

HOT FLASHES

Fairfax County Retired Employees Association

September 2017



A photo of the Great Falls on an autumn day.

Chairman's Message

So how was your summer? Share your adventures in Hot Flashes. I hope your summer was relaxing, because we have a busy fall ahead of us!

Open enrollment for the County's health insurance plans will be here soon. If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources! In the next session of this news letter are the open enrollment dates and the meeting schedule. Please make sure you attend a session!

Speaking of Open Enrollment – the County Retirement Office has moved! Their new address is 12015 Lee Jackson Memorial Highway, Suite 350, Fairfax, VA 22033. Visit their website (www.fairfaxcounty.gov/retirement) for more information.

Our annual picnic will be on Thursday, September 27th at 11:30 AM in Nottoway Park on Old Courthouse Road in Vienna. Hot dogs will be provided by FCREA. Bring a side dish to share, and come enjoy a beautiful fall day with your friends! a

Our holiday luncheon will be on December 20th at The Waterford at Fair Oaks. We had a great turnout last year, and everyone had a great time. Let's have an even better turnout this year!

We regularly meet at the Keep in Touch luncheons on the third Wednesdays, the next two are September 20th and October 18th, at Pan Am Family Restaurant.

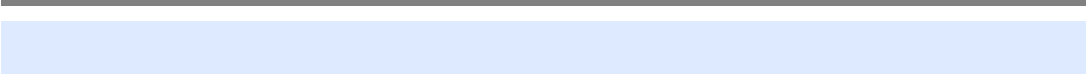
Finally, we are sponsoring a clothing drive, please bring ladies socks and/or glove; men's socks and/or gloves to the November Keep in Touch luncheon and December Holiday luncheon. This year we will be donating to the clothes closet for Facets.

There is more information on these events and others in another section of this newsletter.

That's all I have for this issue. Hope to see you at the FCREA picnic or a Keep in Touch luncheon.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association



2018 Open Enrollment Is Coming!



The 2018 Health Care benefits open enrollment season for Fairfax County employees and retirees will be between **October 2 and October 27**.

The FC Department of Human Resources has announced the open enrollment meeting schedule for retirees meeting with two differences in the retiree calendar this year. First, there will not be a retiree meeting at the Government Center. The main meeting will be at the **new location for the Retirement Administration Agency**.

The second difference is that this meeting will not have a health fair attached to it. The retiree health fair and flu shots will be at the [Fairfax County Federal Credit Union, Fairfax Branch](#) on October 17th, and reservations are not required.

Reminder postcards will be mailed to those retirees who live within travelling distance.

New Location for the Retirement Administration Agency office:

12015 Lee Jackson Highway, Suite 350

Fairfax, Va. 22033

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

RETIREE MEETING SCHEDULE			
Date	Meeting Type	Location	Time
10/2/2017	Meeting Only	Retirement Administration Agency Auditorium 12015 Lee Jackson Memorial Hwy Fairfax	10 am – 11 am
10/4/2017	Meeting Only	Centreville Library	1 pm – 3 pm
10/16/2017	Meeting Only	Sherwood Library	1 pm – 3 pm
10/17/2017	Health Fair & Flu Shots	Fairfax County Federal Credit Union 4201 Members Way, Fairfax	10 am – 2 pm
10/23/2017	Meeting Only	ACCA-CDC 7200 Columbia Pike, Annandale	7 pm – 8 pm

10 Habits for Better Sleep

Consistent, restful sleep is critical for a healthy life, but if you're not getting quality shut-eye, well, welcome to the club. One in three American adults doesn't get the minimum recommended seven hours of sleep per night, according to the Centers for Disease Control and Prevention, and insufficient sleep can lead to chronic diseases such as hypertension, diabetes, depression, and obesity. Making over your bedroom can help. "Your sleep environment can make or break your sleep quality," says Rachel Salas. "Things like light, temperature, or noise affect us." If you are sleeping but are still tired, or if you snore, this may suggest a red flag. "If you are not able to get to sleep within 30 minutes or can't go back to sleep within 30 minutes and you have some type of daytime problem—sleepiness, fatigue, memory and concentration issues—then it is worth seeking medical advice," Salas says.



1 / Books

Remove screens and blue light-emitting tech. Wind down with a book or magazine (but keep it a little boring—too exciting and it may keep you up!).

2 / Flashlight

Banish nightlights. Keep a flashlight next to your bed and use only when needed.

3 / Alarm Clock

Set the display to “dim” or face clock away from bed. If using a phone, flip it upside down. Artificial light disrupts the body’s sleep clock.

4 / Thermostat

Keep it cool. Most people sleep better at temps around 68 F.

5 / Window Treatments

Use room-darkening blinds or coverings to block external light.

6 / A Made-Up Bed

Research shows that people who make their bed every morning sleep better.

7 / New Pillows and Mattresses

Replace pillows every two years; mattresses every 10. This cuts down on allergen buildup.

8 / Pet-Free Zone

Pet movement and dander disrupt sleep. Keep pets out of your bed.

9 / Closets

If clutter stresses you, banish piles of clothes to the closet.

10 / White Noise Device

A steady sound can block out ambient variable sounds, like snoring. Skip expensive machines and try a fan.



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](#).

Sherman L. Johnson, retired from DPWES in 1994

Stewart Buckley, retired from FCPS in 1995

Ann Shifflet, retired from in 2011

Son N. Nguyen, retired from DVS in 2014

Monika M. Sullivan, retired in 1994

Anything you can do to help will be appreciated.

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



Retirees Share A Moment

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

For this issue of Hot Flashes we thank Jean Barkley for sharing her vacation with us.



After retiring in March, I set out the end of May on a 10 day trip to walk part of the Camino de Santiago de Compostela, the walk that was featured in the movie, "The Way." It is a very old pilgrimage route from France across northern Spain to

the cathedral in Santiago de Compostela. For those that walk 100 or more kilometers, or bike 200 or more, at the end of the route, you are eligible to receive the "compostela" which is a certificate from the cathedral itself, saying that you have made the pilgrimage. although it began as a religious undertaking, folks now do it for "spiritual" reasons, exercise, etc.

I was fortunate to go with a great group of people I joined up with in Madrid, via a British adventure travel company I have used for many years for other walking holidays. While I had been to Spain a couple times previously, I had never been to this part of the country, which is very lush, unlike the southern part of the country, Andalucia, famous for the Alhambra palace. The walks were lovely, and weather pleasant at that time of year, with only a few days of rain - typical of the more maritime climate of the area. We walked through many very small, old villages made from stone, and enjoyed excellent food - especially paella and other seafood dishes.

The photo is of one of the typical markers on the trail, which shows a yellow arrow and a scallop shell, the scallop being associated with the pilgrimage to the coast city of Santiago de Compostela. Each marker also lists how many kilometers it is from Santiago. Sadly, many of these have been removed, probably as souvenirs of the journey. All along the way, through cities and towns, the yellow arrows and scallops help you navigate the path.

After the organized 10 day trip, I ventured south from Santiago de Compostela on my own to a tiny city of La Guardia, near the Portugese border, to visit a large Celtic ruin, having been intrigued to find out during my initial research on the trip that the Celts had settlements in Spain, especially in the north and west. It was a beautiful, small town on a very picturesque rocky coast, with more wonderful food and memories.

Jean Bartley

Retired from the Community Service Board in March 2017.



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



To help you manage your finances more effectively, we will be introducing our **NEW** digital platforms for both Online Banking and Mobile App later this month!

What do we recommend you do to make the transition as easy as possible?

Verify that your contact information we have on file is correct as soon as possible

Once we launch our new platforms and you attempt to login for the first time, you will need to verify your identity by inputting a secure code. This code will be sent to you either by a telephone call, text, or email. Therefore, ensuring your information is up to date will make the transition super easy!

How do you verify your information is up to date? Don't worry, it's super easy!

Log into Online Banking from our website's homepage.

Click on Account Services and then My Profile.

Verify your telephone, cell phone and email are up to date. If they're not, go to the next step below.

What if your contact information is NOT up to date?

We are here to help. Call our member service department at 703.218.9900 opt. 3, and one of our call center representatives would be happy to assist you with making any necessary updates.

For members using PopMoney to make recurring transfers to other financial institutions

Our new platforms will allow you to transfer money to other financial institutions you have accounts with free of charge. If you currently have recurring transfers set-up with PopMoney, your transfers will no longer occur and you will need to set them up again within the new platform. Please allow additional time for this change to take effect as it may take up to 5 business days to set up external transfers.

We appreciate your support and your patience as we try to improve your digital

banking experience.



Mark your calendars and come to our **FREE Shred Day** on October 21, 2017, 9-12pm! Help protect yourself from fraud and identity theft by shredding your personal documents securely with TrueShred.

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. This is also a great opportunity to do some autumn cleaning of your file cabinets as well! Because the event is limited to a 3-hour window we are allowing no more than 5 boxes per person.



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 703.766.3156!

Visit our website, stop by a branch or call us for details! Fairfax County Federal Credit Union – FairfaxCU.org - 703.218.9900 opt.3.

FCREA Events.....

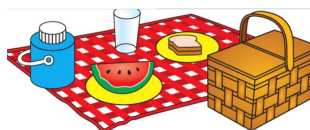


Keep In Touch Luncheon

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.

Please bring ladies socks and/or glove; men's socks and/or gloves to the November and December luncheon. This year we will be donating to the clothes closet for Facets.



FCREA Picnic

The FCREA picnic will be held at Nottoway Park on September 27th, between 11:

30 and 1:30.

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.

[Nottoway Park](#)

9610 Courthouse Rd
Vienna, VA 22181



2017 FCREA Holiday Luncheon

The annual FCREA holiday luncheon is scheduled for, Wednesday, December 20th, from 11:30 am to 1 pm, at the:

[Waterford near Fair Oaks Mail.](#)

12025 Lee Jackson Memorial Highway

Fairfax, VA 22033

Phone: (703) 352-3200

Reservations are required and retirees may bring guests.

Cost: \$25 per person

Make checks payable to: FCREA. Mail check and full names of attendees to:

Joyce Gerhart

3358 Taleen Ct

Annandale, Va. 22003

For more information, phone 703 560 4785 Joyce: ggerhart2@verizon.net.



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. All FCREA members are invited to attend.



Get Well messages for:

Thankfully, none to report.

Condolences

Gerri Buroker's sister passed away. Gerri retired from DASH in 2004. Please keep the family in your prayers.

Virginia (Ginny) Lumsden passed away on August 22, 2017. We pass along our condolences to her family and friends.

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

(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

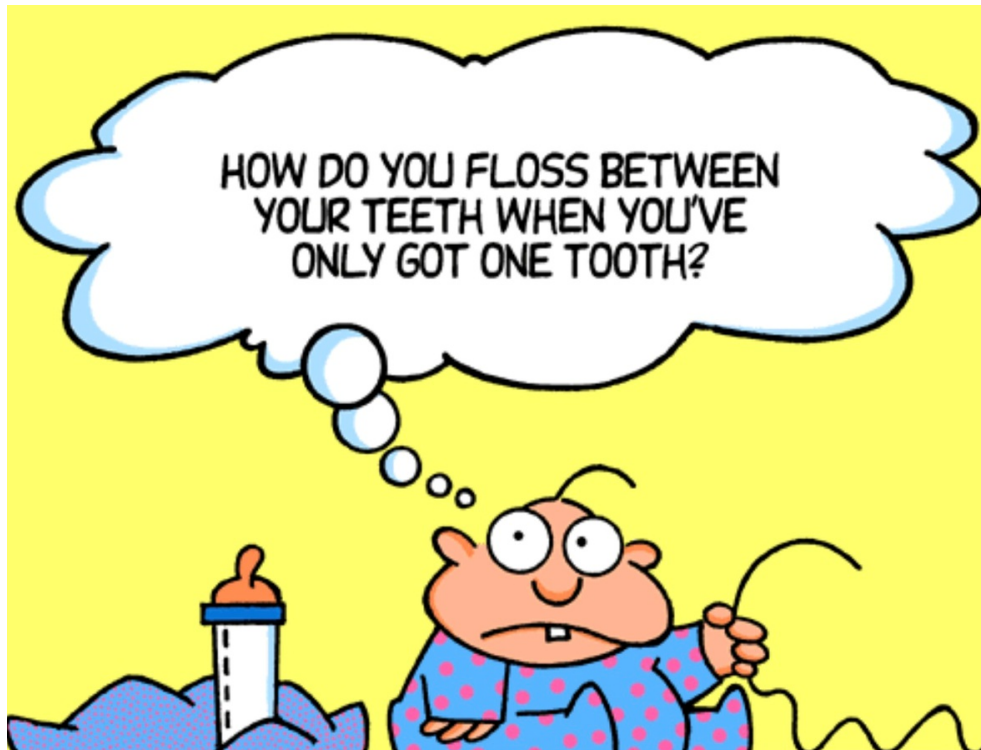
Fairfax County Retirement

12015 Lee Jackson Hwy , Suite 350, Fairfax, VA 22030
1-800-333-1633 or 703-279-8200

FCREA Website

And Finally ...





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