

HOT FLASHES

Fairfax County Retired Employees Association

July 2017



Saturday night Fireworks at the Fairfax County Fair. The Government Center is in the background.

Chairman's Message

Summer is here! School is out, days are longer, and grandchildren/great-grandchildren have time to visit. I hope you are enjoying these sunny days by doing something fun and relaxing. Share your adventures with your fellow retirees! Contact Chuck Higdon at [FCREA](#) so he can include your news in a future issue of Hot Flashes.

I have one sad announcement to make. John Harold has passed away. John was a member of the FCREA Board of Directors for many years. He will be missed! Please keep his family in your prayers.

Our annual meeting on May 2nd was well attended, despite a location change

Our annual meeting on May 3rd was well attended, despite a location change. Although we submitted our reservation request months in advance, we weren't able to get a room in the Government Center. When we were notified just a few weeks before the meeting that we would NOT be getting a room as expected, we had to scramble to find an alternate location. Fortunately, the folks at Fairfax County Federal Credit Union were not using their training room that morning, and graciously let us meet there. On behalf of all of our members, I want to thank the Credit Union for their hospitality. They even provided refreshments!

Things did not go entirely smoothly at FCREA Senior Information Fair, either. There was a miscommunication between the County's Department of Human Resources and Virginia Hospital Center, so no one came to do the screenings. I know the screenings are a big reason that many of you come, and I apologize for their absence. I was disappointed, as well. DHR has promised to stay on top of this next year! A number of vendors did attend, however, and the Bake Sale table had some tasty goodies. Thank you to all our participants, and to everyone who came.

Our next event will be the annual retiree picnic. Date and place will be provided once they are confirmed. FCREA will provide drinks and hot dogs. We ask attendees to bring a side dish to share. This is always a fun afternoon, so plan to join us this year.

Lastly, don't forget our monthly Keep-in-Touch Lunches at 11:30 on the 3rd Wednesday of each month. We meet at the Pan Am Restaurant, in the Pan Am Shopping Center, at 3051 Nutley Street, Fairfax. We don't have to give them a head count in advance like we did at Old Country Buffet, so you no longer have to let Dorris Medlin know you are coming. Just show up!

See you at the Keep-in-Touch Lunch at Pan Am Restaurant on July 19th!

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association



The 2018 Health Care benefits open enrollment season for Fairfax County employees and retirees will be between **October 2 and October 27**. Dates for briefings by the FC Department of Human Resources have not yet been established.



Volunteer
Solutions

Volunteer Opportunities... ..

Are you looking for a meaningful volunteer opportunity to improve the lives of others?

Volunteer Solutions is a program under the Fairfax County Department of Family Services, in partnership with Neighborhood and Community Services and the Health Department. Their volunteers provide support to older adults and adults with disabilities in a wide variety of ways. They help isolated individuals to “age in place” by delivering meals with *Meals on Wheels*, doing grocery shopping, running errands, driving them to medical appointments and providing social companionship. Volunteers also help at senior centers and adult day health care centers as front

desk or activity assistants, and/or by sharing their own talents and skills with

participants through weekly classes and activities. Volunteers with gentle pets can also be a part of *Pets on Wheels*, where their furry companions brighten the lives of long-term care residents. For more details on these opportunities and many more, go to www.FairfaxCounty.gov/DFS/OlderAdultServices and click on “Volunteer Solutions”. If you have questions, call 703-324-5406, or email VolunteerSolutions

Do you love children and feel comfortable in a classroom?

Volunteers are needed to facilitate the “**Speak Up, Be Safe**” curriculum in Fairfax County elementary schools. The program focuses on child safety and child abuse prevention. It aims at empowering children in case they are threatened or victimized. Facilitators will be required to complete background checks, be trained and commit to one year facilitating 4 – two-hour, weekday classes per month. Contact Cecilia Tatis at 703-324-7459 or email [Cecilia Tatis](mailto:Cecilia.Tatis) to volunteer or find out more.

Tanya Erway, MSW
Volunteer Solutions Recruiter
Division of Adult and Aging Services

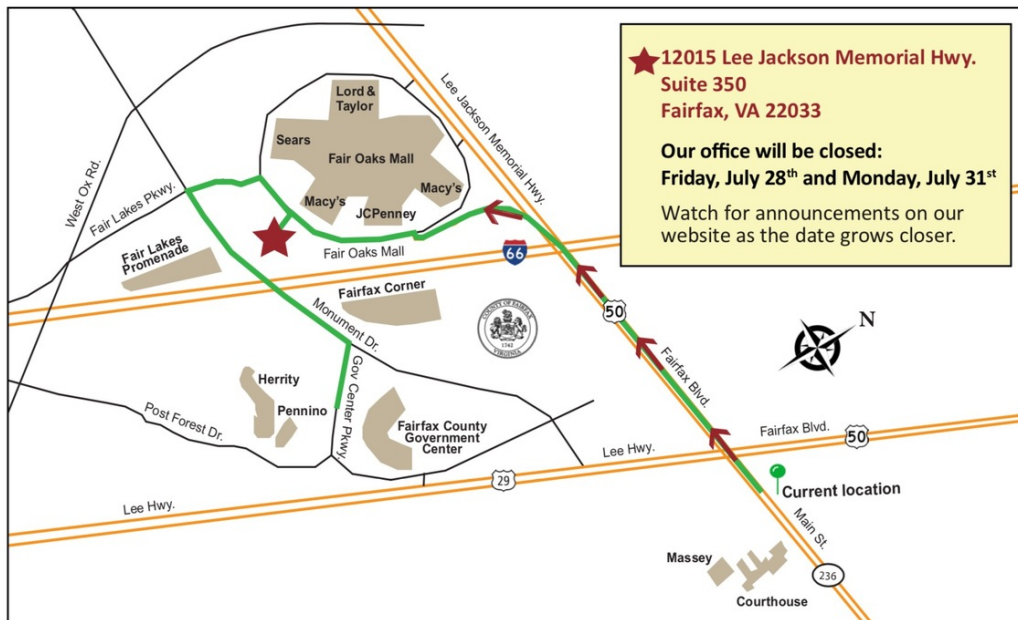
Volunteer Solutions is a participant in the FCREA Annual Senior Information Fair. We want to thank Ms. Tanya Erway and encourage any retiree with an interest in volunteering to contact Volunteer Solutions.
- The FCREA Hot Flashes Editor



We are moving August 1, 2017

Our office will be closed Friday, July 28th and Monday, July 31st

We will be open for business in our new location on August 1, 2017





Care and comfort at a moment's notice.

What Options Exist for Care?

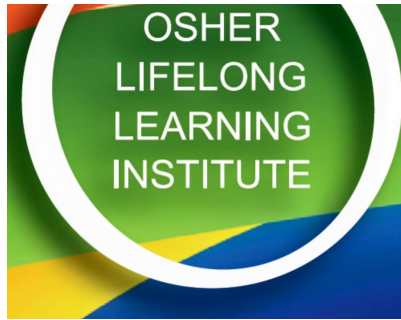
There is a wide array of care options available to seniors who need additional support, from staying in their own home to specialized facilities that provide round-the-clock care. For aging loved ones, staying at home has the advantage of allowing them to maintain their independence in a familiar place where they know neighbors and the community. The 'familiarity factor' is perhaps one of the biggest advantages to home care, and it can be especially beneficial for those who are in the early stages of dementia or Alzheimer's disease. It is ideal for individuals whose physical and medical needs do not require a high level of care yet, but who may need assistance with some basic daily living activities, or even 24/7 care and supervision. While making the decision to receive care at home is ultimately a very personal one, it is important to make a list of the care that your loved one needs and work together as a family with your home care provider to design a flexible and personalized plan that fits their specific care needs.

Tony Haney
Senior Helpers
thaney@seniorehelpers.com
703 940 1515

Senior Helpers was a participant in the FCREA Annual Senior Information Fair. We want to thank Tony Haney and encourage any retiree with an interest in care services to contact him.

- The FCREA Hot Flashes Editor





Osher Lifelong Learning Institute at George Mason

University, known as OLLI, enthusiastically participated in the FCREA's Senior Information Fair on May 17th. OLLI's mission, of promoting lifelong learning for active adults in northern Virginia, complemented perfectly the Fair's other participating organizations.

OLLI, a volunteer-run 501(c)(3) organization offers members an unlimited number of classes and activities in a welcoming social atmosphere ... including lectures, clubs, special events and other activities ... for one annual membership fee. There are no exams, no credits, no college degree required and no age threshold. Serving the NOVA community, OLLI holds classes in Fairfax (main campus), Reston, Loudoun and local churches. Our GMU association also includes university benefits: library privileges, discounted Mason gym membership and more.

Get more information at olli.gmu.edu, our office at 4210 Roberts Road, Fairfax, VA 22032, or at 703-503-3384.

-By Michelle Blandburg

The FCREA thanks Olli for being a participant in the FCREA Annual Senior Information Fair.



FAIRFAX COUNTY®
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FairfaxCU.org

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

Our Community Shred Day, which took place on April 20, was a huge success! Not only were we able to help protect our members from fraud and identity theft by shredding their personal documents securely, we contributed to the wellbeing of the environment as well! Thank you to all who participated - you helped make it such a success! Mark your calendars for our next Shred Event on *October 21, 2017. 9am-*

12pm.

Investment and Trust Management

Need assistance with Estate Planning, Trust Services & Investment Advice? Our partner, Members Trust® is here to help! Members Trust provides trust and investment services to credit union members throughout the United States. To make an appointment call 703.766.3155.

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!

Visit our website for details!

Fairfax County Federal Credit Union – FairfaxCU.org - 703.218.9900 opt.3



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](#).

Pamelia C. Ruth, retired from FCPA in 2010

Ray M. Birch, retired from the Dept of Finance in 1977

Sandra D Stone, retired from DVS in 2003

Jacqueline Pitkin, retired from FMD in 2010

Sharon K. Datillo, retired from Circuit Court in 2010

Anything you can do to help will be appreciated.

The FCREA uses 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. A lifetime membership is minimal, \$50. For a membership application [click here](#).

thank
you!

New Members

Dawn Brown – Retired from Human Resources

Mark Holsteen – Retired from the Park Authority

Johnnetta Jetten – Retired from Finance

Katherine Jordan – Retired from Tax Administration

Toni Ogurcak – Retired from DPWES/CAP

Bruce Schuette –Retired from Tax Administration

RETIREE





Share a Moment

Retirees Share A Moment

In this section we ask retirees to share any stories, anecdotes, recipes, 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.



Chuck Higdon and Marilyn Tanner enjoyed a tour of Great Britain and Ireland in May 2017. It started with a tour of London to include the British Museum, Windsor Castle and afterwards a dinner and cruise of the Thames.

We journeyed down to Stonehenge -constructed in 2500BC- and then on to Bath, home of the Roman baths built around 250AD. Amazing and very old architecture. Our tour continued into Ireland. The photo was taken in Killarney in front of one of Great Britain's many castle ruins. In Belfast we visited the Guinness Beer Brewery where, of course, we sampled the product and enjoyed a good dinner. Our next stop was Belfast and the Titanic Museum, an absolute highlight! Ironically, the Titanic was launched on May 31; 106 years to the very day we visited.

We crossed the Irish Sea and visited Edinburgh, Scotland, and the Edinburgh Castle built in the 12th Century and expanded and occupied by Robert the Bruce, whom they claim got a "bad rap" in the movie *Braveheart*. We rode on to Stratford-upon-Avon, with a visit to Shakespeare's home, and then back to London and

home.

We had a wonderful time and would recommend it to all!

FCREA Events ...



Keep in Touch Luncheons

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.





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. All FCREA members are invited to attend.

Hold the Date!

2017 FCREA Holiday Luncheon
Wednesday, December 20, 2017, 11:30 to 1

Condolences

John J. Harold, who retired from Fairfax County in 2003 passed away on June 20, 2017. His [obituary](#) was published in the Washington Post.

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 and/or address changes to):

Bobbie Deegan

4316 Knott Street

Beltsville, MD 20705

301-937-7070

BobbieDeegan@aol.com

Board Members:

Dorris Medlin

Kay Wintermoyer

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Sunshine:

Dolores Testerman

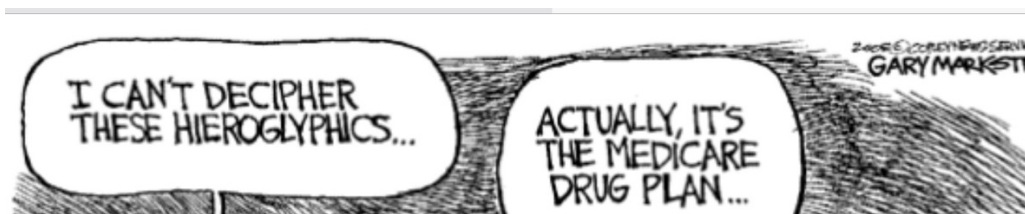
703-273-1295

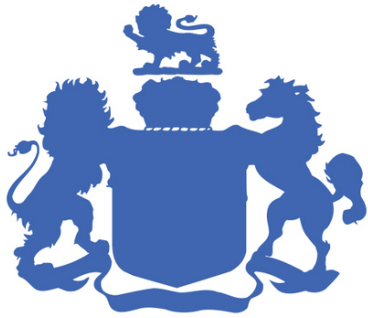
[Fairfax County Retirement](#)

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

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

[FCREA Website](#)





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