



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

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TRTA General Meeting Dates:

June 14, August 9, October 11, and December 13 every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446.

Program.

The June Program will honor the 2022 TRTA Scholarship recipients and the Tribune's A+ Teachers.

Hospitality: Mary Fuller, Chairperson

Our tables' will reflect the colors of the joys and fun of summer!

Collected at all meetings:

Cancelled and **trimmed 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.

Mailing Meetings:

Won't you please consider joining us to help with the mailing at 9 a.m. at St. Paul Lutheran Church, Market St., Warren, on July 19, September 20, and November 15.

From our President, Marilyn Stanton:



Happy Spring, everyone! I know we've had a lot of those April showers, but the May flowers are beautiful.

I would like to welcome and thank Jeff McClain for agreeing to serve as our Legislative Chair.

Hopefully, everyone had a chance to vote for the retired member of the STRS Board. In case you have not heard the election results,

Elizabeth Jones won the retired seat with 24,983 votes. Rita Walters received 22,229 votes. There were 222 write-in votes. Elizabeth's term of office will begin on September 1, 2022, and end on August 31, 2026.

We look forward to welcoming scholarship recipients and our A+ teachers at the June 14 meeting. Hope to see you all there.

Treasurer's Report, April 30, 2022



Checking account balance \$3,367.98

Savings account balance \$8,557.25

Community Foundation-Scholarships \$12,747.00

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





Fathers' Day Controversy

Fathers' Day was not immediately accepted when it was proposed. Mothers' Day was already being celebrated, and men found a day honoring fathers too effeminate. It did not have the same appeal. In the early 1900s the society was patriarchal, so mothers were to be honored because they were underappreciated. Eventually, the day for fathers came to be celebrated, and ministers devoted their homilies to fatherhood. Under President Nixon, in 1972, Congress passed an act officially making Fathers' Day a national holiday. (*The Old Farmer's Almanac*, Boys Town, 2022: pp. 12-13)



Sleep Challenges of Aging

Kids and adolescents need to sleep longer than young adults do. But in our senior years, we need to go back to the 7 to 9 hours of daily sleep.

Studies show that most sleep problems are not related to aging. They can stem from medical or emotional conditions that come on as we get older. According to *webmd.com*, "Aging also affects our sleep-wake pattern. It makes us sleepier earlier in the evening and wakes us up earlier in the morning. That's true even if you were a night owl before. If you don't get enough sleep after age 50, it can make you more likely to have memory problems, pain, depression, and nighttime falls." ([webmd.com/healthy-aging](https://www.webmd.com/healthy-aging))

Memory Loss

Some memory loss happens as we age. The aging brain stores information in a slightly different way, so it's harder for you to recall recent events. Therefore, there is no need to worry if you find yourself stumped for a name or forget where you put your car keys or glasses.

An article about aging in *webmd.com* suggests, "what's not normal is if you can't remember simple things like how to follow directions or recipes or forget the way to your home. That could be a sign of a more serious memory loss caused by a medical condition like **dementia** or **Alzheimer's disease**. If so, your memory likely will get worse over time." Seek help or advice from your physician if you are concerned. ([webmd.com/healthy-aging](https://www.webmd.com/healthy-aging))



Spelling Bee 2022, Ava Bloom and Garry Peacock, Chairpersons

The Trumbull County Fair is happening this summer, and so is the 36th Annual Spelling Bee! The Bee will be held on Thursday, July 14, at 1 p.m. on the historical stage of the fairgrounds. If you would like to make a monetary donation toward the spellers' treat bags, you may do so at the June 14th meeting. You may also mail a check payable to TRTA and send it to Garry Peacock, 3689 Staunton Drive, Youngstown, OH 44505. If you would prefer to donate a specific item, please include 50 of that item as 50 bags are made. If you have any questions, please feel free to call me at 216-262-3194.

Luncheon Reservation Tuesday, June 14, 2022

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by June 1, 2022

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$15.00 = _____

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 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 state guidelines.

The recipient of the free lunch for the June meeting is Tina Brown.

Make one check payable to TRTA.

Send this form to:

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

Membership, Luanne Hite, Gretchen LaLiberte, Co-Chairs



Dave Ambrose, Dues Coordinator

PLEASE HELP! IT'S TIME TO RECRUIT NEW MEMBERS! Another school year is coming to a close, and it is time for TRTA to begin locating the names and addresses of newly retired educators who taught or who live in Trumbull County. If you are still in contact with staff in the district where you taught, ask them to help find the names and addresses of the new retirees.

If you have helped us before by contacting a specific school district and would be willing to contact the same district again this year, please let us know. Your help is greatly appreciated. Send the information you have received to Gretchen LaLiberte—grlplib@embarqmail.com or Luanne Hite—ib573@aol.com.

New member applications will be available at the June meeting. If you know a retiree who has not joined our organization, please consider giving them an application and inviting them to one of our luncheons. This is a great way to increase our membership.

If you have any questions concerning your membership, you need to make an address correction, or you need to add or change an email address, please contact Dave Ambrose, 330-647-3666; dambrose1@neo.rr.com; or at 2740 Atlantic Street NE, Warren, OH 44483.

Membership Cards

Dave will continue to provide TRTA membership cards upon request. If you are a 2022 TRTA member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave. You will be able to pick up your membership card at the nametags table at the next luncheon meeting. TRTA no longer tracks ORTA membership. If you need an ORTA membership card, please contact ORTA directly.

TRTA
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Warren, OH 44483-4426

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Make and Bake Sale, *Diana Bauman and Cindy Harris, Co-chairs*

An early reminder that we will have our annual Make and Bake Sale at the October 11, 2022, membership meeting. So, as you are planning summer crafts and gardens, please keep it in mind. The proceeds go to our Teacher Grant Program.

Community Service, *Jeannie Morello, Chair*

Thank you to all those who volunteered at Second Harvest. Your willingness to help with this community project is appreciated.

TEMPORARY or PERMANENT ADDRESS CHANGES

Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. The postal service charges TRTA a fee for each returned newsletter.

EMAIL ADDRESS Let Dave know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: dambrose1@neo.rr.com.

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.