



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

July 2019

Volume X, Number 4

TRTA General Meeting Dates

Aug. 13, Oct. 8, and Dec. 10,

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

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

August Program

The speaker for the August Program will be Pat Rullo, Patient Advocate. The topic will be "Speak Up and Stay Alive". Pat will discuss a Patient Advocate Hospital Survival Guide and The Sewport Project.



Hospitality

Mary Fuller, Chairperson:

"Celebrate Summer – sundrenched days and star-lit nights." – *Gooseberry Patch*. The August décor will call to mind farm fresh, sunny days and summer wine under the stars. Finally, enjoying some sun-drenched days—at last!

Collected at all meetings: Cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn.

Mailing Meetings

Won't you consider dropping by to help assemble our newsletter? If everyone does a little, no one has to do a lot! The mailing work sessions are at 9 a.m. at St. Paul Lutheran Church on Market St. Dates: September 17, November 19

From our President, Sue Datish:

Hope you are enjoying the lazy days of summer! I must say that for most of the retirees I know and have met through TRTA, lazy is not a word that describes them. I am in awe of the generous and hardworking members of TRTA. They have learned to make retirement a rewarding experience.

For several years we have been paying \$11.75 for our lunch at Ciminero's. I am positive we can all agree that this is a true bargain for a very delicious luncheon in a beautiful setting. We are very grateful for what Tony does for us. Tony has requested that we raise the price for the luncheon to \$12. This is still quite reasonable. You will see this increase on your reservation form. Please do still consider including a donation to our Scholarship Fund along with your reservation. We give four \$1,000 scholarships and \$1,000 in teacher grants annually. This is funded by our Goodies Sale in October and generous donations from our members. Your "extra" lunch money is greatly appreciated!!

After much research and careful deliberation, the Board voted to use some of our savings to partner with the Community Foundation of the Mahoning Valley and open a scholarship fund. For a small fee, we'll have access to a large, diversified investment portfolio to help us grow the funds we use to award scholarships each year. The Community Foundation will also help facilitate the scholarship process and distribution, relieving some of the burden on the current volunteers. And since the Community Foundation is a public charity, any member's contribution to the scholarship fund will now be tax deductible.

This is just the beginning of a partnership we believe will greatly benefit our members, and our ultimate goal is to create and grow a permanent endowment in the name of the Trumbull Retired Teachers Association. With that established, scholarships will be available for local students forever, and as members of TRTA, that perpetual support will be our collective legacy.

COLA...oh how we miss you! Dr. Robin Rayfield, Executive Director of ORTA, has been passionate about developing a "Pathway to COLA". "It is time to begin the work that is necessary for such a pathway to be developed. The many factors that must be considered will no doubt take time to be discussed. I do not expect that this Pathway to COLA will be developed in a matter of days, probably more like a matter of months. ORTA remains ready to assist with the hard work of developing this Pathway. Certainly, it is appropriate for the retirees to ask what the plan is to restore my guaranteed income." Please support ORTA; they are the primary organization that represents Ohio retired educators.

TRTA Lifelines

Volume VI, No. 4 compiled by Carol Hart



Brain-Boosting Meals

Breakfast: A bowl of steel-cut oatmeal with blueberries and nuts will start the day providing brain-boosting energy. Lunch: A bowl of bean soup provides the B vitamin folate, which may promote brain health. Supper: A nice piece of fish, like salmon, and a side of brussel sprouts also provide nutrients for brain health. (AARP.org/bulletin, June 2019)

Practicing Mindfulness

Use moments of mental stillness to practice mindfulness. The point of mindful awareness is to experience life.

- **Waiting in line.** Your first reaction when you have to wait, like at the grocery store, is to *do* something: take out your phone, make a mental to-do list, flip through a magazine. But forced waits are a good opportunity to take in what's around you.
- **Sitting at a red light.** In a similar way, being stopped at a red light offers you a few moments to simply *be* (as I discussed recently with author and meditation teacher Ora Nadrach). Feel the seat beneath you, your hands on the wheel. Notice the sky. Feel the breath as your ribcage expands and contracts.
- **Washing your hands.** There's a lot to pay attention to as you wash—the feeling of the water as it runs over your hands, the warmth or coolness of the water, the sound of the faucet, the feeling of your feet on the floor, the sensations in your hands as they move over one another.
- **Before you eat.** As you sit down to a meal, settle into the moment as you take three slow breaths. With the first, let go of any tension you're holding in your body. With the second, look at each person sharing the meal with you. With the third, take in the colors, shapes, and textures of the food in front of you. Try to remain present as you enjoy your meal.
- **Going to bed.** When you lie down, feel your body sink into the mattress, the weight of your head on the pillow. Take in any house sounds. Notice the rise and fall of your blanket with each breath. (<https://blogs.webmd.com/mental-health>)

Diabetes-friendly Drinks

Most people with diabetes can enjoy an alcoholic beverage. The rule remains the same for everyone: moderation is the key. Red or white wine may help your body use insulin better. Nearly all of the calories in a 5-oz glass of wine come from alcohol, not carbs. Liquor is carb-free, but mixers can send blood sugar levels up. Use water or calorie-free mixers in a cocktail. Light beer has fewer carbs than regular beers, and craft beers can be loaded with calories. Don't drink on an empty stomach; food helps the body process alcohol. And stay hydrated when indulging. (<https://webmd.com/diabetes>)



Luncheon Reservation

Tuesday, August 13, 2019–12:00 Noon at Ciminero's Banquet Centre

Please make reservations by August 1.

Member Name: _____ Guest Name: _____

Phone number: _____ Email: _____

_____ Lunches @ \$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. 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

Spelling Bee 2019

Denise Deltondo, Coordinator



Thanks to the following members for additional monetary donations at the June meeting: Anna Mae Cuchna, Linda Falatic, Luanne Hite, Gretchen LaLiberte, and Diane Ross. The spelling bee was held on Thursday, July 11. As this newsletter went to the printer before the spelling bee happened, a full report will be included in the September newsletter!

Scholarship

Donna Pate, Chairperson

The scholarship committee was honored to present TRTA scholarships to four young ladies at the June luncheon. Each student received a \$1,000 check to further her education this fall. The winners were Elisabeth Krinos, Hubbard; Jenna Craigo, Howland; Jersee Hogue, Maplewood; and McKenzie Davis, Niles. We wish them much success as they pursue their college degrees.



Scholarship—"Bake It or Make It" Sale

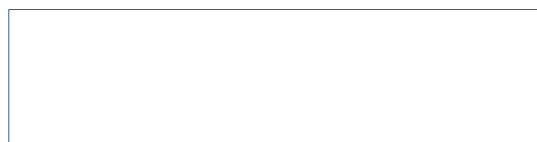
Donna Pate, Chairperson



The Scholarship Committee would like to remind you of the upcoming sale at the October 8th meeting. Your baked goods and garden harvests are appreciated, as well as any small homemade items that might make excellent holiday or hostess gifts. Some suggestions include hand-made cards, knit dishcloths, canned jellies and pickles. There will be sign-up sheets at the August meeting so that a committee member can give you a reminder call. Thank you in advance for your help in raising money for our Scholarship and Teacher Grant Funds.

T C ORTA
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Warren, OH 44483-4426

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Community Service

Jeannie Morello, Chairperson

We will once again collect school supplies for the Emmanuel Community Center in Girard at our August 13th meeting. Wide ruled loose-leaf paper is one of the much needed supplies. Also, wide ruled spiral notebooks, two pocket folders, 24 pack crayons and glue sticks are a few other ideas if you are shopping. Thank you in advance.

Membership

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



PLEASE HELP! TIME TO RECRUIT!

The TRTA Membership Committee needs your help to find the names and addresses of recently retired licensed/certified educators who taught or live in Trumbull County. We have been collecting names from the board minutes published in the local papers, but we don't want to miss anyone. If you would be willing to contact the Superintendent's or Treasurer's office and request the names and addresses of their retirees on behalf of the Trumbull Retired Teachers Association at one of the following districts: **Bloomfield-Mespo, Brookfield, LaBrae, Liberty, Southington**, please contact Gretchen LaLiberte at 330-240-9966 (cell) or grlplib@embarqmail.com. We would like to invite these new retirees to our October luncheon. Thanks to those who have already contacted a district for us. If you know any educators who have been retired for a while, invite them to one of our meetings as a guest. They might find that they are ready to join our organization.

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