



TRTA Newsletter

*Published for the Trumbull Chapter of the Ohio Retired Teachers Association.
TRTA—one of nine chapters in District XI.*

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July 2016

From our President:

July 4th reminds us of our nation's history and growth – may we always show our pride in it. It also reminds us that, as Shakespeare said: Summer's lease hath all too short a date. I hope you had time to both play and work because as Sydney Harris notes, they are an artificial pair of opposites because the best kind of play contains an element of work and the most productive kind of work must include something of the spirit of play.

I want to thank the Nominating Committee for a very timely and thorough job. Barbara Wright, Ruby Hawkins and Dave Ambrose have a slate of officers to present at the August meeting. We will vote in October and install the new officers in December.

The news from STRS include the election of Mark Hill as Vice Chairman and the automatic move of Robert Stein to the position of Chairman of the State Teachers Retirement Board. The Board approved the 2017 premiums for all plans offered through the STRS Ohio Health Care Program. A complete list is posted on the Web-site (www.strsoh.org) or by calling 1-888-227-7877. It noted that STRS rated first in customer service by CEM Benchmarking. It noted cost per members was higher than average but the STRS costs have trended lower since 2012. Finally, the board adopted budgets for 2017 (July 1, 2016 to June 30, 2017). The Operating budget increased by 1% and the adopted capital budget totals were an increase of 3.5% over the current year's budget.

TRTA Meetings

TRTA General Meeting Dates

August 9, 2016, October 11, 2016, December 13, 2016

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

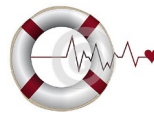
Ciminero's Banquet Centre, 123 N. Main St., Niles, Ohio 44446

Program: Our speaker for our August meeting will be Traci Manning, the Curator of Education for the Mahoning Valley Historical Society. Her talk is entitled *FOUNDING MOTHERS--Great women in the history of the Mahoning Valley* and how their lives are woven into the history of our valley. We will learn about the women who lived and worked here and how their stories and struggles helped to shape the Mahoning Valley. Traci is a very interesting speaker and comes highly recommended. You won't want to miss her presentation. See you there!

Hospitality, Mary Fuller, Chairperson:

"In summer, the song sings itself," according to John Carlos Williams. The August lunch decorations will "sing" the colors of high summer. Hope you are enjoying the song of summer!

Collected at all meetings: Candle wax, cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn.



A Safer Hospital Stay

According to Lisa McGiffert, director of Consumer Reports Safe Patient Project, there are three important steps to help protect yourself while in the hospital:

- Insist on clean hands. Ask everyone who enters your room if they've washed their hands. A quick hand sanitizer does not destroy all bacteria.
- Have a friend or family member with you. Hospitals are chaotic places. Having someone with you can help you catch mistakes, ask questions, and keep notes.
- Keep a record. Keep paper and pen within arm's reach so you (or a companion) can write down when doctors see you, what medications you receive, and any questions you might have. You can also use your phone to document. (*Consumer Reports On Health*, May 2016)

Soothing Lower Back Pain

Back pain has many causes, including an old injury and muscle strain. Chronic back pain often is a result of degenerated disks. Osteoporosis can also be a factor. **TREAT IT FIRST** with any gentle movement: walking, swimming, gentle stretches, or yoga. Cochrane Library, a research group that conducted a large analysis of back-pain studies, found this gentle exercise can reduce pain and speed recovery. Ibuprofen and naproxen can also help with pain. Usually back pain resolves itself within four weeks, but if it does not, see a doctor to determine an underlying cause. **NEVER DO THIS:** Bed rest can prolong recovery; it is important to move. Also, skip back braces, balms and creams (like Bengay or Icy Hot) as they haven't been shown to help. (*Consumer Reports*, June 2016)



Healthy Indulgences

Reward yourself with inexpensive indulgences! Nibble a bit of dark chocolate, which can lower blood pressure. Scent a room with lavender to lift your spirits. Get a manicure or a massage to reduce stress (beauty schools will provide this service for much less than a salon, and the students are learning too). Watch a funny movie. Drink some tea and make it the traditional way by heating water in a kettle. Get in touch with nature—walk or sit outside and enjoy the serenity. Try a new exotic fruit from the grocery store. Telephone a good friend. Get a good night's sleep. And of course, move more! Even a walk around the block can lead to fewer colds and a boost in brain power. (www.webmd.com/women)

TRTA 2016 Officers

President..... Carol S. Pinney
President-elect Diana Bauman
Recording Secretary Linda Cowin
Financial Secretary Ellen King
Treasurer Patrick C. Pinney
Chaplain..... Alberta Morales
Historian..... Charlotte Jessep
ORTA Trustee Denise Deltondo

Pre-Retirement Workshop



The pre-retirement workshop will be held on Wednesday, October 19, 2016, from 5:00 p.m. until 7:30 p.m. at St Paul Lutheran Church in Warren. We will be asking for volunteers to help with registration, work in the kitchen that evening, and for volunteers to bake cookies to provide for our guests' refreshments.

Meeting Reservation

Tuesday, August 9, 2016– 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by August 1, 2016.

Member Name: _____ Guest Name: _____

Phone number: _____

_____ luncheon @ \$11.25 = _____

Scholarship Donation: _____

Total Enclosed: _____

_____ I would like to work on Habitat for Humanity house
on August 16.

_____ I would like to help gather information for new retirees from the

**Make one check payable to
TRTA. Send this form to:**

Ellen King

7141 Vineland Place

Youngstown, OH 44512-4845

Phone: 330.758.3902

Membership, Jane Cribbs, Chairperson

Please Help! Time To Recruit!!

The TRTA Membership Committee needs to find the recently retired teachers and administrators who taught or live in Trumbull County.

Choose the Trumbull County School District where you previously taught. Please find the names of the certified personnel who have retired in the 2015-2016 school year. By contacting the treasurer's office, the superintendent's office, or former colleagues you can get the names. This is public record. Tell them you are a member of TRTA, and we would like to invite new retirees to our October luncheon meeting. I do get this information from STRS in October, but if you can get the information now, that will expedite the process.

Complete this form and turn into Jane Cribbs or send with your dinner reservation by August 8 or send an e-mail to Jane @jcribbs11@aol.com indicating you will help. Wait to hear from me with further directions before actually calling the school.

Community Service, Marilyn Stanton, Ellen King Chairpersons



Since ORTA has chosen to partner with Habitat For Humanity for the year 2016, we will be doing our part in the month of August. For those who would like to actually work on a house, we will be working on a house behind the Elm Rd. Giant Eagle in Howland on Tuesday, August 16 from 9 - 2. The house should be in the painting stage at that time. If you will be participating, please indicate this on your luncheon reservation form or call Marilyn at 330-717-8063.

For those who would like to participate in a different way, we will be collecting just a dollar or two from everyone at the meeting to provide lunch for all workers on August 16. Any extra money will be used to purchase needed supplies.

Scholarship, Donna Pate Chairperson

TRTA awarded five \$1,000 scholarships at their June meeting. Scholarship recipients were: Kylie Cleer—Maplewood High School, Julie Denman—Maplewood High School, Abigail Higgins—Maplewood High School, Brandi Kaweck—Girard High School, and Hannah Kibby—Niles McKinley High School. Congratulations!! A big thanks to all of you who have donated towards our scholarship fund.

T C ORTA
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Warren, OH 44484-4668

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Spelling Bee

The 31st annual spelling bee was held on July 14, after the newsletter went to the printer; therefore, I cannot offer you any details!

What I can offer is a sincere “thank you” to the following members who donated sweets, treats, and school supplies for our spellers’ treat bags: Betty Jean Bahmer, Dorothy Blake, Ava Bloom, Nancy Countryman, Jane Cribbs, Anna Mae Cuchna, Sue Datish, SueEllen Davis, Pam and Ray Derda, Linda Falatic, Dottie Fogel, Mary Fuller, Kathleen Funtulis, Ruby Hawkins, Charlotte Jessep, Ellen King, Gretchen LaLiberte, Kathy Luhaney, Sandy and Carl Macali, Marcia Overholt, Diane Ross, Marilyn Stanton, Guy Vendemia, Linda Webb, Libby Whetson, Elsie Whetzel, Barbara Wright, and Beverly Young. Special thanks to Pat and Carol Pinney for once again donating the treat bags and to Diane Starr for supplying a book for each speller. Monetary donations were used to buy plastic folders, notebooks, erasers, crayons, highlighters, index cards, and miscellaneous deficit food items.

Corporate sponsors this year include Arby’s, Bruster’s Real Ice Cream, Elm Road Dairy Queen, Eat’N Park, Girard Free Library, Home Savings and Loan, Huntington Bank, Mahoning Valley Scrappers, McDonald’s, Olive Garden Italian Restaurant, Talmer Bank, Waffle House, and Wendy’s. Thanks, also, to the Trumbull County Fair Board for offering free admission to pre-registered spellers.

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 Grace United Methodist Church on Drexel Avenue. Dates 9/20/16, 11/15/16

Web Address: www.trumbullrta.blogspot.com/ Follow Trumbull Retired Teachers Association on Facebook. Please email comments or corrections to the TRTA Newsletter to Sue Datish, editor at suedat@gmail.com