



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

January 2019

Volume X, Number 1

TRTA General Meeting Dates:

Feb. 12, Apr. 9, June 11, Aug. 13,
Oct. 8, Dec. 10, 2019
Every other month on the second
Tuesday, 12:00 Noon

Ciminero's Banquet Centre

123 N. Main St.
Niles, Ohio 44446

Program:

Therese Joyce from the Cleveland
Metroparks Zoo will present on the
Future For Wildlife project.

Hospitality

Mary Fuller, Chairperson

Mother Teresa reminded us that "It is
not how much we give but how much
love we put into giving." Our decorations
will celebrate love and friendship as well
as the beauty of winter.

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.: Mar. 19, May 21, July
16, Sept. 17, Nov. 19.

Guest Reading for Dr. Seuss' Birthday

March 1st guest readers will read to
students in grades K-2 for United Way.
Please register by February 15th. If interested
contact Cindy Rogers:
(330-369-1000 ext. 29)
crogers@unitedwaytrumbull.org

From our President:

Happy New Year . . . a time for new beginnings, new hopes, new dreams,
new memories, and new blessings.

I am honored to be the new President of TRTA. It is a great responsibility to
carry on the great leadership of Past Presidents whom I know and respect. I
am in awe of Lydia Caskey, Patrick Pinney, Judy Zimmer, Gretchen Reed,
Barb Wright, Denise Deltondo, Carol Pinney and Diana Bauman. What a list
of dedicated and extraordinary individuals! We are thankful for their
service, as well as their leadership.

As we begin the Biennium, we are pleased to welcome back many of our
current chairpersons, as well as a few new ones. As we change with the
times, we are looking into adapting our scholarship process and adding a
teacher grant program. As we develop this, we will share it with you.

We received an update from Carol Kinsey on ORTA newsletters. Here is her
clarification. "Dr. Rayfield has informed me that now, IF there is a good
email address on file for members, they are automatically sent an email
version of the monthly publication even without a request. If you have
members who say they do have email but are not receiving it, then they
need to contact ORTA to make sure their correct email address is on file.
Once a member is on the mailing list, they are there permanently. If a
member does not have email and wishes to receive a hard copy, encourage
that member to contact ORTA and make that request. I believe ORTA sends
out around only 50 copies at this time. If a person has an email address on
file, that will be checked out before sending a hard copy and that request
will then not be honored."

May true happiness, longevity, and good fortune be with you throughout
this year.

Sue Datish, President

A Special Thanks...

As a veteran of the Viet Nam Conflict, I have been privileged on several occasions to have
been asked to lead our General Meeting in the Pledge of Allegiance to the American Flag.
Thank you, Diana, for asking veterans to do this. At one meeting, when the membership was
going through the buffet line, a star with a part of the blue field from a flag that was going to
be burned because of wear was placed at my seat. It is in a small plastic bag and had the
following attached to it:

*I am a part of our American Flag. I have flown over a home in the U.S.A. I can no longer fly.
The sun and winds have caused me to become tattered and torn. Please carry me as a
reminder that you are not forgotten.*

I do not know from whom I received this awesome gift. I only know that it was a female
member of our Association. It means so very much to me that I keep it in my wallet.
Whenever I see it, I think of the person who gave it to me and of the many veterans who
also deserve this very special recognition. Thank you to that very special American member.

Most sincerely, Patrick C. Pinney, USN Veteran

TRTA Lifelines

Volume VII, No. 1 compiled by Carol Hart



Music and Health

Music plays an important role in our lives. We listen to it in our cars, at the gym, and sometimes during meals. For many of us, it's an integral part of our daily routines.

We all know from our own personal experience how it affects our mood. Depending upon what type we are listening to, it can make us happy and upbeat, sad and reminiscent, or simply relaxed. Think about it—I bet you change what you listen to based on how you're feeling (or how you would like to feel). There's a growing body of research showing that music, alone or in combination with other therapies, can significantly improve various health conditions.

- **Depression:** Numerous imaging studies such as functional MRIs have shown that while we're listening to music, our brain releases certain neurotransmitters such as dopamine, norepinephrine, and serotonin. These chemicals are related to the brain's reward center, which gives us that "feel-good" feeling.
- **Dementia:** Given music's impact on mood, it's not surprising that music therapy may help with dementia. It won't reverse the symptoms or improve memory, but it can help with some of the behavioral and language issues that are particularly challenging to manage.
- **Chronic Pain:** Pain results from multiple and complicated neurologic mechanisms. Listening to music often helps you focus on your breathing, slowing it down if you are in discomfort. It can also reduce your heart rate and might even lower blood pressure – probably by releasing tension in your muscles, including those in your blood vessels. Just as in running, endorphins are released. As a result, music may offer pain relief through natural means, without the use of drugs (or at decreased amounts).

(<https://www.webmd.com>)

Smartphones and Carpal Tunnel Syndrome

People who spend a lot of time on their smartphones may be scrolling, tapping, and swiping their way to a painful wrist condition. A small study found a link between the use of smartphone and other hand-held electronic devices and wrist and hand pain.

A common cause are work conditions that require repetitive, forceful, or awkward hand movements. Extensive use of hand-held devices like mobile phones, tablet computers and game consoles can cause pain. To minimize risk, it is suggested to keep the wrists straight while using a hand-held device, and to take rest periods to allow the wrists to rest and recover. Just be aware, those of you who are video game addicts! (<https://www.webmd.com>)

Trivia

The birthstone for January is the garnet. The flower for the month of January is the snowdrop. January is also Blood Donor Month. Did you know that blood must be used within 42 days of collection? Happy 2019!

Community Service

Jean Morello, Chairperson

Thank you to everyone for all that you contributed in 2018. A special thanks goes to Lynn Valentino for the many afghans made from your donated yarn, to Carol Hart and Donna Pate for trimming the cancelled stamps, and to all of you who volunteered at Second Harvest Food Bank during our May week of service. A special thanks goes to those members at the December meeting for your generous donation of \$1,116 to Second Harvest Food Bank.

We had 60 members turn in volunteer hours for 2018 with a total of 20,039 hours. Six members each contributed 1000 hours or more. Those totals were: 3275, 1500, 1272, 1100, 1041, and 1000.

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

Luncheon Reservation Tuesday, February 12, 2019—12:00 Noon at Ciminero's Banquet Centre

Please make reservations by February 1, 2019.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunch(es) @ \$11.75 = _____

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 _____

Phone Number _____

email _____

New/Renewal

☐ TRTA/ORTA
Unified Annual Membership
*Required for new members and
those who joined after 2015.*
\$50.00 Annually

Annual ORTA Renewal

☐ I am a Current TRTA Life Member
and paying annually for ORTA.
\$30.00 ORTA Annually

Annual TRTA Renewal

☐ I am a Current ORTA Life
Member and paying annually for
TRTA.
\$20.00 TRTA Annually

Life Membership Dues

☐ TRTA Life
\$150.00

<input type="checkbox"/> ORTA Life	\$250.00	Two payments: One half now; one half in six months
	\$125.00	Four payments: January, March, May, July
	\$500.00	Lump sum

Your ORTA dues will be forwarded to ORTA.

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

- [] Please create a TRTA membership card for me.
[] Receive at the next membership luncheon.
[] Mail to my current address.

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

Scholarship

Donna Pate, Chairperson

Scholarship applications will be available at the February meeting. If you will not be there and want an application, call Donna Pate at 330-638-6550. We are especially looking for students going into education.

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

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Permit NO. 29

Necrology Committee

Denise Deltondo, Chairperson

At the November executive meeting, it was decided to honor our deceased TRTA members at the February meeting rather than in April. Since the year ends in December and our first general meeting after that is February 12, it seems only natural to make this change. If you know of any TRTA member who has passed away since April 9, 2017, please contact Denise by phone (330.530.4011) or email (denisedeltondo@sbcglobal.net). Thus far the list contains 22 members. Thanks for your help!

Membership

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

Welcome new members! Since the December meeting we have added two new members: Mary Louise Kosinski and Georgene Tuttle. We now have 413 TRTA members and 313 ORTA members.

Membership Dues for 2019 Thanks to all those members who have renewed their dues for 2019. There are still approximately 30 members who have yet to renew their dues for this year. Dues for 2019 need to be renewed before January 31, 2019, or this could be your last newsletter. If you are unsure whether you have renewed your dues, check your membership status on the newsletter's address label. 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, OH 44483

Membership Cards Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2019 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave at dambrose1@neo.rr.com or 330-647-3666. You will be able to pick up your membership card at the nametags 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