



# TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

September 2023

Volume XIV, Number 5

## TRTA General Meeting Dates:

October 10 and December 12 every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main Street, Niles, Ohio 44446.

## October Program

Our October program will consist of a representative from the STRS senior management leadership team.

**Hospitality:** *Mary Fuller, Chairperson*  
"Wither"

"The heart of autumn must have broken here and poured its treasure upon the leaves."  
--Laura De Stefano  
October decor will celebrate this most beautiful season.

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

## Mailing Meetings:

Won't you please consider joining us to help with the mailing at **9 a.m.** at **New Hope United Methodist Church; 21 Fairview Avenue, Niles, OH** on **November 21. NOTE CHANGE OF MEETING PLACE!**

## Foundations Financial Update:

See a list of donors on our webpage.

## From our President, Marilyn Stanton

It's hard to believe that summer is over! Fall is my favorite time of year with beautiful colors and crisp fresh air. There are lots of things happening with TRTA. Be sure to check your newsletter.

## October Program, *Jeff McClain and Denise Deltondo, Chairpersons*

Our October program will consist of a representative from the STRS senior management leadership team who will present what's happening at STRS. You may submit written questions on the cards which will be placed on each table. They will then be collected at noon, categorized, and combined to avoid redundancy. Hot topics will probably include COLAs, health care coverage and costs, and bonuses. Other pertinent topics can also be included.

## Linda Cowin Now Taking Luncheon Reservations

Dave Ambrose, Membership Secretary, recently resigned his official duties with TRTA due to health issues, entered hospice and a nursing home, and tragically passed away on Saturday, September 2. Dave was a vital member of our Executive Board and will be missed beyond measure. We are all greatly saddened and shocked by his sudden illness and departure. You will now send your luncheon reservation to Linda Cowin, Treasurer. Dave wore many hats—all of them well—and we are so grateful to Linda Cowin for accepting luncheon reservations, to Sue Datish for taking care of the membership database, dues, and the mailing labels, and to Denise Deltondo for managing the deceased members' database and archives.

## 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 **11:15 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. Be sure to come early if you are bringing items to sell!

## Treasurer's Report, September 30, 2023

Checking account balance \$3,498.93

Savings account balance \$6,039.81

Community Foundation-Scholarships \$11,565.00

Teacher Grants \$1,298.00

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





## TRTA Lifelines Volume XI, No. 5 compiled by Carol Hart

### Sleep and Aging

Nearly half of men and women over the age of 65 say they have at least one sleep problem. In general, older people sleep less, wake up and go back to sleep more often, and spend less time in deep sleep or dreaming than younger people. One common reason for less sleep is poor sleep habits. If you don't keep a steady schedule for going to bed and waking up, it can affect your body's internal clock and make it even harder to get good sleep. Also, at any age, it's a minus if you drink alcohol before bedtime, nap too much, or stay in bed when you're not sleeping. Some medications/drugs make it harder to fall or stay asleep, or even stimulate you to stay awake. If you think that might be true for you, ask your doctor to check. Worry, stress, or grief can affect sleep too. When you lose someone you love, move from your family home, or have a condition that changes your life, that can cause stress, which can hamper your sleep. If changes like these affect you or an aging loved one, talk with your doctor or a counselor. It could help ease your mind so you can sleep better. Besides insomnia, there are other sleep disorders which include apnea, restless legs syndrome, periodic limb movement disorder, and REM behavior disorder. Your doctor can see if you have one of these conditions. ([www.webmd.com/healthy-aging](http://www.webmd.com/healthy-aging))

### Hypnotherapy

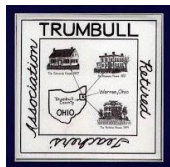
Hypnosis "leverages the power of words to transform lives," said Steven Jay Lynn, PhD, a professor of psychology at Binghamton University, in Binghamton, NY. "With suggestions that you provide a receptive person, you can modify their thoughts, their feelings, their behavior." The question is: Would hypnosis work for you?

Soon, a simple blood or saliva test could tell you—thanks to Stanford University researchers who recently developed a device small enough to fit in your hand that analyzes DNA for a hypnosis-related gene in just minutes. People, especially females, with variations of this gene called catechol-o-methyltransferase (COMT) were more likely than others to respond to hypnotherapy for pain, the researchers found. The gene helps make an enzyme that regulates dopamine metabolism in the brain—a process linked to attention. ([www.webmd.com/pain-management](http://www.webmd.com/pain-management))

### Fall Trivia

Originally fall was called "harvest" because of the harvest moon, which occurs close to the autumn equinox. Enjoy the season!

### Membership *Luanne Hite, Gretchen LaLiberte, Chairpersons*



#### New Retirees

There were approximately 52 new retirees at the end of 2022-2023 school year. We will be contacting new retirees to attend one of our luncheons. If you are acquainted with one of the new retirees, please extend a personal invitation. This seems to work the best.

### Temporary, Permanent and Snowbirds

Whether you are changing your address temporarily, permanently, or you are a Snowbird, please contact Sue Datish with your new address. **Email: [suedat@gmail.com](mailto:suedat@gmail.com). Phone: 330.719.1978 or Address: 1457 Henn Hyde Rd., Warren, OH 44484.** ATTENTION SNOWBIRDS! Bimonthly newsletters are 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. Contact Sue Datish. **You may want to consider having your newsletter emailed.**

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### OUT-OF-TOWN ADDRESS, 2023-2024

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 Sue to make database adjustments.**

## Luncheon Reservation

Tuesday, October 10, 2023

12:00 Noon at Ciminero's Banquet Centre

**Please make reservations by October 1, 2023**

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

TRTA Member's District of Retirement: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_ Lunch(es) @ 16.00 = \_\_\_\_\_

Scholarship Donation: \_\_\_\_\_

Teacher Grant Donation: \_\_\_\_\_

\_\_\_\_\_ Boscov Passes @ \$5.00 each= \_\_\_\_\_

**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 October meeting is Joyce Mahan.*

**Make one check payable to TRTA.**

**Send this form to:**  
**Linda Cowin**  
**PO Box 152**  
**Leavittsburg, OH 44430**  
**330.399.1448**

## Community Service, Jeannie Morello, Chairperson

At the October meeting we will be signing cards to our Veterans. Cards will be placed at each table for members to sign.

## Preretirement, Gretchen LaLiberte, Luanne Hite, Co chairmen

Due to unforeseen circumstances that have arisen at the venue, St. Paul Lutheran Church, we are postponing the preretirement seminar until 2024 so that we will have adequate time to search for another appropriate location, if needed. Thanks to all the members who volunteered to help that evening at the last meeting and to those who volunteered to supply cookies, etc. We will keep the list of your names and will contact you next year to determine whether you are still interested in volunteering.

## Irene Was, TRTA Member, Honored 😊

Congratulations to TRTA centenarian Irene Was (102 years young) who was recently honored along with other centenarians at the Warren-Trumbull County Public Library. The centenarians shared their life stories with those in attendance at the special event. Way to go, Irene. We love you!

**TRTA**

1457 Henn Hyde Rd.  
Warren, OH 44484

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

**TRTA Election 2023**

The following slate of officers will be presented at the October 10 meeting:

President—Cindy Harris; President Elect—Carol Hart; Recording Secretary—Carol Senne; Financial Secretary/Treasurer—Linda Cowin.

**Boscov Passes**

Once again, Boscov's is sponsoring a community day, **Friends HELPING Friends**, for one day on October 18, 2023. For a donation of \$5 you will receive a shopping pass worth 25 percent off the lowest price of items. One hundred percent of the \$5 donation will go to TRTA. You can get your pass at our October luncheon. Many are choosing to make a donation to TRTA and buy extra passes to share with their friends! The donations from the sale of the shopping passes will be split between Scholarships and Teacher Grants. Thanks, Boscov, and thank YOU for donating!!!

**How can I get a pass?**

Mark the number of passes you want on the luncheon reservation form in the newsletter and include \$5 for each pass purchased with your luncheon check.

- a. If you are attending the luncheon, you can pick them up at the luncheon.
- b. **If you are NOT attending the luncheon, Linda Cowin will mail them to you.**

**EMAIL ADDRESS** Let Sue Datish know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email [suedat@gmail.com](mailto:suedat@gmail.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](mailto:cindyharris513@gmail.com).