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TRTA Newsletter

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

Volume XVI, No. 4

September 2015

From our President:

Greetings!

First, I wish to thank everyone who helped make our August meeting fun and successful: Diane and Jane for the “50 Year” candy favors, Pat for the program booklets and Charlotte for the scrapbook displays. We had four of our eight past presidents with us to share their terms, one who sent a letter to be read and three who were unable to be there because of health. The program also took us back to the 50’s and 60’s and paid a tribute to teachers.

There were no nominations for Director of District XI, so Carol Kinsey is eligible and willing to be elected for a second term. Denise Deltondo was elected to take a term as ORTA Trustee as she is presently filling an unexpired term. Congratulations!

We voted to approve *unified dues, a Dual Membership Program effective in January, 2016 and any year after*. We will change our Bylaws to conform to this program. **New Members** will enable our chapter to receive 10% dues rebate from ORTA with payments of 2016 dues. We encourage our present members to join both ORTA and TRTA – although it is not mandatory. The Board has also approved raising TRTA dues to \$20.00 per year (They remind us that we pay \$11.25 for the meal at each meeting) and the \$20.00 per year dues would be only \$3.33 per meeting!

I hope everyone has had a good summer and will attend our legislative program in October.

Carol Pinney, President

TRTA Meetings

TRTA General Meeting Dates

October 13, 2015, December 8, 2015, February 9, 2016, April 12, 2016

Every other month on the second Tuesday, 12:00 Noon

Ciminero’s Banquet Centre, 123 N. Main St., Niles, Ohio 44446

Program: Legislative Update

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

Hospitality, Mary Fuller, Chairperson:

Shakespeare’s words, “Summer hath too short a lease,” are certainly true this year! Beautiful, vibrant colors and the bounty of harvest will be showcased in our October decorations as we step into the season of autumn.

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: 11/17/15, 1/19/16, 3/15/16, 5/17/16

Web Address: 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

Committee News

Membership, Jane Cribbs, Chairperson

EACH ONE REACH ONE—The 2015 retirees will be invited to attend our October luncheon meeting. Why not extend a personal invitation to a new retiree from your district? The new membership form asks for a reference from a current member. A drawing in December will be held and a member who refers a NEWBIE will win a free luncheon. Look at the display board at the October meeting to see all the new retirees.



Scholarship, Donna Pate, Chairperson

The “Homemade Goodies” Sale will be held at the October meeting. Let’s make this a fun time for everyone. Do you bake, can, garden, make crafts, or just enjoy being creative? Share your talents with us and help support the TRTA Scholarship Fund. Buyers will delight in selecting from all the delicious and varied offerings. We ask that you package your items at home so they are ready for sale. If you would like to contribute and did not sign up at the August meeting, please complete the sign-up form and return it with your luncheon reservation.

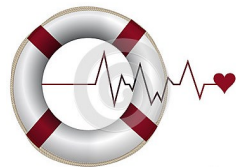
Community Service, Marilyn Stanton, Ellen King Chairpersons

As always we will collect candle wax, cancelled stamps, cell phones, eyeglasses, hearing aids, and yarn. Please remember that the yarn needs to be 4 ply only, no cotton and no wool. At the October meeting we will be signing cards for veterans in the VA hospital.

Can What You Eat Affect Your Mental Health?

By Kelli Miller
WebMD Health News

Reviewed by Brunilda Nazario, MD



Aug. 20, 2015 -- What's for dinner? The question is popping up in an unexpected place -- the psychiatrist's office.

More research is finding that a nutritious diet isn't just good for the body; it's great for the brain, too. The knowledge is giving rise to a concept called "nutritional (or food) psychiatry."

"Traditionally, we haven't been trained to ask about food and nutrition," says psychiatrist Drew Ramsey, MD, an assistant clinical professor at Columbia University. "But diet is potentially the most powerful intervention we have. By helping people shape their diets, we can improve their mental health and decrease their risk of psychiatric disorders."

Nearly 1 in 4 Americans have some type of mental illness each year. The CDC says that by 2020, depression will rank as the second leading cause of disability, after heart disease.

The key is to choose foods that pack as many nutrients in as few calories as possible. Nutrients might be particularly helpful for treating or preventing mental illness are:

B vitamins. People with low B12 levels have more brain inflammation and higher rates of depression and dementia.

Falling short on folate has long been linked to low moods.

Iron. Too little iron in the blood (iron-deficiency anemia) has been linked to depression.

Omega-3s. These healthy fatty acids improve thinking and memory and, possibly, mood.

Zinc. This nutrient helps control the body's response to stress. Low levels can cause depression. A great source is oysters, which pack 500% of your daily need of zinc but have just 10 calories apiece, Ramsey says. Mussels, which are rich in brain-healthy selenium, are also a good choice.

"More psychiatrists need to recognize the nutrition-mental health connection," says Michelle Schoffro Cook, PhD, who is registered by the International Organization of Nutritional Consultants. "We can have so much power over our mental health using food and nutrients."

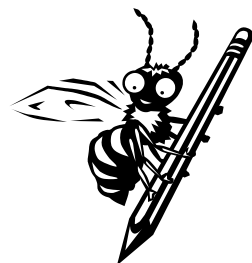
Don't Forget Daily Maintenance

One simple strategy can help maintain white teeth: brush. Brush at least twice and floss at least once daily. Even better, brush after every meal and snack. Brushing helps prevent stains and yellow teeth, especially at the gum line. Both electric and sonic toothbrushes may be superior to traditional toothbrushes in removing plaque and surface stains on teeth.

Foods that Cause Teeth Stains

There's another reason to watch what you eat. Some common foods can discolor teeth. Here's an easy way to tell if a food might be at fault: Anything that can stain a white cotton T-shirt can stain teeth, say dentists. Coffee stains teeth, for example. Other top offenders are beverages such as tea, dark sodas, and fruit juices. Also affecting your teeth are blueberries, blackberries, cranberries, beets, red wine and grape juice.

Spelling Bee *Denise Deltondo, Coordinator*



The 30th annual spelling bee at the Trumbull County Fair was held on Thursday, July 16. It was a picture-perfect day—sunny, breezy, not too hot, and NO HUMIDITY!

Even though there were only 25 children who participated in the 30th annual spelling bee, they were thrilled with their treat bags, which were stuffed full of school supplies (eight pencils, 10 pens, a notebook, a vinyl folder, and a pack of index cards to name a few items). Thanks to Ruby Hawkins and Elsie Whetzel who donated a pad of post-it notes for each participant. Thanks again to all of you who also donated. The list appeared in the July newsletter. It is because of your generosity that the TRTA Spelling Bee is such a success!

Meeting Reservation

Tuesday, October 13, 2015 – 12:00 Noon at Ciminero's Banquet Centre

Please make reservations by October 1, 2015.

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

_____ I would like to bring something for the "Homemade Goodies" sale.

2016 Membership Form

TRUMBULL RETIRED TEACHERS ASSOCIATION (TRTA)

OHIO RETIRED TEACHERS ASSOCIATION (ORTA)

Membership is open to all Trumbull County Educators. Unified membership is required.

Member's Name: _____ Email: _____

_____ Current Member

_____ New Member

Dues are as follows:

Annual Memberships

_____ Annual TRTA/ORTA Dues
\$40 (\$10 TRTA + \$30 ORTA)

Life Memberships

_____ Life TRTA Dues \$75

Life ORTA dues (\$500) are payable in three ways:

_____ Two payments: One-half now; one-half in six months

_____ Four payments: January, March, May, July

_____ Lump sum: \$500

Total Enclosed: _____ Check payable to TRTA

_____ I would be willing to receive my newsletter by e-mail. Referred by _____

Send this form and payment to:

Jane Cribbs, 150 Royal Troon Dr. SE, Warren, OH 44484

