



# TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

May 2021

Volume XII, Number 3

## TRTA General Meeting Dates:

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:

TRTA Scholarship Recipients will be  
recognized at the June meeting.

## Hospitality: Mary Fuller, Chairperson

Let's welcome the summer days and  
may they spread sunshine in our  
lives. June decorations will  
celebrate the beauty, fun, and  
celebrations of summer that we have  
long awaited.

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

## From our President, Sue Datish:

Spring has finally sprung!! With all that we have been through, it truly feels like an awakening! TRTA is dedicated to creating some "new beginnings" for us all.

We have two new committee chairs. Jeff Pegg will replace Dottie Fogel as Legislative Chair. Dottie has been very dedicated to this job and has certainly informed as well as entertained us at our meetings. Carol Hart will be the new Mailing Chairperson. Nancy Countryman and Dorothy Blake have been dedicated to this job through various health issues as well as procedural changes. We thank Dottie, Nancy and Dorothy for dedicated service and welcome Jeff and Carol to their new positions. TRTA is fortunate to have such wonderful members willing to volunteer.



We also have a Nominating Committee composed of long-time members Mary Fuller, Betty Jean Bahmer, and Anna Mae Cuchna. They may approach you about serving the organization . . . don't run away!!!! LOL

Just an update on our "collections". We do collect yarn, eyeglasses, stamps, and hearing aids. Unfortunately, we are no longer collecting pill bottles. Lynne Valentino has been using the yarn to crochet beautiful afghans that we donate to Bella Women's Center. She could use some help. Let Jean Morello, our Community Services

Chair, know if you crochet and would like to help!

AMBA is ORTA's endorsed benefit provider. They are offering a one-on-one Benefit Review via phone or Zoom. If you are interested, you can call Jim Cain, District Manager, at 614.946.4868.

We had a wonderful luncheon in April attended by nearly 70 people. Hope you can join us at the June 8<sup>th</sup> meeting where we will honor our scholarship recipients.

## Treasurer's Report April 30, 2021

Checking account balance \$2,806.22 Savings account balance \$ 8,555.54

Community Foundation (Scholarship Fund) \$13,622.00

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



# TRTA Lifelines

Volume X, No. 3 compiled by Carol Hart



## Brain Benefits of Napping

A study of 2,214 older adults (reported in *General Psychiatry*) revealed that a regular afternoon nap was associated with better language use and memory. Participants reported whether or not they usually napped, and then took thinking and memory tests. However, researchers say that there is a downside to napping if it replaces physical activity and socializing. (*Consumer Reports on Health*, May 2021: p. 3)

## Blood Pressure

According to *Journal of Physical Activity and Health*, after following a stretching routine regularly for eight weeks, older adults saw their blood pressure drop by as much as seven points. The stretching routine was done for 30 minutes a day five days a week. (*Consumer Reports on Health*, May 2021: p. 3)



## Cooking for One or Two

Making your own meals gives you control over what goes into them. Consider using a toaster oven instead of a regular oven because it preheats more quickly. Countertop heights help make the job easier, too. Use an air fryer for vegetables or to cook one or two servings of fish and chicken. Make beans and grains in batches to use in recipes. Cooked beans and grains last up to four days in the refrigerator, and they can be frozen (try putting them in muffin tins and freezing, then transferring to freezer bags) for up to four months. Buy foods that last like cabbage, carrots, onions, potatoes, winter squash, apples and citrus fruits. (*Consumer Reports on Health*, May 2021: p. 11)

## Trivia

Ovid, the Roman poet, believed that May was named for the *maiores* (the elderly). May 17 is National Pack Rat Day (how many of us can celebrate that?) May 25 is National Wine Day, and May 28 is National Hamburger Day. (Who decides these things??) Happy May!

## Scholarship, Vicki Janik, Chair



The Scholarship Committee would like to thank all of our members for their generous donations to the scholarship fund. We were able to award four scholarships to graduating high school seniors again this year. This brings us to a total of 98 scholarships that have been awarded since 2007, for a total of \$70,000. We hope you can join us at the June meeting where we will honor our four scholarship winners for 2021. Thank you!

Vickie Janik, Dottie Fogel, Anita Shaw, Dianne Szuch, and Donna Pate.

## Pre-Retirement, Gretchen LaLiberte, Luanne Hite Co-Chairs

After cancelling the preretirement seminar in 2020 due to the Covid pandemic, TRTA will be offering the seminar in 2021 to be held on Wednesday, October 13, 2021, at St. Paul Lutheran Church in Warren. We will need volunteers to help with registration, bake cookies, set up refreshments, and work in the kitchen. If you are interested in helping with one of these jobs, please see Gretchen or Luanne at the next meeting.

## Necrology Committee, Denise Deltondo, Chairperson

At our April meeting, the following deceased members were memorialized: Ramona Perkovich, Sarah Witt, Dick Raidel, Sr., Knoxie Bell, Agnes Glowacki, Linda Maiorana, Betty Jensen, Doris Bunkley, Betsy Janecko, Lois Brown, Virginia Garey, Elyn Summers, Emilie Capots, Teresa Sanchez, Guido DelGarbino, Margaret Berwald, Marsha Kind, Sam Cappellino, Jay Lacy, Robert Reich, Sr., Livia Pipenur, Joyce Thomas, Donna Lowman, and Dean Bailey. Thanks to Dave Ambrose, Dorothy Blake, Linda Cowin, and Sue Datish for helping to identify deceased members.

## Luncheon Reservation Tuesday, June 8, 2021 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by June 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 June Luncheon:

- Six 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.



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

### Spelling Bee 2021, Denise Deltondo, Chairperson



The Trumbull County Fair is happening this summer and so is the 35<sup>th</sup> Annual Spelling Bee! The Bee will be held on Thursday, July 15, at 1 p.m. on the historical stage of the fairgrounds. If you would like to make a monetary donation toward the spellers' treat bags, you may do so at the June 8 meeting. If you will not be attending the June meeting, you may also mail a check payable to me at 820 Iowa Avenue, McDonald, OH 44437. If you would prefer to donate a specific item, please include 50 of that item as 50 bags are made; give them to me at the June meeting. Pre-registered spellers will receive free admission (rides not included). Pre-registration begins on June 1 and runs through July 2. Call Denise at 330.530.4011 to pre-register. Registration will also take place on the day of the Bee from noon to 12:45 p.m. on the historical stage.

### Community Service, Jeannie Morello, Chairperson

Please keep watching the TRTA Newsletter for future updates/projects that we are able to participate in. Also, continue to keep track of your own volunteer hours.



**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, Co-Chairs*  
*Dave Ambrose, Dues Coordinator*



PLEASE HELP! IT'S TIME TO RECRUIT NEW MEMBERS! Another school year is coming to a close, and it's time for TRTA to begin locating the names and addresses of newly retired educators who taught or who live in Trumbull County. If you are still in contact with staff in the district where you taught, ask them to help find the names and addresses of new retirees.

If you have helped us before by contacting a specific school district and would be willing to contact the same district again this year, please let us know. Your help is greatly appreciated. Send the information you have received to: Gretchen LaLiberte—[grlplib@embarqmail.com](mailto:grlplib@embarqmail.com) or Luanne Hite—[ib573@aol.com](mailto:ib573@aol.com).

New member applications will be available at the June meeting. If you know a retiree who has not joined our organization, please consider giving them an application and inviting them to a meeting. If you have any questions concerning your membership or to make an address correction, please contact Dave Ambrose, 330-647-3666; [dambrose1@neo.rr.com](mailto:dambrose1@neo.rr.com); or at 2740 Atlantic Street NE, Warren, OH 44483.

Dave will continue to print TRTA membership cards upon request. If you are a 2021 TRTA member or a TRTA LIFE member and would like a TRTA membership card, please contact Dave. You will be able to pick up your membership card at the nametags table at the next luncheon meeting. TRTA no longer tracks ORTA membership.

**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).