you to receive TRTA updates. Email: [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com).

**Community Service,** *Jeannie Morello, Chair* Our community service project for October will be sending cards to our Veterans. Cards will be placed at each table for members to sign.

**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](mailto:cindyharris513@gmail.com).