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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 XVI, No. 1

January 2015

From our President:

I hope everyone had a happy and blessed holiday and that all are looking forward to 2015! If your New Year's Resolutions include one for giving more time to volunteering and you would like to serve on one of our committees, please let me know.

Thank you to all the officers and committees for agreeing to take on the responsibility of keeping TRTA running smoothly. We have a very effective chapter and it is you who will insure that it continues to be. I want to congratulate Denise on her successful term and wish her the best as ORTA Trustee. And finally I remind all of you to keep up with the news in the ORTA bulletin as it affects all of us.

I look forward to seeing you at the February meeting.

Carol Pinney, President

Committee News

Membership, Jane Cribbs, Chairperson

TRTA Membership as of December 31 was 472. Dual TRTA and ORTA membership was 348. Let's see if we can close this gap! Check your mailing label. If it says 2015 you're paid up for this year. L means you're paid for Life. If TRTA says 2013, we would hope that you would rejoin us for 2015. This is the last newsletter that will be sent for those that say TRTA 2013. ORTA, our state affiliate, represents the retired teachers of Ohio by speaking for us in Columbus. Numbers are important for ORTA to be powerful. Keep your membership status current.

TRTA 2015 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

Scholarship,

Donna Pate, Chairperson

It is time to be thinking about students who might be worthy of a TRTA scholarship especially if they are planning to pursue a degree in education. Applications for the 2015 scholarships will be available at the February meeting. TRTA members in good standing may sponsor up to two students.

TRTA Meetings

TRTA 2015 General Meeting Dates

Feb.10, April 14, June 9, August 11, October 13, December 8

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

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

Program: Sally Thomas, the retired Niles City School Librarian and retired Curator of Sutliff Museum, will present Life in the Connecticut Reserve.

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

Hospitality, Mary Fuller, Chairperson:

Mary plans to have centerpieces to brighten the winter days.

Thanks!

The Pre-Retirement Committee would like to thank all those that helped with our very successful Pre-Retirement Seminar.

Web Address: 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





New at Drugstores

In 2015, Rite-Aid will roll out 4,100 digital kiosks, where customers can take their vital signs, including blood pressure, height and weight, and set up an account to track their data, link that data to a health record that pings their doctor and pharmacist, and work toward wellness goals. (*Consumer Reports on Health*, November 2014)

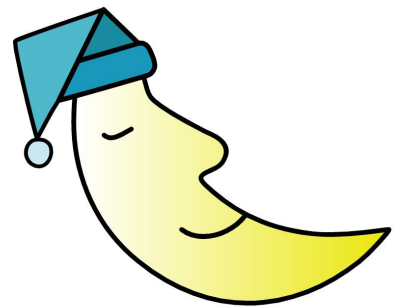
Ordinary Moments

Small events in life can bring on happiness when recalled later, according to research from Harvard Business School. In one study, a group of students noted a recent conversation, the last social event they’d attended, and the last three songs they’d listened to. Revisiting the memories three months later, the subjects rated them as more meaningful and surprising than they had anticipated. The study’s lead author recommends journaling and capturing moments instantly in photos and videos to savor them later. (*Psychological Science*, August 29, 2014)



Volunteering Does Good

A recent review of 73 studies involving people 50 and older found that engaging in regular volunteer work helped reduce the risk of depression and increased longevity. Volunteers also reported better overall health. Researchers reported that the “sweet spot” for enjoying the health perks comes when volunteers do about 2 to 3 hours of work a week. What kind of volunteering is best? “[An] opportunity that’s socially and mentally stimulating and that keeps you physically active, within your own limitations,” says lead researcher Nicole Anderson, Ph. D., a senior scientist at Toronto’s Rotman Research Institute. (*Psychological Bulletin*, August 25, 2014) We at TRTA already knew this, didn’t we?



Sleep Apnea and Surgery

In a recent study of 20,488 surgery patients by the University of Manitoba, those who were treated for their obstructive sleep apnea before their operation cut their risk for postoperative cardiovascular complications, such as cardiac arrest and shock, by more than 50 percent compared with those whose sleep apnea was undiagnosed. That sleep condition is a breathing disruption that arises when tissue blocks the airway. (*Anesthesiology*, October 2014)

Visiting an Alzheimer’s patient

Although someone with Alzheimer’s may not remember your last visit, he or she may still have lingering good feelings from your time together, a study by the University of Iowa suggests. These findings “should empower caregivers by showing them that their actions toward patients really do matter.” (*Cognitive and Behavioral Neurology*, September 2014)

Meeting Reservation

Tuesday, February 10, 2015 – 12:00 Noon at Ciminero’s Banquet Centre
Please make reservations by February 1, 2015.

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

2015 Membership Form

Membership is open to all Trumbull County Educators. You are encouraged to join both TRTA and ORTA. Strengthen our voices with STRS through a small investment in Membership in both TRTA and ORTA.

Member’s Name: _____ Email: _____

_____ Current Member

_____ New Member

TRTA: Trumbull Retired Teachers Association *TRTA is a local affiliate of ORTA and aims to enhance all phases of a retired teacher’s life.* It is highly recommended that you become a Lifetime member for just \$75.

TRTA Annual Dues: \$10.00 _____

TRTA Life Membership: \$75.00 _____

ORTA: Ohio Retired Teachers Association *ORTA is the only organization whose primary job is to protect and improve the financial benefits of Ohio retired educators.*

ORTA Annual Dues: \$30.00 _____

ORTA Life Membership: \$500.00 _____

ORTA Life Membership Quarterly : \$125.00 _____

Total Enclosed: _____ **Check payable to TRTA**

Send this form to: Jane Cribbs, 150 Royal Troon Dr. SE, Warren, OH 44484

Community Service

Marilyn Stanton, Ellen King Chairpersons

The community service committee would like to wish you all a Happy New Year and thank you for your continued support of our numerous projects. We had 84 members turn in a total of 29,024 volunteer hours for 2014. Probably there are many more ways that we all volunteer our time and service that weren’t even included in those hours. You might be surprised if we each marked our calendars at the end of every month what that number would be for 2015.

The Warren Family Mission is in need of all types of clothing. TRTA will be collecting clothing at our February meeting. A truck will be in the parking lot for an hour before the meeting to collect your donations.