

# HOT FLASHES

Fairfax County Retired Employees Association

May 2017



*Herndon Senior Center. For more information on senior centers in Fairfax County, see below article.*

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## Chairman's Message

May is always a busy month for us retirees! Our Annual Meeting will be Wednesday, May 3rd at 10 AM. NOTE THE NEW LOCATION: the meeting room at the credit union's main branch, 4201 Members Way, Fairfax, NOT the Government Center!!! Invited speakers include the Chief Financial Officer, Joe Mondoro; John Yeatman, the retirees' member on the Board of Trustees for the Employees Retirement System; representatives from the Department of Human Resources and the Retirement Administration Agency; and Joe Thomas, President/CEO of Fairfax County Federal Credit Union. Come hear what our July cost-of-living increase will be!

Our annual Senior Information Fair will be Wednesday, May 17th 10 AM – 2 PM at American Legion Post 177, 3939 Oak Street, Fairfax. Representatives of County agencies and local vendors will be there to share useful information, and we will have a variety of free health screenings, as well. This annual event is open to everyone, so invite your family, friends and neighbors to take advantage of a wonderful opportunity to learn more about organizations/ programs of interest to seniors and get some health screenings (such as blood pressure and cholesterol) free of charge.

There will be no Keep-in-Touch (KIT) luncheon that day, but you and your buddies can get a delicious bite to eat at the Legion for a very reasonable cost.

On June 21st at 11:30, we will be back at Pan Am Restaurant in the Pan Am Shopping Center, 3051 Nutley Street, Fairfax for our monthly luncheon. The restaurant provides a separate room for FCREA attendees, we order from their regular menu, and each of us is responsible for the cost of our own meal, beverage, and tip. You can order a full meal or just have a sandwich, whatever you prefer that day!

Please note: We don't have to call in with a head count, so YOU NO LONGER HAVE TO CALL AHEAD OF TIME AND LET US KNOW YOU ARE COMING! Dorris Medlin, handled reservations for us for many years. Sadly, health issues prevent her from joining us now. We miss you, Dorris! Thank you for your many years of faithful service.

I'm looking forward to seeing many of you at the annual meeting on May 3rd, the Information for Seniors Fair on May 17th, and lunch at Pan Am Restaurant on June 21st!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

## What's Next in Retirement? Visit a Fairfax County Senior Center

So, you've retired. Since that farewell party at the office you've enjoyed the rest and relaxation you've worked your whole life for, you may have traveled a bit and knocked a few things off your bucket list—then it hits you. That unquenchable desire to “DO” something is met with the uncertainty of not knowing what to do. Don't waste another moment wondering what's out there, come visit the Fairfax County Senior Center Network.

Fairfax County Senior Centers are active, vibrant locations where adults 50 and over pursue fitness goals and hobbies and enjoy the company of friends. From health and fitness to creative arts and culture, there is something for everyone at the county's 16 Senior Centers!

If you're looking for something to do, something to learn, places to go or even just a little social interaction in your retirement years, Fairfax County Senior Centers are the place to be. Come visit us today! Go to [Senior Centers](#) for details and locations.

Ben Boxer  
Fairfax County Neighborhood and Community Services

## Document Shredding

The Fairfax County Solid Waste Management Program sponsors secure document shredding events. Shredding events start at 8 a.m. and conclude at 12 p.m. All cars must be in line by 12 p.m. These are drive-through events and residents will be asked to remain in their vehicles.

May 13, 2017    Mason District Government Center  
June 24, 2017    Kilmer Middle School  
July 22, 2017    Westfield High School  
Aug. 19, 2017    Springhill Elementary  
Sept. 23, 2017    I-95 Complex  
Oct. 14, 2017    South County Government Center

For more information go to: [FC Shredding](#)

*Editors Note: I recently took documents to be shredded to one of these locations. You drive up, hand your documents over, they are tossed in a big "trash bin" and then wheeled to a shredding truck where they are shredded on-the-spot. It was quick and easy, I would hardily recommend it.*



## **FCREA Members with Verizon Email addresses**

According to news releases and their website, Verizon has decided to close down its email business. Verizon's has outlined two options: have your mail moved to AOL and keep your address or "try another provider" and change your email address. If you do nothing, you could lose access to your mail, contacts and calendar on whatever date was specified in your e-mail notification.

### **Example: Youraddress@verizon.net**

The FCREA has 109 members who have email accounts with Verizon. We encourage these members to check with Verizon for options. If you decided to change your email address, please notify [FCREA](#).

***NV Rides Presents .....***

## **Going Places: Safe Driving as You Age**

**Tuesday, June 6, 9am- 1pm**

The event will include a morning of workshops to learn how to stay safe on the road as you age, and to know how to assess when the time is right to stop driving. Workshop highlights will include steps you can take to ensure safety and the latest in adaptive equipment. We will also have vendor tables available with products and services of interest to seniors and their families. The goal of the program is to help reduce risk factors, and incorporate safe driving practice enabling adults to continue to drive long into their senior years.

The event will be from 9am – 1pm, and will include a light lunch. It will take place at Reston Community Center at Hunters Woods and is free to attendees. For planning purposes we ask that attendees pre-register.

For more information about NV Rides and its network of volunteer driver programs, please visit [www.NVRides.org](http://www.NVRides.org).

Sincerely,

Gina Cocomello  
NV Rides  
Marketing and Outreach  
703 537-3070  
[GinaC@NVRides.org](mailto:GinaC@NVRides.org)  
[www.NVRides.org](http://www.NVRides.org)

If you plan to stay for lunch, RSVP is required by May 25 for planning purposes. RSVP to Gina Cocomello at 703-537-3070 or email [ginac@nvrives.org](mailto:ginac@nvrives.org)



## FCREA Membership

Your FCREA has lost track of some lifetime members; that is, their email and/or mailing addresses are no longer valid. If you are in contact with these members, please ask them to provide us with their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).



Lowell D. Pirnie, who retired from the Park Authority in 1999  
Long Xuan Trinh, who retired from DVS in 2011  
Marion A. Horn, who retired from DIT in 2003  
Alonzo J. Bryan Jr., who retired from DTA in 2006  
Gary N. Quinn, who retired from DIT in 2011

Anything you can do to help will be appreciated.

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As you know, we use Hot Flashes to provide retirees with County benefits information, news about other retirees and other information we believe may be of interest. Prospective members should contact [Bobbie Deegan](#). An annual membership is \$5, while the cost of a lifetime membership is minimal, \$50. For a membership application [click here](#).

**Please help expand our membership**

## ***Retirees Share A Moment***

In this section we ask retirees to share any stories, anecdotes, receipts, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. *If you send photos please identify each person in the photo, from what agency and when they retired.* Please send them to [FCREA](#) and as space is available and relevant they will be published.

RETIREES



*Share a Moment*



Laurie Eytel (who retired to western PA north of Pittsburgh) in 2014, has been keeping busy. She found staying retired wasn't for her. She presents environmental programs for several organizations on a contractual basis, including the local county park. In the fall she started a permanent part-time administrative position with Butler County Community College with their Lifelong Learning programs.

She also presented a workshop at the college on elements to consider in creating successful community newsletters. Volunteering and organic gardening also keeps her occupied, as do visits to her sister and family in Niagara-on-the-Lake and Toronto (Ontario) and in Montreal (Quebec). She currently visits Virginia 2x/year to visit friends and has gone on trips to NC, SC and Florida to see friends, who have also visited her in the countryside of Renfrew where she lives.

## **Aging gracefully and spectacularly ...**









Not every tree has a nickname, but the *The President* has earned it. This giant sequoia stands at 247 feet tall, has a width of 27 feet at its base, is the third largest tree in the world and is the the oldest known living sequoia, about 3,200 years old! Imagine, this tree was already 700 years old during the height of ancient Greece's civilization and 1200 years old when Jesus lived and Rome was well into its rule of most of the western world. Because of its unbelievable size and no clear shot, this tree has never been photographed in its entirety, until now. National Geographic photographers have worked along with scientists to try and create the first photo that shows the *The President* in all its glory.

They had to Climb the tree with pulleys and levers, and took thousands of photos. Of those, they selected 126 and stitched them together, to get this incredible portrait of *The President*." For prospective, look at the size of the person on the ground compared to the size of the tree.

## What's Going On at Fairfax County Federal Credit Union?

**Community Shred Day - Saturday May 20,  
9am-12pm**

Fairfax Branch, 4201 Members Way, Fairfax

Come to our FREE Shred Day event and help protect yourself from fraud and identity theft by shredding your personal documents securely. Please spread the word about this event to family and friends. Identity theft is very common, so shredding documents containing personal financial information is a good strategy for minimizing risk of becoming a victim of fraud.

Because the event is limited to a 3-hour window we are allowing no more than 5 boxes per person.

### **FREE Financial Education Sessions**

As a retiree, financial education should continue to be an important component of the way you manage your finances. Therefore, Fairfax County Federal Credit Union, your community financial institution, is offering FREE seminars on various topics that could assist you with achieving and maintaining financial stability for life. Stop by and bring a fellow retiree, friend or family member – they are also eligible to become a member of our family and reap the benefits of credit union membership! Looking for a place to park your savings? Check out FCFCU's certificate rates!

- Maximize earnings
- Flexible Terms
- It's never too late to start saving!

Fairfax County Federal Credit Union – [FairfaxCU.org](http://FairfaxCU.org) - 703.218.9900 opt.3



## **FCREA Events.....**

## Keep In Touch Luncheon

The FCREA *Keep in Touch Luncheons* meet at the Pam Am Restaurant located in the [Pam Am Shopping Center](#) at 3051 Nutley St, Fairfax VA 22031. The restaurant provides a room for FCREA attendees. We order from a menu and each person is responsible for his/her own meals, drinks and a tip.



The *Keep In Touch Luncheon* meets the third Wednesday of every month (except May) at 11:30.

No reservations are required.

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## 2017 FCREA Christmas Luncheon

Wednesday, December 20, 2017, 11:30am to 1pm

## FCREA Board Meetings

The FCREA Board of Directors meets at the Fairfax County Credit Union ([Fairfax Branch](#)) on the third Wednesday of every other month starting in January at 9:30 am, except May when we hold our annual meeting at the Government Center. All FCREA members are invited to attend.



# **FCREA Annual Meeting**

**Wednesday, May 3, 2017, 10am**

## **Location Change:**

Due to a scheduling conflict at the Government Center the FCREA annual meeting will be held at the Fairfax County Federal Credit Union in the meeting room on the first floor. It is located at:

4201 Members Way

Fairfax, VA 22030

Phone 703-218-9900

[Map to the Credit Union](#)

Speakers include representatives from the FC Board of Supervisors, Department of Human Resources, Office of the Chief Financial Officer, the Retirement Office, and the Fairfax County Federal Credit Union. The 2018 FC Retirees' retirement pension cola will be announced.

**There will also be FCREA Board member's elections at the annual meeting. To that end, we are looking for Fairfax County retirees who would like to volunteer to join the FCREA Board. If interested, please [email us!](#)**



## FCREA Senior Information Fair

Wednesday, May 17, 10am to 2pm

The Annual FCREA Senior Information Fair will be held at the American Legion in Fairfax City. This event is open to all FCREA members, friends, and other seniors. Approximately 20 organizations will attend and provide information of interest to many seniors.



Participants include:

Fairfax County Library's Access Services  
American Automobile Association (AAA)  
Fairfax County Fire and Rescue  
Fairfax County Police  
Fairfax County Department of Transportation  
4-H Club  
Bake Sale  
Fairfax County Live Well Program  
Fairfax County Federal Credit Union  
Fairfax County Retirement Office  
Fairfax County Consumer Affairs  
and others....

Additionally, the Virginia Hospital Center will provide health care screenings.

Lunch is available at the American Legion at a very reasonable cost, so make it an "afternoon out" with your friends.

[Map to American Legion](#)

Please Join us!



### Get Well messages for:

We pass along get well wishes and hope for a speedy recovery for Geraldine "Gerri" Buroker.

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## Condolences

Jeanne B. Martin, passed peacefully on March 1st at the age of 93. Jeanne was the mother of Melissa Martin, who retired from the Circuit Court in 2006.

Marie Middleton passed away on March 13th. Marie retired from DTA in 1989 and is survived by her husband, Harry M. Middleton, III.

Florence Collier Greer passed away on April 17, 2017. Florence retired from the Department of Finance in 1997.

## **FCREA Officers**

Chairman:

Pam Martin

703-323-4929

Past Chairman:

Joe Blackwell

Vice Chairman:

Joyce Gerhart

Secretary & Hot Flashes Editor:

Chuck Higdon

FCREA99@gmail.com

Treasurer & Membership Chair:

(& send dues payments/address changes to):

Bobbie Deegan

4316 Knott Street

Beltsville, MD 20705

301-937-7070

[BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

Board Members:

Dorris Medlin

Kay Wintermoyer

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Sunshine:

Dolores Testerman

703-273-1295

### **Fairfax County Retirement**

10680 Main St., Suite 280, Fairfax, VA 22030

1-800-333-1633 or 703-279-8200

**[FCREA Website](#)**

## And Finally on Health ...

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Nothing is more valuable than education. Nothing is more important than health.

~DR. T.P. Chia

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

~Budda

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

~John F. Kennedy

Those who think they do not have enough time for exercise will sooner or later have to find time for illness.

~Edward Stanley

If you do not take care of your body, where are you going to live?

~Unknown

Life expediency would grow leaps and bounds if green vegetables smelled as good as bacon.

~Doug Larson

Our bodies are our gardens -our wills are our gardeners.

~William Shakespeare

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"I resolved to take a walk every day this year.  
Today I walked to the fridge and got this pie."



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