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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 XVII, No. 3

May 2016

## From our President:

“On this Memorial Day we offer up a prayer – May the people of all nations be united in Thy care, and grant us understanding and teach us how to live so we may lose our selfish pride and learn to love and give.” Helen Steiner Rice

We welcome our scholarship recipients and the A+ Teacher Awardees at the June meeting and hope many of our members will be there to honor them.

The STRS Board stated that STRS OHIO is facing significant health care funding challenges. The approved changes do not provide long term funding solutions but are projected to extend health fund solvency by two to three years beyond the fifteen-year period reported last month. Some of the changes approved for 2017 that will affect our pocket books include:

- Emergency room co-pays increase to \$75.00 from \$65.00 for Medicare plan enrollees.
- Urgent care co-pays will increase to \$40.00 from \$35.00 for all plans.
- Preferred network for Retail Pharmacies will be adopted and co-pays at non-preferred network pharmacies will increase by \$10.00.
- The subsidy multiplier for non-Medicare benefit recipients will be reduced to 1.8% per year of service from 2.1%.
- The Medicare Part B premium re-imbursement will be phased out over a three-year period beginning in 2017.

Relax and remember how nice it was to welcome our summer break.

*Carol Pinney, President*

## Committee News

### Membership, Jane Cribbs, Chairperson

Look at the date on your mailing label above. Are you current with your TRTA/ORTA dues? TRTA annual dues are \$20.00. ORTA membership is \$30.00 Remember your TRTA Life dues are just \$150.00. New members to TRTA must join our parent organization, ORTA. Unified dues are \$50.00. These two organizations work exclusively for retired teachers. This is the time of year we start recruiting 2016 retirees. You can help by making a phone call to your former district to get these retirees' names and their addresses. Please contact me if you can help.



### Scholarship, Donna Pate, Chairperson

You will have the opportunity at the June luncheon to meet the five outstanding young ladies who will each be awarded a \$1000 TRTA scholarship. Join us in congratulating them and wishing them much success as they embark on their higher education journey.

## Missing Coat

Ladies, please check your closet for a black raincoat with tan cuffs. You took the wrong coat home from the last luncheon. Please contact Diana Bauman at [330-856-6034](tel:330-856-6034) to let her know that you have her coat. Thanks so much!



**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: 7/19/16, 9/20/16, 11/15/16

## TRTA Meetings

### TRTA General Meeting Dates

June 14, 2016, August 9, 2016, October 11, 2016, December 13, 2016

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

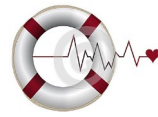
Ciminero's Banquet Centre, 123 N. Main St., Niles, Ohio 44446

**Program:** The TRTA Scholarship winners and the A+ Teachers will be honored at our luncheon.

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

**Hospitality, Mary Fuller, Chairperson:** Ah, Summer! As Shakespeare said, "Summer hath too short a lease", so June decorations will begin the celebration of the season a few weeks ahead of its official start. Show your colors by wearing something red, white and/or blue.

**Web Address:** [www.trumbullrta.blogspot.com/](http://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](mailto:suedat@gmail.com)




**Germmy Public Places**

We know that germs live in public places, but sometimes we don't think about some of these "germy" things:

- Restaurant menus have more germs than a toilet seat. Wash or sanitize your hands after you order.
- Lemon wedges on water glasses were found to have some nasty germs, even *e.coli*. Take your water without the lemon.
- School water fountains are not cleaned as often as school bathrooms. Think about that.
- Public soap pumps are breeding grounds for bacteria. Scrub your hands at least 20 seconds when washing in a public bathroom.
- Shopping cart handles are pretty germy. If the store provides antibacterial wipes, use them.
- Elevator buttons are seldom cleaned. Use your elbow to push the button.
- ATM buttons and cash are full of germs. As a matter of fact, the flu virus can live on a dollar bill for 17 days.

These are all things to think about! ([www.webmd.com/cold-and-flu](http://www.webmd.com/cold-and-flu))

**Secrets to healthy Aging**

 First, keep moving. Physical activity is the key to fewer heart risks, better sleep and memory, and better bone strength. Eat Mediterranean style: ban the butter, switch to fish, and load up on fruits and vegetables. Stay connected. Don't allow yourself to become isolated when friends and family move on. We all need a support network. Quit smoking. Kicking the habit is a key to longevity. ([www.webmd.com/healthy-aging](http://www.webmd.com/healthy-aging))

**Ending Charity Mail**

One of our members shared the following link with me. It is designed to end charitable requests by mail. Just go to the site and follow the directions. Here is the link: [www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email](http://www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email) Whew! That's a long one!

**Bit of Trivia**

The ubiquitous banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away." ([www.doyletics.com/tidbits](http://www.doyletics.com/tidbits))

**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  
Past President.....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 and getting the refreshments ready that evening and for volunteers to bake cookies to provide for our guests' refreshments.

**Meeting Reservation**

**Tuesday, June 14, 2016– 12:00 Noon at Ciminero's Banquet Centre**  
**Please make reservations by June 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



**Spelling Bee**

The 31<sup>st</sup> Annual Spelling Bee will be held on Thursday, July 14, at 1 p.m. at the Trumbull County Fairgrounds, **and the committee is once again accepting donations for the spellers' treat bags.** Your generosity in the past has been heartwarming, and the spellers are always thrilled with their gift bags. This year we are again preparing 50 bags. If you would like to contribute, please bring 50 of the same item (50 markers or highlighters, 50 stickers, 50 pads of post-it notes, 50 pencil sharpeners, 50 erasers, etc.) to our June 14 meeting. I have such a supply of pencils you would not believe it! PLEASE NO PENCILS THIS YEAR! If you'd like to donate a food item, crackers, pretzels, potato chips, Sweet Tarts, Skittles, etc. would be fine. We all love chocolate and salt water taffy, but it should be too hot in July to even consider including them in the bags. **Please put your name on your donation so that you can be recognized at the August meeting and in the next newsletter!** Thanks once again for your help!

**In Memoriam, Compiled by Charlotte Jessep**

Since April, 2015, the following TRTA members have passed away:

Helen Emery, Frances Ganard, Anna Macali, Carmela Clement, Phyllis Lamb, Genevieve Chachko, Duane Woofter, Cecilia Amedia, Grace Ziegler, John Hulan, Bernilou Smolen, E. LeRoy McFadden, Jeanne Henry, Agnes Hodge, Robert Jaillet, Phyllis Kearney.



**Community Service, Marilyn Stanton, Ellen King Chairpersons**

Thanks to everyone who brought articles to the April meeting for Someplace Safe. We had a huge collection of body wash/shower gel and other personal care items. We also received another thank you note from Bella Women's Center for the 4 beautiful baby afghans made by Lynn Valentino from the yarn you donate.

Thanks also to the 41 people who signed up to work at Second Harvest Food Bank the week of May 16th. At our June meeting we will be collecting items for the Trumbull County spelling bee.