

HOT FLASHES

Fairfax County Retired Employees Association

November 2019

Chairman's Message

Our annual picnic on September 27th at Nottoway Park in Vienna had a smaller turnout than usual, but everyone who attended had a great time. Mary Weed and her husband happened to be in town and came by, and it was wonderful to catch up with their goings-on. We had beautiful weather and delicious food, too! I hope many of you will be able to make time to attend next year's picnic. It is so nice to enjoy the Great Outdoors in one of the county's lovely park settings.



Reminder – Joyce Gerhart is our Sunshine Chairman, and she hasn't been getting any news! If you know of a retiree who is ill or has passed away, please let Joyce know so she can send a card and spread the word. Joyce's phone number is 703-560-4785, or you can email her at ggerhart2@verizon.net.

Benefits Open Enrollment began October 15 and ends November 22. Make sure you review the materials and attend a briefing if you have any questions!

For our Holiday Luncheon, we will return to The Waterford at Fair Oaks, 12025 Lee Jackson Highway, Fairfax, VA, on December 18th at 11:30 a.m. The price for you is still just \$25; to keep it affordable, the Board again has agreed to make up the difference in the "price per head" out of our treasury. You will dine on a delicious buffet featuring oven-roasted turkey with bread stuffing and sliced roast beef. As those who have come in previous years can attest, this is a beautiful setting and the food is delicious. There's a variety of pies for dessert, and they go fast! Plus, there are no stairs to maneuver and Waterford staff will help those who need assistance negotiating the buffet line. To keep the cost of the meal down, we've guaranteed a minimum of 70 persons. That means that if only 60 people buy tickets, for example, we will have to take money for 10 more meals out of the treasury to bring us up to

the minimum. So invite your family and friends to join us at this fun event. They may win a door prize!

As usual for our holiday luncheons, we ask you to pay in advance. We've already paid a deposit to hold the date, and The Waterford requires the balance on the day of the event based on the final number of attendees we give them. So please send payment with your reservation to help us cover the cost "up front." Send your check to Joyce Gerhart, 3358 Taleen Court, Annandale, VA 22003. The due date for reservations is December 14th, so we can give The Waterford a final head count. If you have questions, please give Joyce a call at 703-560-4785 or email her at ggerhart2@verizon.net.

During the holiday months, it is an FCREA tradition to give back to the community. This year, we are collecting men's and women's socks for the needy. If you would like to observe the spirit of the holiday season by donating warm new socks, please bring them to our Keep in Touch luncheon on November 20th or to the Holiday Luncheon on December 18th. If you prefer to make a monetary donation, you may give it to our treasurer, Bobbie Deegan, and she will make sure it is forwarded.

Looking forward to 2020, please remember that NO ONE OWES DUES! Everyone is a lifetime member now. Treasurer Bobbie Deegan is very happy!

That's all I have for this issue. Don't forget to send Joyce your check for the Holiday Luncheon. I'll see you on November 20th at the Keep-In-Touch luncheon in Glory Days Grill.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Retirees Share..... ..

In this section, we ask you to share a story, anecdote, recipe, anniversary, travel tip, photo, health issue, etc., that you think may be of interest to other retirees. Please send them to [FCREA](#) and as space is available and relevant, they will be published.



Our thanks to Jane Copeland for the following.

In June, Human Resources retirees Joanne Stevens, Betty Marshall, and I, Jane Copeland, headed for France's Dordogne River Valley, about four hours southwest of Paris by train. It's a lovely area of medieval castles, vineyards, and prehistoric painted caves. Jane's friend, Danielle Guryansky, lives in Maryland, but she rents a house in



Betty, Jane, Danny and Joanne in the Dordogne Valley

the Dordogne every summer, taking in paying guests. As guide, driver, and most important, translator, Danny made our visit go smoothly. Our base for the week was Monpazier, a tiny and well-preserved 13th century village. Our stone house was 200 years old, but it had an IKEA kitchen!

Many of the surrounding towns were of a similar age, and each day a different town had a market on the square where vendors bring in vegetables, crafts, clothing, prepared food, and a wide range of other items. Driving from town to town we passed ancient stone farmhouses, golden yellow wheat fields, peach and plum orchards, and long rows of grape vines. We took a boat trip on the Dordogne River and visited Richard the Lionheart's castle (see below photo), Josephine Baker's chateau, and the famous cave paintings at Lascaux.

After our week in the countryside, our last three days were in Paris, braving the heat wave and riding the hop-on-hop-off boat on the River Seine. From the river, the fire damage to Notre Dame wasn't apparent, except for scaffolding on the roof. We went to the top of the Eiffel Tower, wandered through Hemingway's favorite bookstore, and visited the museum with Monet's waterlily paintings. There, we had lunch and shared a table with 3 other Americans, who turned out to know Betty's relatives. It's a small world after all.



Beynac, the castle at the top, was begun about 900 years ago during the feudal period, and fortified and enlarged throughout the Middle Ages and into the 17th century. They are trying to undo the "newer" part and have it look medieval. It was once owned by Eleanor of Aquitaine; her son Richard I of England (the Lionheart) lived there in the 12th century.

- Jane Copeland retired from DHR in 2001
 - Betty Marshall retired from DHR in 2012
 - Joanne Stevens retired from DHR in 2001
-

Recipe

Out thanks to Bobbie Deegan.

One of my volunteer activities for the past 13 years has been teaching English to Speakers of Other Languages for two hours every Tuesday evening. On the last night of the semester, we share a meal where everyone brings a dish. Last semester, one of our Chinese students provided the recipe for her delicious spring rolls. It's not hard to make, and the spring rolls are delicious. Enjoy!

CHUNHONG LI'S SPRING ROLL RECIPE

Ingredients

- ½ lb. ground beef
- 1 lb. pork sausage
- 1 onion, chopped very fine
- 2 carrots, chopped very fine

3 stalks of celery, chopped very fine
Soy sauce (usually not dark soy sauce)
Sesame oil
Salt
Black pepper
Ginger, minced
Spring roll pastry

Directions

In a bowl, combine the onion, soy sauce, sesame oil, salt, black pepper, and raw ground beef. Stir in one direction until mixed.

Fry the sausage and drain the grease. Add it to the mixture and stir.

Add the carrots, celery and ginger. Stir.

Add more soy sauce, sesame oil, salt and pepper to taste. (You get to experiment here.....)

Use a spoon to place a small serving of the mixture on the bottom corner of the thawed spring roll casing. Rub water on the top edge of the spring roll (so it will stay closed when rolled). Roll and fold tightly.

Fry in a pan, over medium heat, until well browned. You can deep fry it if you like, but this isn't required.

This will make 100 or more small spring rolls.

Open Enrollment

Fairfax County Government's 2020 Retiree Open Enrollment period will begin on **October 15, 2019** and run through **November 22, 2019**.



More information will be provided closer to the Fall timeframe! Communications will be sent to retirees in the form of post card mailing and Open Enrollment packet to the address on file.

Information will also be updated on the Benefits webpage at:

<https://www.fairfaxcounty.gov/hr/fairfax-county-benefits-summary>

Open Enrollment ends on November 22, 2019. Have you made your decision?

- Access 2020 plan information on the Fairfax County Government public website at www.fairfaxcounty.gov/hr/fairfax-county-benefits-summary. Here you can access the 2020 Retiree Benefit Guide, forms and information on who to contact for questions.
- Did you miss the meetings or live too far away to attend a local session? This year, the Benefits Division is hosting an Open Enrollment Webinar for retirees at 1 pm on November 6, 2019. Find information on how to access this online presentation on the public site listed above.
- Not making any changes? Want to keep your benefit elections the same? If you are not making changes, you do not need to submit anything to the Benefits Division.
- Remember - to maintain your enrollment in your retiree medical plan, the Benefits Division must receive proof of your enrollment in Medicare Parts A & B before the first day of the month in which you turn 65 or your earliest eligibility.
- Want to make a change effective January 1, 2020? Submit an Open Enrollment Form to the Benefits Division before 4:30 pm on November 22, 2019.

Also, note effective January 1, 2020, EyeMed will replace Davis Vision for the County's vision plan. Retirees who elect a Fairfax County Government medical plan are enrolled in and pay for a vision plan. As it was with Davis Vision, the premiums for the medical benefits plans and the EyeMed vision plan are combined.



Doctors On Call

How to see a doctor when it's convenient for you

Whether it's a late-night illness or you're not feeling well on vacation, all participants in a Fairfax County medical plan have access to telehealth providers day or night, weekdays, weekends and holidays. Through these services, you can speak with a doctor for help with minor acute conditions like flu, sinus infections, pink eye, strep throat, knee pain, migraines and more. Participants can choose to speak to a doctor via phone or video chat (FaceTime, Skype, etc.) and get the care you need – including most prescriptions.

Cigna participants can access telehealth through American Well® and MDLIVE®. Cigna participants who are primary with Medicare also can use Telehealth with MDLive. Amwell and MDLive are both quality national telehealth providers, so you can choose your care confidently.

Telehealth Visits are:

- Video-based consultations on your smartphone, tablet or computer
- Consultations with licensed and board-certified doctors
- Available 24/7/365
- Great if you are traveling or need medical care

Cigna Telehealth Connection

Request a consultation 24/7/365

 **MDLIVE**

AmwellforCigna.com **MDLIVEforCigna.com**
855.667.9722 **888.726.3171**

24/7/365 access to U.S. board-certified doctors



To access doctors:

- Download the Amwell or MDLive apps from the app store on your mobile device or tablet and register.
- Visit amwellforcigna.com or mdliveforcigna.com on your desktop computer or laptop and create an account.
- Or call the telehealth provider of your choice.

Fairfax County Government employees

Kaiser Permanente video visits
NO COPAY.

 Kaiser Permanente appointment line:
800-777-7904 (TTY 711).

 Learn more at kp.org. Search for
 "Mid-Atlantic video visit."

 **KAISER PERMANENTE**

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. 2019ML0490 4/1/19-3/31/19

Kaiser Permanente participants can have a “video visit” with a Mid-Atlantic Kaiser provider for no co-pay.

Register for one, or both today so you’ll be ready to use telehealth services when and where you need it.

Fairfax County Retirement Systems

We are looking for ways to improve the services we provide to the retiree members of Fairfax County’s three retirement systems. To better understand our retirees’ needs, we have developed an online survey. This particular survey focuses on the online system called Web Member Services (WMS) that retirees use to access their accounts and view their pay advice statements. The survey is available at the

following link:

[Fairfax Retirement Systems Survey](#)

We will use the results of this survey as we plan for upgrades and enhancements to our online system. In the future, we plan on using similar surveys to see how we are doing in other ways as well. We are posting this on our website as a link, but would really appreciate your:

1. Taking
the
survey
yourself
2. Sharing
it
with
other
Fairfax
County
retirees
3. Letting
me
know
if
there
are
other
ways
to
get
the
word
out

We will also be conducting focus groups with retirees to get similar feedback.



Jeff Weiler
Executive Director
Fairfax County Retirement Systems

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300

1-800-333-1633 or 703-279-8255

Email: jeffrey.weiler@fairfaxcounty.gov

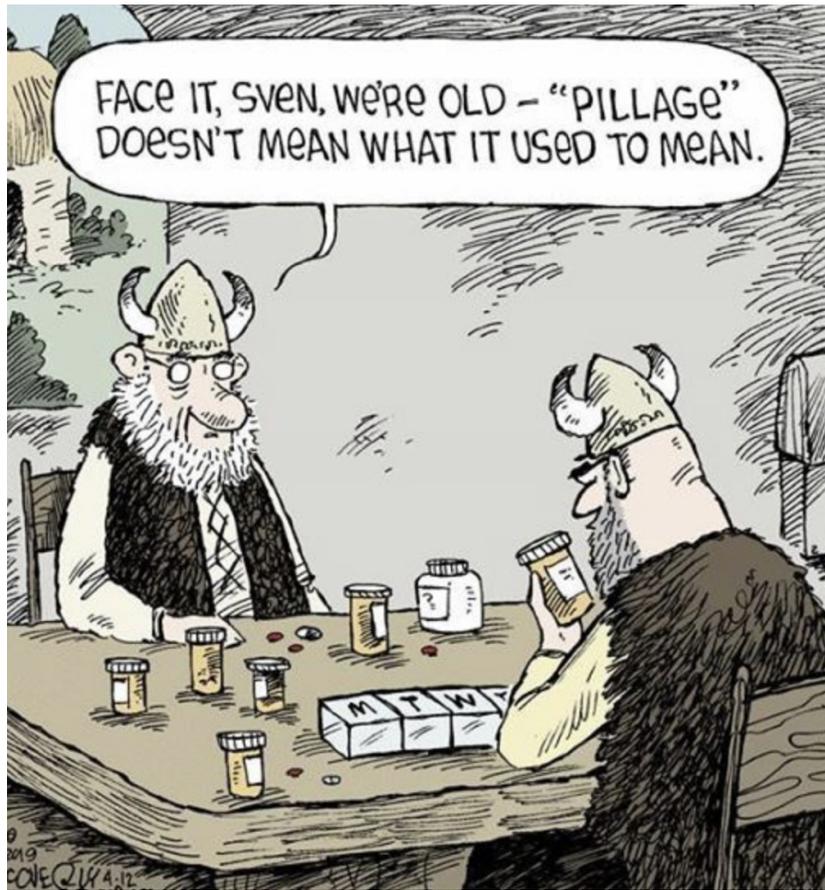


Vote in Virginia's November Election

The 2019 Virginia general election will take place on November 5, 2019. All 40 seats in the Senate of Virginia and 100 seats in the Virginia House of Delegates are up for re-election, as are many local offices.

Please remember to vote.

"We do not have government by the majority. We have government by the majority who participate." – Thomas Jefferson



Here's what's going on at Fairfax County Federal Credit Union!

Get Ready for our Next Adventure Together

For over 60 years, your support has allowed us to grow and improve the way we serve you.

Get Ready for our Next Adventure Together

For more than 60 years, your support has allowed us to grow and improve the way we serve you.

Unlike mega banks, our growth has flourished because of your loyalty, trust, and continued use of our products and services. Over the next few months, we will be transitioning into a new brand; something that's more befitting our diverse and growing community. We were **not** acquired, nor did we merge with another financial institution. We're simply updating our look so we can talk about ourselves in a fresh way that captures the possibilities that are built into what we offer.

Your account information, debit and credit cards, checks, and logins will continue to work without interruption. Our phone numbers will remain the same. Our website,

and digital platforms will be updated to our new look.

We are excited to start a new adventure together. Thank you for allowing us to guide you, and to be a part of your financial journey.

Accelerating Next,
Joe Thomas
President/CEO

Questions? We are happy to answer them. Call 703-218-9900 or email us at memberservice@fairfaxcu.org.



Check out the [Credit Union's Quarterly Newsletter](#) for current promotions, news and events.

Not a credit union member yet? You are eligible to join! Open an account today and start reaping the FCFCU's benefits!

Visit our website, stop by a branch or call us for details! FairfaxCU.org - 703.218.9900 opt.3. Federally Insured by NCUA. Equal Housing Lender.

FCREA Events.....



Keep In Touch Luncheon

The *Keep In Touch Luncheon* meets at 11:30 on the third Wednesday of every month (except May and December) at the Glory Days Grill, in the Pam Am Shopping Center.

The address is:
Glory Days Grill,

3059 Nutley St, Fairfax, VA.

[Map](#)

Phone: (703) 204-0900

We order from a menu and each person is responsible for his/her own meal, drink and a tip.

No reservations are required.



FCREA Holiday Luncheon

The annual FCREA holiday luncheon is scheduled for Wednesday, December 18th, from 11:30 am to 1 pm, at:

[Waterford Fair Oaks Mall.](#)

12025 Lee Jackson Memorial Highway

Fairfax, VA 22033

Phone: (703) 352-3200

Retirees are encouraged to 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 Joyce at 703 560 4785 or email her at

ggerhart2@verizon.net.

Reservation Deadline: December 14th

Help those in need during the winter months! Please bring men's and women's socks to our holiday luncheon. This year we will be donating to the [Lamb Center](#), which is a non-profit organization working to serve the poor and homeless.

FCREA Board Meetings

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

FCREA Membership



New Members

- Mary L. Adamchak, Retired from Dept. of Family Services on May 25, 2019
- Andrew Boyd, Retiring from Dept of Family Services on 12/23/19
- Marvis Marshall, Retired from Purchasing and Supply Management on Nov. 8, 2008
- Beckie McNair, Retired from Office for Children on March 5, 2019
- Fred R. Selden, Retired from Dept. of Planning & Zoning on Sept. 2, 2019
- Leonard Wolfenstein, Retired from Dept. of Transportation on August 19, 2019

To Join FCREA .. .

Any retired Fairfax County employee or surviving spouse is eligible to become a member of the Association. 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. The association has an Annual Membership Meeting in May and sponsors several events all year, to include monthly luncheons, a Senior Information Fair in May, an annual picnic in September, and a holiday luncheon in December.

Prospective members should contact [Bobbie Deegan](#). The cost of a lifetime membership is just \$50. For a membership application [click here](#)

FCREA Officers

Chairman: Pam Martin
703-323-4929

Past Chairman: Joe Blackwell

Vice Chairman & Sunshine Committee Chair: Joyce Gerhart
703-560-4785 or email: ggerhart2@verizon.net

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill and/or have passed away to Joyce.

Secretary & Hot Flashes Editor: Chuck Higdon
FCREA99@gmail.com

Treasurer & Membership: Bobbie Deegan
4316 Knott Street
Beltsville, MD 20705

301-937-7070 or email: BobbieDeegan@aol.com

Please send membership forms, dues and/or address changes to Bobbie.

FCREA Board Member: Randy Creller

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell
703-273-3216 or email: bpowe1@aol.com

[FCREA Website](#)

Fairfax County Websites of Interest

Fairfax County Retirement

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300
1-800-333-1633 or 703-279-8200

Fairfax County Benefits Summary - Active Employees and Retirees

Department of Human Resources Retiree Benefits list of [Who to Call Contacts](#)

And Finally

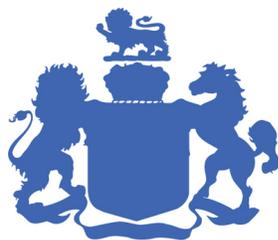
Creative Sculptures

De Vaartkapoen, Brussels, Belgium



Les Voyageurs, Marseilles, France





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**FEDERAL
CREDIT UNION**
FairfaxCU.org

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