

**T C ORTA**  
150 Royal Troon Dr SE  
Warren, OH 44484-4668

*Return Service Requested*

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

# TRTA Newsletter

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

Volume XVII, No. 2

March 2016

## From our President:

As Helen Sterner Rice notes:

“But, oh, how wonderful to know that after winter comes the spring – To breathe new life into everything.”

The February meeting of the State Teachers' Retirement System's Board presented many items concerning the health care program and the funding challenges they are facing. The Board took no action and is expected to continue at its March meeting and until decisions for 2017 can be made.

To keep us further informed, the STRS Board members who hold the retired seats will be at the Regional Spring Conferences: Bob Stein will focus on the pension part of STRS and Jim McGreevy will focus on the health care aspect. Our Regional Conference is on Wednesday, April 20, 2016 at Alliance First Christian Church, Alliance, OH and all are invited to attend. Registration is \$30.00 per person which includes lunch. At 9:30 am the Keynote Speaker is the newly installed Executive Director, Dr. John Cavanaugh.

Finally, Carol Kinsey, our District Director, encourages our becoming involved with Habitat for Humanity to complement ORTA's statewide service project.

I hope to see all of you at our April meeting and remember:

“Stop wishing for things you complain you have not; and start making the best of all that you've got.”

*Carol Pinney, President*

## TRTA Meetings

### TRTA General Meeting Dates

April 12, 2016, June 14, 2016, August 9, 2016, October 11, 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 will be Bonnie Wilson, Director of Someplace Safe. Bonnie has served as the Director of Domestic Violence and Supervised Visitation for Trumbull County as well as Director of Business and Community Relationships for Family and Community Services. She has been a regional director for the Red Cross and President of the Trumbull County Housing Coalition. She is well-informed and interesting. **As a show of support for Someplace Safe, we are asking you to bring a bottle of body wash or shower gel do donate to the facility.** Your participation is greatly appreciated.

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

### Hospitality, Mary Fuller, Chairperson:

Decorations at the April meeting will celebrate the coming of spring at last! There will be hints of the coming summer, as well. As Anne Bradstreet has said, "If we had no winter, the spring would not be so pleasant."

## Committee News

### Membership, Jane Cribbs, Chairperson

It's 2016 folks!! Have you paid your **2016 Unified dues**? We have passed the motion that members need to belong to both TRTA and ORTA. That's just \$50.00 per year. If you are a Life Member of TRTA, then it's just \$30.00 for ORTA. We still offer TRTA Life dues for \$50.00. Then there is just the additional \$30.00 to pay annually for ORTA. Remember TRTA and ORTA look out solely for us retirees.

Make all dues checks out to TRTA and send to Jane Cribbs at 150 Royal Troon Dr., Warren, Ohio 44484.

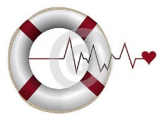


### Scholarship, Donna Pate, Chairperson

The deadline for students to return their scholarship applications is April 1st. The committee will meet to discuss the candidates and the winners will be presented their scholarships at the June luncheon. This is an exciting time as we learn about all the outstanding young people graduating this year.

**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: 5/17/16, 7/19/16, 9/20/16, 11/15/16

**Web Address:** [www.trumbullrta.blogspot.com/](http://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](mailto:suedat@gmail.com)




Depression Triggers

- Sometimes depression can just sneak up on a person. Some of the “sneaky” depression triggers can be:
- **Low Vitamin B 12.** As we get older, we often do not have enough stomach acid to release Vitamin B 12 from foods. Diet, supplements or injections can remedy this problem.
  - **Thyroid disorders.** Both underactive and overactive thyroid can trigger depression, and that may be the only symptom of such disorders. Sometimes heart flutters, tremors, constipation and fatigue accompany thyroid disorders.
  - **Chronic pain from arthritis or osteoarthritis.** Exercise and meditation can help alleviate depression. And listening to music can also help to lift a person’s spirits.
  - **Type 2 Diabetes.** Unfortunately, this chronic condition (and others) can bring on depression, causing a person to poorly manage their diabetes.
  - **Poor sleep.** Insomnia and sleep disruptions can bring on depression.
  - **Medications.** Often medications being taken for blood pressure control can cause changes in mood. Additionally, mood can be altered as a side effect of antibiotics, antiarrhythmics, and steroids.
  - **Health hurdles.** As a person ages, he/she is faced with other challenges to physical abilities, and this can cause depression.

The most important thing to remember is to consult a doctor for help. Remember also that social activities, laughter and a pet can boost one’s spirits at any age! ([www.webmd.com/healthy-aging](http://www.webmd.com/healthy-aging))

Spring as a Motivator

 The new season can inspire us to feel better! Walking around the block is a mood booster. Using aromatherapy, inhaling a calming scent (lavender or oranges) can refresh us. Opening your shades to let the light in or eating breakfast by a window can uplift us. When you’re feeling down, break out the kids’ baby photo albums or pictures from a favorite trip. Researchers in the UK found looking at old pictures lifted people’s spirits more than eating chocolate or sipping an alcoholic beverage! And finally, put on a happy face! Smiling can actually help lift your spirits too. ([www.prevention.com/mind-body](http://www.prevention.com/mind-body))

Bit of Trivia

In the ancient Mediterranean world, there was no soap. An item normally found in the kitchen was used for cleansing. It was olive oil.

The TV show which has, over the years, amassed the largest number of Emmy Award nominations, ran on TV from 1982-1993. That comedy show was *Cheers*. ([www.triviacafe.com](http://www.triviacafe.com))



Community Stars

Betty Jean Bahmer and Anna Mae Cuchna have been selected as Community Stars for 2016 by the *Warren Tribune Chronicle*. They are being honored for service to not only TRTA but also for their active participation in their communities. Congratulations Betty Jean and Anna Mae!

Meeting Reservation

**Tuesday, April 12, 2016– 12:00 Noon at Ciminero’s Banquet Centre**  
**Please make reservations by April 1, 2016.**

Member Name: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

\_\_\_\_\_ **luncheon @ \$11.25 =** \_\_\_\_\_

**Scholarship Donation:** \_\_\_\_\_

**Total Enclosed:** \_\_\_\_\_

**Make one check payable to TRTA. Send this form to:**  
Ellen King  
7141 Vineland Place  
Youngstown, OH 44512-4845  
Phone: 330.758.3902

May Service Day Project

It's time once again to sign up for our May Service Day Project. We were very pleased with last year's turnout and hope even more members will be able to participate this year. Our May Day of Service 2016 project will once again benefit Second Harvest Food Bank at 2805 Salt Springs Rd., Youngstown, Ohio 44509. They need our help to do a variety of jobs. Due to numerous -changes at Second Harvest, we will only be offering one time slot each day. There are 3 ways to sign up for this worthwhile event:

1. You can return your slip by including it with your April dinner meeting reservation to Ellen King.
2. Bring it with you to the April meeting.
3. Mail it to Marilyn Stanton by April 30th.

Marilyn Stanton  
1281 Prindle-Booth Rd.  
Niles, OH 44446

**Complete this form by putting an “X” in the time you are able to help.**


**Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

Mon., May 16	Tues., May 17	Wed., May 18	Thurs., May 19	Fri., May 20
10:00 am -12:00 pm	10:00 am -12:00 pm	1:00 pm –3:00 pm	10:00 am -12:00 pm	1:00 pm –3:00 pm

**You will receive a phone call reminding you of this event.**

Community Service, Marilyn Stanton, Ellen King Chairpersons

Thank you to everyone who donated coats, clothes, boots, blankets, etc. for Warren Family Mission. Thanks again to Lynn Valentino for more beautiful afghans made from the yarn that you donate. In conjunction with our speaker at the April meeting, we will be donating items to Someplace Safe. They are in much need of body wash/ shower gel. **Please bring a bottle or two with you to the meeting.**

 **TRTA and the A+ Teacher Awards, Diana Bauman, Sue Datish Chairpersons**

TRTA is excited to announce our partnership with the Tribune Chronicle to sponsor the annual A+ Teacher Awards. TRTA will participate in selecting the winners and honoring them. The A+ Award winners will be honored at our June meeting along with our scholarship recipients.