



TRTA Newsletter

Published for the Trumbull Chapter of the Ohio Retired Teachers Association

January 2021

Volume XII, Number 1

2021 TRTA General Meeting Dates:

April 13, June 8, August 10,
October 12, and December 14
**Every other month on the second
Tuesday at 12:00 Noon**
Ciminero's Banquet Centre
123 N. Main Street
Niles, Ohio 44446

Collected at all meetings:

Cancelled stamps, cell phones,
eyeglasses, hearing aids, and yarn.

Foundation Financial Update:

See a list of donors on our webpage.

From our President, Sue Datish:

Happy New Year! Have we ever been so excited to close out a year? I must be an optimist because I am convinced that this next year WILL be better! We have all learned to adjust and reset our needs and expectations. Your TRTA Board continues to explore new ideas. We do not feel that it is safe enough yet to hold our February Luncheon. We truly hope that we will be able to meet in person in April! In spite of no meetings or fundraising last year, we plan to award scholarships again this year. We have been very fortunate to have several members who have made very generous donations to the scholarship fund. In fact, 16 very generous members have donated \$2,300 to the fund. You can see a list of all those who have donated \$50 or more on the TRTA Foundation webpage at <https://trumbullrta.wixsite.com/trta/foundation-fund>. THANK YOU!!!!

Normally members contribute scholarship funding with their luncheons. We usually raise enough that way to award one scholarship. With no February luncheon, we are launching the Sweetheart Scholarship Drive. Please see the article below and consider participating!

On another matter, you have probably been receiving emails from ORTA about the Forensic Audit. The TRTA Board discussed the Forensic Audit and voted to not make a donation from the organization. We have a very limited budget and would not be able to make any kind of significant donation. Our members often make donations specifically for scholarships. We did not feel that it would be appropriate to use that money. In addition, an official state audit is done annually to review the funds. Members, of course, can certainly make a donation directly to the Forensic Audit on the ORTA webpage.



Sweetheart Scholarship:

Since we are not able to gather for our Valentine Luncheon, please join our Sweetheart Scholarship Drive. If 100 people donate \$10, we will have enough money to support one scholarship! Donations can be mailed directly to our Financial Secretary, Mr. Dave Ambrose, at 2740 Atlantic St. NE, Warren, Ohio 44483. Please make your check payable to TRTA.

Treasurer's Report December 31, 2020

Checking account balance \$2,043.27

Savings account balance \$8,554.86

Community Foundation (Scholarship Fund) \$10,077.00

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

TRTA Lifelines

Volume VII, No. 1 compiled by Carol Hart



Veggies That Are Better for You Cooked!

Spinach is better because oxalic acid can block the absorption of calcium and iron. Heat breaks it down. Mushrooms are better cooked because cooking increases antioxidant activity. Carrots should be cooked, too, because our bodies can better use the beta carotene in cooked carrots. Tomatoes, when cooked, help us absorb lycopene. Broccoli is better cooked because steaming preserves its anti-cancer compounds and makes it easier to digest. Who knew? (*Consumer Reports On Health*, January 2021: pp. 9)



Surprise Benefits of Kindness

Spontaneous acts of kindness, like helping a neighbor carry groceries, brought greater feelings of well-being than scheduled good deeds, such as volunteer work. Older adults who performed acts of kindness reported better physical health. It could be that healthier people do more for others, but research had found that there are health benefits to helping others, including lower heart disease risk. (*Psychological Bulletin*, September 2020)

Healthy Food Shopping

A couple of tips can make you a better grocery shopper. Making a list keeps a person on track. Plan your meals ahead so that a list will help you. Choose organic when you can. Diversify your protein picks by choosing seafood, nuts, beans and seeds, eggs and lean meat and poultry. As folks age, they tend to lose muscle mass. Read labels so you can choose items with less sodium and sugar, and more fiber, all of which are healthier choices. Stock up on DIY ingredients because premade processed foods often have unhealthy ingredients. Resist the impulse buy. (*Consumer Reports On Health*, December 2020: p. 11)

Membership

Luanne Hite, Gretchen LaLiberte, Chairpersons; Dave Ambrose, Financial Secretary

We currently have 389 TRTA members; 321 life members, 42 members paid through 2021 and 27 members paid through 2020. Linda Falatic has become a new life member. We are no longer tracking ORTA membership.

Membership Dues for 2021

Thanks to all those members who have already renewed their dues. Dues for 2021 need to be renewed before January 31, 2021, or this could be your last newsletter. If you are unsure whether you renewed your dues, check your membership status on the address label of the newsletter. If your dues are current, your label should read *dues paid through 2021*. If you still need to renew, you will find a membership renewal form in this newsletter or at the TRTA website: trumbulltrta.wixsite.com/trta. Dave's contact information is on the renewal form. If you are no longer interested in belonging to TRTA, please notify Dave Ambrose.

Temporary or Permanent Address Changes

Whether you are changing your address temporarily or permanently, please contact Dave Ambrose with your new address. The postal service charges TRTA a fee for each returned newsletter.

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:

Mr. Dave Ambrose, Financial Secretary
2740 Atlantic St. NE, Warren, Ohio 44483-4426
Questions? Contact Dave Ambrose
Email: dambrose1@neo.rr.com Phone: 330-647-3666

- ☐ Please create a TRTA membership card for me.
☐ Receive at the next membership luncheon.
☐ Mail to my current address.

It is highly encouraged that you also join ORTA which is our parent organization. ORTA Membership Dues should be paid directly to ORTA. We are no longer collecting them locally.

\$30 Annual Membership

\$500 Life Membership

ORTA dues payments should be sent to:

Ohio Retired Teachers Association, 250 East Wilson Bridge Road, Suite 150, Worthington, OH 43085
or submitted online [<https://www.orta.org/plans-pricing>]

Necrology Committee

Denise Deltondo, Chairperson

In February it will be one year since our last memorial service remembering those we've lost. If all goes well, we hope to memorialize the following people at our April meeting: Ramona Perkovich, Sarah Writt, Dick Raidel, Knoxie Bell, Agnes Glowacki, Linda Maiorana, Betty Jensen, Doris Bunkley, Elizabeth Janecko, Lois Brown, Virginia Garey, Jean Summers, Emilie Capots, Teresa Sanchez, Guido DelGarbino, Margaret Berwald, Marsha Kind, Sam Cappellino, Jay Lacy, and Robert Reich. Deceased members will be added to the list up to the time of our next meeting.



Scholarship

Vicki Janik, Chairperson

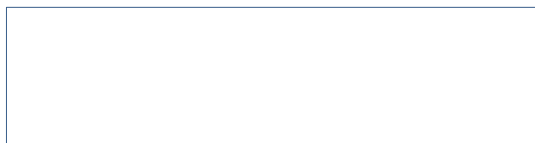
Scholarship applications will be available on the Community Foundation website beginning January 1, 2021. The deadline is March 1, 2021. Students will be directed to apply to the general scholarship, and those students who meet our requirements will be directed to complete special questions/essays TRTA requires. The number of scholarships we can award this year will depend on the donations we receive. Unfortunately, the pandemic eliminated our fund raising for 2020. Thanks for your generosity.



TRTA

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Warren, OH 44483-4426

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**Community Service**

Jeannie Morello, Chairperson

Remember to log your Community Service hours for 2021. We are all looking forward to getting back to our activities when safe.

Due to the pandemic, our February meeting has been canceled.

We are looking forward to seeing you in April 2021!

Please be safe!

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.