



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

March 2023

Volume XIV, Number 2

TRTA General Meeting Dates: Every other month on the second Tuesday, 12:00 Noon, at **Ciminero's Banquet Centre**, 123 N. Main St., Niles, Ohio 44446. April 11, June 13, August 8, October 10, and December 12.

Program. Our April speaker will be Chris Cerenelli, from WFMJ.

Hospitality: Mary Fuller, Chairperson
"Spring adds new life and new beauty to all that is." ~Jessica Harrelson. Our decorations will welcome the colorful beauty of spring.

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

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

Mailing Meetings:
Won't you please consider joining us to help with the mailing at 9 a.m. at St. Paul Lutheran Church, Market St., Warren, on the third Tuesday of every other month, March 21, May 16, July 18, Sept. 19, and Nov. 21.



From our President, Marilyn Stanton:

As I'm writing this article, the forecast is actually calling for snow and winter temperatures. But by the time you receive your newsletter, spring will officially have begun. Whether you celebrate Ramadan, Passover or Easter, I would like to wish you an enjoyable holiday.

Unfortunately, due to the current cost of food, Mr. Ciminero regrettably must increase our lunch price to \$16.00, still a bargain for what is included—two entrees, a starch, vegetable, salad, dessert, bread and butter, and a beverage!

ORTA has changed its name with the Secretary of State from the Ohio Retired Teachers Association to the Ohio Retirement for Teachers Association. This in an effort to be more inclusive with respect to active teachers.

Lastly, it's not too soon to start thinking about being an officer or committee chairperson for next year. This is an amazing group of people with which to work, and I know you will enjoy it.

Treasurer's Report, February, 2023

Checking account balance \$3,303.08
Savings account balance \$8,536.70
Scholarships \$11,044.00
Teacher Grants \$243.00



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

Where do our donations go?

- Eyeglasses and cell phones and accessories are donated to Roberts-Clark Funeral, Warren, Ohio.
- Eyeglasses are also given to the Lions.
- Cell phones are given to the Veterans Administration.
- Hearing aids and accessories are donated to the Audiology and Hearing Associates, Inc., in Howland. They are sent to an organization that may use them for parts; if they are in good condition, they are refurbished and sent to areas like Guatemala or other countries as hearing aids for children.
 - Stamps are sent to the Stamps for the Wounded.

Thank you so much for your generosity.

TRTA Lifelines

Volume XI, No. 1 compiled by Carol Hart

Just a reminder to adopt healthy habits! From <http://www.rush.edu/news>



Enjoy de-stressing. Experts recommend regular exercise, meditation and breathing techniques to reduce stress. But even something as simple as listening to soothing music, reading a good book, soaking in a hot tub or playing with your pet can help you relax. Even ten minutes of deep breathing can help.

Put away the salt. A saltshaker on the dining table makes it all too easy to consume excess salt, which can lead to high blood pressure. Put the shaker in a cabinet or pantry.

Get to bed earlier. Attempt to get the seven or more hours of sleep adults need.

Have a glass of red wine. Studies have shown that the powerful antioxidants found in red wine protect against heart disease, colon cancer, anxiety and depression.

Check your posture and ergonomics. The few seconds this takes can help you avoid back pain, one of the most common health problems in the United States and a leading cause of disability.

Do a crossword puzzle. Don't enjoy puzzles or games? There are other ways to maintain your brain health. Eat with your nondominant hand. Walk a new route home from work. And connect with others—staying socially engaged is valuable.

Weigh in. Maintaining a healthy weight can lower your risk for heart disease, stroke and some types of cancer.

Make a few dietary substitutions. Swap white bread, rice, crackers and pasta for healthier whole grain versions. Drink more water; avoid sugary drinks. Stretch it out. Regularly stretching your muscles helps you avoid injuries, stay limber and move freely as you age. Stretching right before bed can also help you relieve tension and help you get to sleep.

Teacher Grants, Diana Bauman and Cindy Harris

Four Teacher Grants were awarded in December. All four teachers will be invited to our August meeting to share their grant projects. The grant recipients are:

Andria Morningstar-Gray, Lakeview High School

Marissa Brown, TCTC

Jon Hill, Newton Falls High School

Ethan L. Gross, Newton Falls High School

As is our custom, the teachers were surprised in their classrooms. We are grateful to the administrators in each of these districts for their assistance in keeping the awards a surprise.



Scholarships, Vicki Janik

Fifteen applications have been submitted for the scholarship. The committee will get together to read and rate each scholarship when we receive them from the Community Foundation. After the winners are chosen, their schools will be notified for their recognition ceremonies. The recipients will be honored at our June meeting.

Luncheon Reservation Tuesday, April 11, 2023

12:00 Noon at Ciminero's Banquet Centre

Please make reservations by March 30, 2023

Member Name: _____ Guest Name: _____

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 we must 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 April meeting is Lorraine Bell.

Make one check payable to TRTA.

Send this form along with payment to:

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

Necrology Committee, Denise Deltondo, Chairperson

Thanks to Dave Ambrose, Linda Cowin, and Sue Datish for helping identify deceased 2022 TRTA members, and a special thank you to Linda for assisting with the February memorial service.

Community Service, Jeannie Morello

At the April meeting we will collect new coloring/activity/story books and crayons/markers for Akron Children's Hospital. TRTA members will have the opportunity to volunteer at Second Harvest Food Bank on Salt Springs Road in Youngstown on May 18 or 25 from 1-3 p.m. This involves sorting and packing dry goods in their warehouse. Up to 15 volunteers per session are permitted. If you are interested, please submit the form below to me either at the April 11th TRTA meeting or email it or call me at 330-402-3902 by April 28. I will contact you to confirm your scheduled time. Thank you in advance.

Jeannie Morello

Complete this form by putting an "X" under the day you are able to help.

Thurs., May 18	Thurs., May 25	

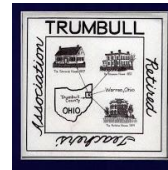
Bring this form to the April meeting or send it to:

Jean Morello
290 Dakota Avenue
McDonald, OH 44437
Email: more290@zoominternet.net

Name _____ Phone number: _____

TRTA
2740 Atlantic St. NE
Warren, OH 44483-4426

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Permit NO. 29



Membership, Luanne Hite, Gretchen LaLiberte, Co-Chairs

Dave Ambrose, Dues Coordinator

Welcome to our newest TRTA member Ray Morello and returning members Arlene Buzzanco, James Buzzanko, and Charlotte DiTommaso. This is the time of year when teachers will start submitting their letters of retirement. Keep your eyes and ears open for potential members. As of February 14, 2023, we have a total of 371 members.

Temporary, Permanent, and Snowbirds

Whether you are changing your address temporarily, permanently, or a Snow Bird, please contact Dave Ambrose with your new address at dambrose1@neo.rr.com or by Phone: 330-647-3666.

MEMBERSHIP CARDS

Dave will continue to print TRTA membership cards upon request. If you are a 2023 member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave by email. Your membership card will be available for pick up at the nametag table at the TRTA April luncheon meeting, or you may request that Dave mail it to you.

EMAIL ADDRESS Let Dave know if you have added or changed your email address; the TRTA board uses email to send important information between newsletters. Email: dambrose1@neo.rr.com



Web Address: <https://trumbullrta.wixsite.com/trta>—Follow the Trumbull Retired Teachers Association on Facebook. Please email comments or corrections for the TRTA Newsletter to Cindy Harris, Editor, at cindyharris513@gmail.com.