



# TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

March 2021

Volume XII, Number 2

## TRTA General Meeting Dates:

April 13, June 8, August 10,  
October 12, December 14  
Every other month on the second  
Tuesday, 12:00 Noon

## Ciminero's Banquet Centre

123 N. Main St.  
Niles, Ohio 44446

**Program:** Our speaker, Bruce Zimmer, will speak about the life of a honeybee.

**Hospitality:** Mary Fuller, Chairperson Jennifer Harrelson states, "Spring adds new life and beauty to all that is." May the beautiful colors of spring in the April decorations remind us of the hope and renewal we long for after this tough year of pandemic.

**Collected at all meetings:** Cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn. No candle wax!

## From our President, Sue Datish:

When we think of March, we think of St. Patrick's Day and the luck of the Irish! I may be Slovak, but I feel very lucky. I am lucky and extremely grateful that my family and I have remained healthy throughout this pandemic. I also feel very lucky and grateful to be the President of TRTA. As members of TRTA, YOU ARE THE BEST! We have not been able to meet since last February, which means fundraising has been almost non-existent. The Board felt strongly that we still wanted to continue our scholarship program. In late Fall we requested donations in the newsletter and received \$1,700. Then we organized a Sweetheart Scholarship Drive. What sweethearts you are! We collected over \$2,440! Dear members, you have contributed a total of approximately \$4,500! Thankfully, we will be able to continue our scholarship program this year. Your generosity is to be commended. We are more than lucky!! We are blessed that you are caring, compassionate members! We sincerely thank you!



There is another bit of luck that has come our way! Many of our members have received the vaccine and are once again ready to socialize. With this in mind, we are going to hold the April luncheon meeting. As a Board we are highly respectful of the fact that everyone is at a different comfort level

with social gatherings. Everyone needs to follow his or her own path. This is the first small step in returning to normal. We have

many members who have been very isolated and are ready and need some social interaction. I have spoken with Matthew at Ciminero's, and he has agreed to host our meeting on April 13 even if we have only a small group of people in attendance. This may not be a widely attended meeting but a chance to slowly move back into normalcy. If we do not receive the minimum number of reservations, we will let you know either via email or a phone call.

Due to the pandemic, the current officers served an extra year. We are now looking for three volunteers for the Nominating Committee as we will be electing new officers in the Fall. Please let me know if you are interested in serving on the Nominating Committee or serving as an officer.

And finally, some words of wisdom from the Irish. *"May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside!"*

## Treasurer's Report February 28, 2021

Checking account balance \$ 4,653.82      Savings account balance    \$ 8,555.25

Community Foundation (Scholarship Fund) \$10,785.00

Scholarship Campaigns (November and February) \$ 4,470.00

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

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



## TRTA Lifelines

Volume X, No. 2 compiled by Carol Hart



### Easy Activity

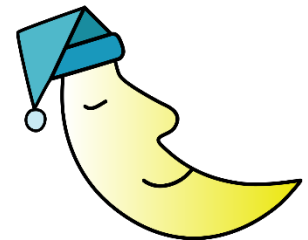
In a recent study (*Journals of Gerontology*) that tracked almost 6,000 older women for up to six years, those who spent at least an hour a day standing had a 37 percent lower risk of death than those who spent less than 30 minutes a day on their feet. Rising to your feet and staying there engages leg and abdominal muscles, and that burns calories, improves blood-vessel function, and enhances the processing of blood sugar and blood fats.

(*Consumer Reports On Health*, February 2021: p. 3)

### Simple Tips for Better Sleep

According to Raman K. Malhotra, MD, a sleep medicine specialist and president-elect of the American Academy of Sleep Medicine, a few minutes of prayer, meditation, or deep breathing before bedtime can reduce levels of stress and anxiety and improve sleep at night. It also helps to get morning sunlight exposure and exercise during the day. Avoiding screens—TV, computers, tablets, and smartphones—close to bedtime also helps with sleep.

(*Consumer Reports On Health*, February 2021: p. 12)



### Healthy Snacks

Snacking has its advantages, if you choose wisely. Some healthy snacks to keep on hand are: popcorn, nuts, nut butter, yogurt (watch for added sugars), dark chocolate, granola, crackers (choose those low in sodium), legume snacks (like green pea crisps), frozen yogurt, and energy bars (those with nuts and dried fruit as main sources of protein).

(“Eat Healthier Even During a Pandemic,” *Consumer Reports*, February 2021: p. 49)

### Trivia

March was the first month of the calendar for Ancient Romans. Each year, the months of March and June end on the same day of the week. Those born in March are said to be pet lovers and lovers of nature. March is National Frozen Food Month! Enjoy!



## Audit Committee

Denise Deltondo, Chairperson

On February 4 Dave Ambrose, Ava Bloom, and I met with our treasurer, Linda Cowin, to examine the TRTA financial records. All three accounts—checking, savings, and the Community Foundation—were verified to be accurate to the penny! Thanks to everyone for helping.

## Luncheon Reservation Tuesday, April 13, 2021 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by April 1, 2021.

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:**

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

### Social Protocols for the April Luncheon:

- Three people will be seated per table.
- Buffet food will be plated by Ciminero's while you select the food.
- Masks will be worn except when eating.
- Social distancing will be maintained at all times.



**Social Distancing Rules will follow the State Guidelines that are in effect at the time of the luncheon.**

### Spelling Bee 2021?

*Denise Deltondo, Chairperson*

It has not yet been determined if there will be a fair this summer. At this time Governor DeWine has given permission to hold the junior fair, and we are awaiting a decision on the regular fair; information may come as late as May. Stay tuned!

### Necrology Committee

*Denise Deltondo, Chairperson*

In April we are planning to remember those who have left us since our last memorial service which was in February 2020.

### Community Service

*Jeannie Morello, Chairperson*

Due to COVID restrictions, Second Harvest Food Bank is not scheduling volunteer groups at this time. Therefore, our traditional May community service project is on hold. Please keep watching the TRTA Newsletter for future updates/projects that we are able to take on. Also, continue to keep track of your own volunteer hours.



### Welcome new members:

Carmella Stawiski, TRTA annual member; Vicki Amerine, Anthony J. Carsone, Jr., Julianne Carsone, Linda Papagna, and Carolyn Suttles, new life members.

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

**Nonprofit ORG**  
**U.S. Postage Paid**  
**Warren, OH**  
**Permit NO. 29**



## Membership

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



Since the January newsletter mailing, 6 recent retirees have become TRTA members. We now have a total membership of 382. Most of those are life members. Current members, Judy Fabian and Linda Falatic, have upgraded their annual memberships to life memberships.

**Membership cards:** Dave Ambrose will continue to print TRTA membership cards upon request. If you are a 2021 member or a TRTA LIFE member and would like a membership card, please contact Dave at [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com) or 330-647-3666.

**Snowbirds:** If you are returning to a summer address, remember to update your address information with Dave.

**Database:** Dave is still collecting email addresses and phone numbers for the membership database. Since the January newsletter mailing, 5 email addresses have been added to the database. Check with Dave if you have had a change in your email address or phone number.

**Payments:** Since Dave Ambrose has assumed the duties of both the dues coordinator and the financial secretary, it is not necessary to submit multiple checks for transactions. For example, a dues payment and a luncheon reservation can be written on a single check. *TRTA is no longer accepting payment for ORTA dues. ORTA dues should be sent directly to ORTA.*

**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](mailto:cindyharris513@gmail.com)