



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

January 2020

Volume XI, Number 1

TRTA General Meeting Dates:

February 11, April 14, June 9, August 11, October 13, and December 8
Every other month on the second Tuesday, 12:00 Noon

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

Program:

Our speaker for February is Leah Sakacs, Program Coordinator, Retired & Senior Volunteer Program Mahoning and Trumbull Counties Family & Community Services, Inc.

Hospitality:

Mary Fuller, Chairperson

"Good friends are like snowflakes--all different and all beautiful." – Unknown
Our February décor will celebrate both the beauty of winter snow and the beauty of love and friendship.

Collected at all meetings:

Cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn. No Candle Wax! At our February meeting, we will be collecting coloring books, crayons and story books for Akron Children's Hospital of the Mahoning Valley.

Mailing Meetings:

Won't you consider dropping by to help assemble our newsletter. The mailing work sessions are at 9 a.m. at St. Paul Lutheran Church on Market St.:
March 17, May 19, July 21, September 15 and November 17.

Foundation Financial Update:

Foundation Fund: \$10,711
See a list of donors on our webpage.

From our President:

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."

—William E. Vaughan

As an optimist, I look forward to what TRTA will achieve this year. Last year was certainly full of new beginnings . . . new officers and chairs, initiation of a Teacher Grant Program, and investment of funds in the Community Foundation of the Mahoning Valley to establish a Scholarship Endowment Program. Sincere thanks to the Board for working diligently to support these initiatives.



Thanks to many of you we have over \$10,000 in our Foundation Funds. Very heartfelt thanks to those who donated \$1,000! Your generosity is greatly appreciated. If you want to make a donation in memory or honor of someone, be sure to include the family's contact information so that the Foundation can send notice of your donation. The Foundation itself has been truly helpful to the Scholarship Committee in aiding with many administrative tasks.

It seems that we have several members in need of our support and prayers. It would be nice to acknowledge them. At future meetings you will find a clipboard at the Nametag table. If you like, list the first name of anyone who needs some good thoughts sent their way. Our Chaplain will remember them in her remarks.

I am quite optimistic that the members of TRTA will continue to work together and support our future endeavors.

May the new year bring you peace, joy, and happiness.

Sue Datish, President



TRTA Lifelines

Volume VIII, No. 1 compiled by Carol Hart



Anti-Aging Benefits from Whole Grains

Eating whole grains can help to lower the risks from heart disease, cancer, diabetes, and obesity. Some whole grains that we often don't think about but are beneficial are the following: **barley**, which can be used in soups or stews or in a cold-grain salad; **farro**, which can be tossed with chickpeas, sautéed mushrooms, roasted red peppers, arugula, and balsamic vinaigrette for a salad; **freekeh**, which has a shorter cooking time than most whole grains, and lots of protein; **sorghum**, which can actually be popped in place of popcorn; and **teff**, small-grained like poppy seeds, and a good source of fiber. (*Consumer Reports On Health*, January 2020: p. 6)

Healthy Weight

Although being overweight as we age is harmful to health, the BMI, or body mass index, may not be the best indicator of health risks in older people. Denise Houston, Ph. D., R. D., a professor of internal medicine at Wake Forest School of Medicine, suggests that an older adult not be considered overweight unless the BMI is 27 or 28. The BMI does not account for muscle mass, gender, ethnicity, or age. Extra weight may protect against illness or falls, sustaining a person during a hospital stay. Being too thin provides little in the way of "reserves" or energy stores to help a person recover. (*Consumer Reports On Health*, January 2020: p. 4)

Vitamin B-12 Deficiency

To revisit the importance of getting enough B-12 in one's diet, remember that if you don't eat meat, this could affect you. Some symptoms of a B-12 deficiency are weakness, tiredness, heart palpitations, pale skin, nerve problems, and vision loss. A person with such a deficiency can also develop anemia. Check with your physician to see if a supplement could help. Remember that meat, poultry, dairy products, and eggs are all good sources of vitamin B-12, as are fortified grains. (www.webmd.com)



A Bit of Trivia

January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the Calends, and people decorated their homes and gave each other gifts. Among others, January is Oatmeal Month and Hot Soup Month!

Community Service

Jean Morello, Chairperson

VOLUNTEER



Thank you to everyone for all that you contributed in 2019.

Fifty-seven TRTA members submitted volunteer hours for 2019, which totaled 12,696 hours.

At our February meeting, we will be collecting new coloring books, crayons and story books for Akron Children's Hospital of the Mahoning Valley.

TRTA Teacher Grants

Diana Bauman and Cindy Harris, Co-Chairpersons

The first TRTA Teacher Grants were awarded in December. Two grants of \$500.00 each were awarded in person to Jill Lisner, Lakeview Local Elementary, Lakeview School District and Robyn Fette, Tracy Greenamy, and Renae Jenkins, Roosevelt Elementary, Hubbard School District. The teachers will join us at the June meeting to share their grant outcomes.

Guest Reading for Dr. Seuss' Birthday

On **February 28th** guests will read to students in grades K-2 for United Way. Please register by February 20th. If interested, contact Cindy Rogers: (330-369-1000 ext. 29) or crogers@unitedwaytrumbull.org. More complete information and the registration form is on the TRTA website at <https://trumbullrta.wixsite.com/trta>



Luncheon Reservation Tuesday, February 11, 2020–12:00 Noon at Ciminero's Banquet Centre

Please make reservations by February 1, 2020.

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.

Make one check payable to TRTA.

Send this form to:

Dee Sullivan
1125 Townsend Ave.
Youngstown, OH 44505-1267
330-360-2243

Membership Dues (Please check the appropriate box)

Name _____ As you want it to appear on your luncheon name tag.

Email _____ Phone Number _____

New/Renewal

___ \$50 Annually--TRTA & ORTA annual membership

___ \$20 Annually--TRTA only

ORTA dues will be forwarded to ORTA

Annual ORTA Renewal

___ \$30 Annually--I am a current TRTA Life Member and paying annually for ORTA.

ORTA dues will be forwarded to ORTA

Life Membership Dues

TRTA Life	ORTA Life	___ \$250 Two payments: One half now, one half in six months
\$150	\$500	___ \$125 Four payments: January, March, May, July
		___ \$500 Lump Sum <i>ORTA dues will be forwarded to ORTA.</i>

Please return this application form and check payable to TRTA in the amount of _____ to:

Mr. Dave Ambrose, Membership Dues Coordinator, 2740 Atlantic St. NE, Warren, Ohio 44483-4426

Questions? Contact Dave Ambrose Email: dambrose1@neo.rr.com Phone: 330-647-3666

Necrology

Denise Deltondo, Chairperson

At our February meeting we will remember those who have left us since our last memorial service. I sincerely thank Linda Cowin, Dave Ambrose, and Sue Datish who helped identify deceased members.

Scholarship

Vicki Janik, Chairperson

Scholarships will be offered to high school seniors and/or college juniors or seniors on an education pathway. Applicants no longer must be recommended by a TRTA member. Applications will be posted on the Community Foundation website at cfmv.org and on our website by February 1st. The application deadline is March 1st.

T C ORTA

2740 Atlantic St. N.E.
Warren, OH 44483-4426

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Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons; Dave Ambrose, Dues Coordinator

We currently have 403 TRTA members and 296 ORTA members.

Membership Dues for 2020: Thanks to all those members who have renewed their dues for 2020. There are still approximately 36 members who have yet to renew their dues for this year. Dues for 2020 need to be renewed by January 31, 2020, or this could be your last newsletter. If you are unsure whether you have renewed your dues, check your membership status on the address label of the newsletter. If you still need to renew, you will find a membership renewal form in this newsletter or at the TRTA website: trumbulltrta.wixsite.com/trta

Temporary or Permanent Address Changes: Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address.

Email: dambrose1@neo.rr.com

Phone: 330-647-3666

Address: 2740 Atlantic Street NE, Warren, Ohio 44483

Membership Cards: Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2020 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave at Email: dambrose1@neo.rr.com or by phone 330-647-3666. You will be able to pick up your membership card at the nametag table at the February TRTA luncheon meeting.

Web Address: <https://trumbulltrta.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