



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retirement for Teachers Association

November 2023

Volume XIV, Number 6

TRTA General Meeting Dates:
December 12 every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446.
Future meeting dates for 2024 are Feb. 13, April 9, June 11, Aug. 13, Oct. 8, and Dec. 10.

Program: Our December program will be a holiday celebration with the Lakeview High School Madrigal Choir.

Hospitality: *Mary Fuller, Chairperson*
According to famed author, Washington Irving, "Christmas is the season for kindling the fires of hospitality." The Christmas decorations we enjoy putting on display make our homes welcoming to all who enter to celebrate this special season. Perhaps our December décor will be helpful.

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

Mailing Meetings: Jan. 16, Mar. 12, May 14, July 9, Sept. 17, and Nov. 12.

Foundations Financial Update:
See a list of donors on our webpage.

From our President, Marilyn Stanton

Let me start by wishing all of you a "Happy Thanksgiving". I want to thank my officers and committee chairmen for all the work they have done during my presidency. Everyone does such a good job that it makes it easy to be president of Trumbull Retired Teachers. This is such a wonderful organization.

If any members are interested in serving on a committee or becoming an officer in the next year, please feel free to speak to any of the current officers. I want to wish all of you a blessed, safe and joyful holiday season.

Marilyn

"Bake It or Make It" Sale

Thank you for your generous contributions of baked goods, crafts, cash, and all additional homemade items for our "Bake It or Make It" Sale. We had a profit of \$756. The proceeds will be used for our four Teacher Grants during the 2023-24 school year.



Treasurer's Report, October 31, 2023

Checking account balance \$2,798.18
Savings account balance \$6,041.03
Community Foundation-Scholarships \$11,159.00
Teacher Grant Fund \$1,297.00

You may view the detailed treasurer's report on the TRTA website:
<https://trumbullrta.wixsite.com/trta>

Boscov Community Day

The purchase of the Boscov Community Day coupons netted \$640, which will be used for Teacher Grants. Thank you for your support.

Community Service, Jeannie Morello, Chair

We will collect donations for Second Harvest Food Bank at our December meeting.

TRTA Lifelines

Carol Hart, Volume XI No. 6



Downsizing Your Wallet

The modern wallet should be slim, light, and “modestly populated,” according to the June 2023 *AARP Bulletin*, page 18. Choose one credit card and one debit card to carry and leave the others at home. Carry your Medicare card only when headed to an appointment that might require it. Do not carry your Social Security card. Copy the front and back of health cards you’ve chosen to carry and store the copies in a safe place. Never carry a blank check in your wallet; the days you might need one are in the past.

Vitamin B12 Facts

Vitamin B12 is important in a person’s diet as it helps make DNA and red blood cells. Most people get enough Vitamin B12 from their diets; however, as a person ages, it might be difficult to absorb this vitamin. Some heartburn and diabetes medications interfere with the absorption of Vitamin B12 as well. Most people can prevent a Vitamin B12 deficiency by eating meat, poultry, seafood, dairy products, and eggs. You can also add a supplement to your diet or eat Vitamin B12-fortified foods. There are tests available from your doctor to check your Vitamin B12 levels. (webmd.com/diet/vitamin-b12-deficiency-symptoms)

Rosemary Oil for Hair Growth

Using rosemary oil from a common herb can provide benefits for healthy hair and hair growth for both men and women. Massage the oil into the scalp so that the oil does not make the hair greasy. Look for shampoos containing rosemary as well. (webmd.com/beauty/news)

November Trivia

The Presidential election is always held in November because at that point in the year, it is a less busy time for farmers, and they would be able to vote.

Membership



Luanne Hite, Gretchen LaLiberte, Chairpersons

We would like to welcome two new members to TRTA, Judy Babik and Robin Owens-Walsh. We currently have 367 members. The best way to recruit more members is to invite them to one of our luncheons where they can see TRTA in action.

Temporary, Permanent and Snowbirds

Whether you are changing your address temporarily, permanently, or you are a Snowbird, please contact Sue Datish with your new address. Email: suedat@gmail.com, Phone: 330.719.1978, or Address: 1457 Henn Hyde Road, Warren Ohio 44484.

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.

OUT-OF-TOWN ADDRESS, 2023-24

Member: _____
Street: _____
City: _____ State: _____ Zip: _____
Email: _____

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.

Note: The newsletter is now sent to everyone who has an email address. If you are a snowbird, you may want to consider just receiving your newsletter via email while you are away.

Please note: If your plans change, inform Sue to make database adjustments.

Luncheon Reservation Tuesday, December 12, 2023 12:00 Noon at Ciminero's Banquet Centre
Please make reservations by December 1, 2023

Member Name: _____ Guest Name: _____

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

Email: _____

_____ Lunch(es) @ \$16.00 = _____

Scholarship Donation: _____

Teacher Grant 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.
Social distancing rules will follow state guidelines.

The recipient of the free lunch for the December meeting is Carolyn Price.

**Make one check payable to
TRTA.**

**Send this form to:
Linda Cowin
PO Box 152
Leavittsburg, OH 44430**

Membership Dues (Please check the appropriate box)

Name _____ as you want it to appear on your luncheon name tag.

Email _____ Phone Number _____

_____ \$20 TRTA Annual Membership

_____ \$150 TRTA Life Membership

**Please return this application form and check payable to TRTA in the amount of \$ _____
to Linda Cowin.**

Membership cards available upon request.

TRTA

1457 Henn Hyde Rd.
Warren, OH 44484

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**Scholarship, Vickie Janik, Chairperson**

Applications for the TRTA scholarship will be available online around January 19, 2024. The website to apply is CFMV.org/scholarships. The scholarship is open to any Trumbull County public high school senior planning on majoring in education or any Junior or Senior in college who is majoring in an education-related field. The deadline to apply is March 1, 2024.

2023 Volunteer Hours—January through December 2023.

Please include all areas where you volunteer—church, schools, hospitals/nursing homes, food pantries, libraries, etc.

Name _____ Grand Total of Volunteer Hours (actual or estimated) _____

Return this form by December 15, 2022 to Jean Morello 290 Dakota Avenue, McDonald, OH 44437 or bring it to the December meeting or email more290@zoomnet.net.

EMAIL ADDRESS Let Sue Datish know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. If you prefer to read the TRTA newsletters online and avoid printed versions, notify Sue at suedat@gmail.com.

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.