



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

September 2022

Volume XIII, Number 5

TRTA General Meeting Dates:

October 11 and December 13 every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446.

Program Our October speaker is Edrea Mientkiewicz, the Deputy Director of the Trumbull County Board of Elections

Hospitality: Mary Fuller, Chairperson

We welcome autumn when all things of beauty and bounty are in season. The October decorations will celebrate God's gift of autumn beauty and bounty.

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 St. Paul Lutheran Church, Market St., Warren, on November 15.

Foundations Financial Update:

See a list of donors on our webpage.

From our President, Marilyn Stanton

It's hard to believe that summer is already ending and fall is beginning! School has started, a time of excitement and some anxiety. I wish our colleagues a successful school year.

Fall is my favorite time of year with the beautiful fall colors and a temperature that is not too hot and not too cold. It seems that this year is also a very busy time. Cindy and I will be attending the ORTA NE Ohio Presidents' Conference on September 26. Our next general meeting featuring the Make or Bake Sale and a speaker from the Trumbull County Board of Elections is on October 11. Denise Deltondo and I will be attending ORTA's 75th celebration in Columbus on October 12. Then the Boscov's discount fundraiser day is on October 19. Plus, don't forget to vote on November 8. And before you know it Christmas will be here! Happy Fall!

"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 **11:30 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, 2022



Checking account balance \$4,285.74

Savings account balance \$8,533.26

Community Foundation-Scholarships \$12,395

You may view the detailed treasurer's report on the TRTA website:

<https://trumbullrta.wixsite.com/trta>

Community Service, Jeannie Morello, Chair

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

TRTA Lifelines

Volume XI, No. 5 compiled by Carol Hart



Enjoying the Season

Fall brings lots of varieties of apples. Apples can be stored for some time. Check apples for rotting from time to time and discard those, of course. Did you know you can freeze apples for baking and making applesauce and smoothies? Core and peel them. Cut into slices and coat them with lemon juice to prevent discoloring. Freeze slices individually on a cookie sheet. Once frozen, transfer to freezer bags or containers. (The Old Farmer's Almanac: The Book of Home Remedies, Boys Town, 2022, p. 18)

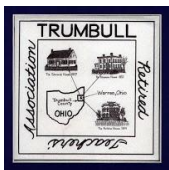
Treating Heartburn

If you are taking over-the-counter heartburn remedies more than twice a week and find that avoiding eating before bedtime does not help relieve heartburn, it is time to consult your doctor. Heartburn drugs are not meant to be used indefinitely. Long-term, chronic heartburn can lead to precancerous changes in esophageal cells. Have your symptoms checked. (Consumer Reports on Health, August 2022, p. 12)

"When Autumn Leaves Start to Fall . . ." - Let's make sure that is all that is falling.

Autumn leaves are beautiful, but fallen wet autumn leaves are slippery and constitute a fall risk. Keep all your outdoor walkways free of these. Hire a landscaping service to rake regularly and sweep the walkways. This is a good time to think about installing handrails and/or non-skid surfaces on your home's exterior stairs. Additionally, to be safe, make sure there is adequate lighting on exterior steps and walks. (kabblaw.com/blog/7-autumn-safety-tips-every-senior-should-know)

Membership



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

New Retirees 2021-2022

There were approximately 55 new retirees at the end of 2021-2022 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 Dave Ambrose with your new address. Email: dambrose1@neo.rr.com, Phone: 330-647-3666, or Address: 2740 Atlantic Street NE, Warren, Ohio 44483.

ATTENTION SNOWBIRDS! This bimonthly newsletter is 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. Please contact Dave Ambrose by mailing this form to 2740 Atlantic Street NE, Warren, OH 44483-4426, by emailing Dave at dambrose1@neo.rr.com or by phoning 330-647-3666.

OUT-OF-TOWN ADDRESS, 2022-2023

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 Dave to make database adjustments.

Luncheon Reservation Tuesday, October 11, 2022

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by October 1, 2022

Member Name: _____ Guest Name: _____

TRTA Member's District of Retirement: _____ Phone number: _____

Email: _____

_____ Lunch(es) @ \$15.00 = _____

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 Rose Mary Kokor.

Make one check payable to TRTA.

Send this form to:

Dave Ambrose
2740 Atlantic St. NE
Warren, OH 44483-4426
330-647-3666



FYI: STRS

STRS Board approves lower 2023 health care premiums for 96% of its enrollees (STRS Ohio News, August 2022)

At its June meeting, the State Retirement Board approved health care premiums for the 2023 plan year that will result in lower premiums for about 96% of plan enrollees. A complete list of premiums is posted on the STRS Ohio website at www.strsoh.org. Information on plan changes for 2023 can also be found in the August newsletter.

Point/Counterpoint

William Siegferth, Summit County RTA:

Faction should stop undue criticism of State Teachers Retirement System of Ohio

Dr. Robin Rayfield, Executive Director of ORTA:

Ohio teachers deserve more from STRS

You can find a link to these articles on the TRTA Webpage in the middle of the home page.

TRTA
2740 Atlantic St. NE
Warren, OH 44483-4426

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Boscov Passes



Once again, Boscov's is sponsoring a community day, **Friends HELPING Friends**, for one day on October 19, 2022. 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. You can include the pass purchase 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, Dave will mail them to you.

EMAIL ADDRESS Let Dave know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: dambrose1@neo.rr.com. If you prefer to read the TRTA newsletters online – and avoid printed versions – notify Dave.

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.