

Hot Flashes

Fairfax County Retired Employees Association

September 2020

Chairman's Message

We all are going to remember 2020 as the Year of Covid-19! In a normal year, I would be writing about our upcoming annual picnic. No picnic this year! How have you been spending your summer "under cover?" Share your activities with your fellow retirees by emailing them to newsletter editor Chuck Higdon, at FCREA99@gmail.com.

In this email is information on Open Enrollment for 2021 Fairfax County-sponsored health insurance plans. *Note that Fairfax County has a new Health Care contract for 2021, so please review the article for changes.* In addition, if you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources!

Sadly, we have received word that The Waterford at Fair Oaks has filed for bankruptcy. Given that event and the likelihood that both Covid-19 and the flu may be circulating in December, we have decided to cancel our holiday luncheon for this year. It is a sad end to a difficult year. But we are looking forward to a happier and healthier 2021!

That's my "news" for this month. Until November, stay well and stay home!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Covid 19 Fraud Alert

Some retirees have alerted the FCREA Board Members to scams regarding covid-19 testing. According to the Office of the Inspector General, these "Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. **However, the services are unapproved and illegitimate.**"

Visit the Office of the Inspector General's [website](#) for more information.

Editor's Note: We occasionally receive comments that this newsletter does not display correctly. Unfortunately, different email providers can display the format differently. If this happens, please use the "web version" which can be found at the bottom of this email.

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 Ingrid Parris-Hicklin for the following:

As the Deputy Director for the Office of Public Private Partnerships, I met amazing people who were role models. They would unselfishly give their time, talent, and money to the community. Their stories were never on television. I decided if I was given the chance, I would have them tell their stories.



Gold Medal Olympian Benita Fitzgerald Mosley

After retiring in 2012, I went back to school at Fairfax Public Access (FPA) and learned the television business. After my training, I wrote a proposal for Ingrid's World Television show. As a result, Ingrid's World premiered in 2013 at FPA on Channel 10. Simultaneously, I established a television communications company called Ingrid's World LLC. To date I have produced 90 television shows composed of over 300 interviews. The shows can be viewed on television FPA Channel 10, Dish TV Channel 8, [Ingrid's World](#) and Ingrid's World, LLC YouTube Channel. In 2016 I was elected by the members of FPA to serve on the Board of Directors. It was a joy to work with 700 members committed to bringing public television to the

community.



US Ambassador (RET.) Scott DeLisi

I feel blessed that my work in television has been recognized. I was voted by FPA as one of the top winners for the best television special in 2016. In 2018, I won a People's Telly Silver Award. The Telly Award Honor video and television across all screens and receive over 12,000 entries from all 50 states and 5 continents. Beyond television, I serve as the Chaplain for the Old Dominion Chapter of the

Links, Inc. and am a member of the Rotary Club of Tyson's Corner. Recently, I have been appointed to the Board of Directors of Catholic Charities, Diocese of Arlington.

In summary, I thank my wonderful husband, family, and friends for supporting me. I am grateful to Fairfax County for not only giving me a fabulous career but being the inspiration for this second act in my life.

Ingrid retired from the Office of Public Private Partnerships in 2012.

Fairfax County Department of Human Resources

Health Care Benefits

The Fairfax County Government 2021 Open Enrollment period is right around the corner, and with our new contracts in place, there will be some changes in our plan offerings. In keeping with our long-term strategy, the Cigna Co-Pay plan will be closing to all participants on December 31, 2020. *All participants in the Co-Pay plan will be automatically mapped to the Cigna 90% Co-Insurance plan, with the option to elect coverage under one of the other plans offered.*



Cigna successfully bid on our contract for the administrator of our self-insured plans in the recent RFP process. They will continue to administer our self-insured Medical and Prescription Drug plans, as well as the Group Medicare Part D, EGWP

plan for Medicare eligible participants as well as one of our new Medicare Advantage Plans. The county also awarded a contract to United Health Care for a second Medicare Advantage Plan.

Plan participants under age 65 will have plan options of the Cigna 90% Co-Insurance Plan, the Cigna 80% Co-Insurance Plan, the MyChoice CDHP and the Kaiser HMO.

Medicare-eligible participants will have five plan options: either of the two Cigna Co-Insurance plans that are secondary coverage to Medicare, the Cigna Medicare Advantage Plan, the United Health Care Medicare Advantage Plan, or the Kaiser Medicare Advantage Plan. Please note that both the Cigna and United Health Care Medicare Advantage Plans are national plans and cover services anywhere in the United States.

The 2021 Open Enrollment Period for retirees will run from **November 2nd through November 30th, 2020**, with all elections and changes taking effect on January 1st, 2021. With the termination of the Co-Pay plan and the addition of the two Medicare Advantage plans, the Benefits Team will be hosting additional planning meetings (see below) prior to the beginning of the Open Enrollment election period. Each workshop will focus on one specific plan, to offer participants a more thorough understanding of the benefits offered in each plan.

We will continue with our usual open-enrollment style presentations in November, but they will be done virtually because the current health crisis does not allow for safely holding in-person workshops.

2021 Retiree Pre-Open Enrollment Plan-Specific, Virtual Education

Things are a little different this year. The Benefits Team is changing, too. We are redefining Open Enrollment and moving to a virtual format due to the current health crisis. But that doesn't mean we won't be here for you!

Before Open Enrollment kicks off on November 2nd, our Vendor Partners will be offering plan-specific workshops. Attend and discover more about each plan, including our new Medicare Advantage Plans, from the experts before attending a general meeting in November.

DHR will soon be sending out postcards, notices and packets on how to access these sessions.

Plan Specific, Pre-Open Enrollment Meetings for Retirees *Not* Eligible for Medicare

Cigna managed 90% and 80% Co-Insurances Plans	Thursday, September 17th	11 am
	Thursday, September 24th	7 pm
	Monday, September 28th	12 pm
Cigna MyChoice CDHP	Monday, September 21st	11 am
	Tuesday, September 29th	7 pm
	Friday, October 2nd	11 am
Health Savings Accounts presented by Cigna	Wednesday, September 23rd	12 pm
	Wednesday, October 7th	2 pm
Kaiser Permanente HMO	Tuesday, September 22nd	2 pm
	Wednesday, September 30th	7 pm

Plan Specific, Pre-Open Enrollment Meetings for Retirees Eligible for Medicare

Cigna True Choice Core Medicare Advantage Plan (PPO)	Wednesday, October 7th	10 am
	Thursday, October 15th	7 pm
	Tuesday, October 20th	4 pm
	Tuesday, November 17th	10 am
Cigna Rx Medicare (PDP) <i>Formerly known as Cigna HealthSpring</i>	Monday, October 26th	11 am
	Wednesday, November 18th	10 am
UnitedHealthcare® Group Medicare Advantage plan (PPO)	Thursday, October 8th	11 am
	Wednesday, October 14th	7 pm
	Monday, October 19th	10 am
	Tuesday, October 27th	4 pm
	Wednesday, November 4th	11 am
Kaiser Permanente Medicare Advantage Plan	Thursday, October 22nd	10 am
	Monday, November 9th	4 pm

2021 Retiree Open Enrollment General, County-Sponsored Meetings

County-Sponsored, Virtual Open Enrollment Meetings

Participants may access sessions via phone or online. Those who wish to join virtually will be able to view the presentation online and chat with presenters.

Presentations and information on how to access this sessions will be included in Retiree Open Enrollment Packets. More details along with Open Enrollment materials will be posted to our public site in October:

www.fairfaxcounty.gov/hr/fairfax-county-benefits-summary

Monday, November 2nd	11 am
Wednesday, November 4th	1 pm
Thursday, November 5th	4 pm
Tuesday, November 10th	11 am
Thursday, November 12th	1 pm
Thursday, November 12th	7 pm
Tuesday, November 17th	4 pm
Thursday, November 19th	11 am
Monday, November 23rd	1 pm
Monday, November 23rd	7 pm

In-Person, General Open Enrollment Meetings

Because the safety of our employees, retirees and citizens is a top priority, only two in-person sessions will be offered. Both meetings will be held in the Board Auditorium of the Government Center. Space will be limited.

Presentations and registration information will be provided in advance in Retiree Open Enrollment Packets. Note: Social distancing guidelines will be in place, and face coverings are required



Thursday, November 5th	11 am
Monday, November 16th	11 am



FLU VACCINES 2020

Fairfax County Retirees



**Appointments are required. No walk-ins. Temperature checks will be conducted.
Masks are REQUIRED at ALL times, at ALL events.**

Date	Location	Time
September 23	Maintenance & Stormwater Management	6:30 am-8:30 am
September 23	Vehicle Services, Newington	1:00 pm-3:00 pm
September 29	Fairfax County Courthouse, Lower Level, Cafeteria	11:30 am-1:00 pm
September 30	South County Government Center, Rm. 220	12:00 pm-1:30 pm
October 1	Herrity Building 106/107	2:00 pm-5:00 pm
October 2	DRIVE THRU: Luther Jackson Middle School	10:00 am-2:00 pm
October 7	Wastewater Collection	6:00 am-7:30 am
October 8	Government Center, N. Atrium	9:00 am-2:00 pm
October 13	Mason Governmental Center	12:00 pm-1:00 pm
October 14	DRIVE THRU: Government Center, Parking Lot B	10:00 am-1:00 pm
October 15	I-66 Transfer Station, Conference Room	9:00 am-10:00 am
October 16	Pennino Building, Room 734	10:00 am-1:00 pm
October 20	Government Center, N. Atrium	9:00 am-3:00 pm
October 21	Pennino Building, Room 734	1:00 pm-4:00 pm
October 22	DRIVE THRU: Government Center, Parking Lot B	10:00 am-1:00 pm

Fairfax County Government employees and retirees only. For more information and registration go to: [Flu Shots](#) (click on “Flu Vaccine Options for Retirees” in the drop down menu).

Email: Livewell@fairfaxcounty.gov or call 703.324.4556. Accommodations on request: 703.324.3311 (TTY 711)

LiveWell Programs for Seniors

Fitness Classes for Seniors: Join LiveWell for free, online fitness classes this fall. Each class series will span 6 weeks and will be conducted by instructors from Virginia Hospital Center, via Zoom.

- Gentle Yoga: Thursdays, 11 am-12 pm, September 10-October 15. Register at

Gentle Yoga

- Stretch & Strengthen for Seniors: Fridays, 10 am-11 am, November 6-December 11. Register at [Stretch & Strength](#)

Personal Safety Webinar: LiveWell will host an online webinar on personal safety, in partnership with Silver Shield, on November 6 from 10 am-11 am, via Zoom. Learn how to avoid scams and fraud, protecting yourself, and your personal information. Register online at [Personnel Safety](#).

LiveWell Programs are open to Fairfax County employees, retirees, and their household members. Email LiveWell@fairfaxcounty.gov or call 703.324.4556 with questions.

Volunteer

Election Officers Needed for the November 2020 Election.

The Fairfax County Office of Elections needs election officers to assist voters on election day, Tuesday, November 3, 2020.

New election officer training classes will begin online in September for the November General Election.

Fairfax County is the largest voting jurisdiction in Virginia, with 243 precincts countywide. **It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections.** In particular, bilingual Vietnamese or Korean speakers are needed in Annandale, Centreville, and Falls Church. Compensation begins at \$175. If you are a registered Virginia voter, consider applying today!

To apply: <https://www.vote4fairfax.com/apply/>. To ensure the best chance of a precinct assignment for the November 3rd General Election, apply by September 15th.

More information: <https://www.fairfaxcounty.gov/elections/officers/new-officers>

Vote on November 3rd

In Virginia, there are THREE options for voting:

**Vote in person on Election Day at your assigned precinct,
Vote absentee by mail, or
Vote absentee in person at any satellite.**



Vote In Person: Please note that Virginia law requires all voters to provide an acceptable form of identification at the polls. For more information on in-person voting at your assigned precinct, go to [vote on election day](#).

Vote Absentee: There are two ways to vote absentee in Virginia: in person and by mail. In 2020, the state legislature passed a law permitting any registered voter to vote by absentee ballot in any election in which he is qualified to vote and removed the list of statutory reasons under which a person may be entitled to vote by absentee ballot.

*Bottom line - You can request an **absentee mail-in ballot** or **vote absentee in-person** without an excuse or reason.*

Absentee Mail-in Ballots for the November 3rd General Election will be mailed to voters beginning September 18th. With unprecedented demand expected this year, apply now to be sure you receive your ballot and have your voted ballot received at the Office of Elections in time to count.

At this link, you can register to vote, check your registration status, and apply to vote by mail: [apply to vote by mail](#)

Key dates for Voting in Fairfax County

- * Sept 18: First absentee ballot mail-out
- * Sept 18: Early voting/absentee in-person voting begins at Government Center Pkwy, Fairfax, VA. There will be signs directing you to the location.
- * Oct 13: Voter Registration Deadline (In person/By mail 5 pm) (online: 11:59 pm)
- * Oct. 14 – 30 In-person absentee voting at 14 satellite locations.
- * Oct. 17, 24 and 31, In-person absentee voting on Saturday's at 14 satellite locations and the Government Center, 9 am to 5 pm

For the locations, times and more information on satellite in person voting go to the Electoral Board [Absentee Voting Website](#).

- * Oct 23: Deadline to apply for Absentee Ballot by mail, fax, online: 5:00 pm
- * Oct 31: Final day to vote absentee (early/in-person) 5:00 pm
- * Nov 3: Election day - 243 precincts will be open from 6 am to 7 pm
- * Nov 6: Deadline to return absentee ballot:12 noon, they must be postmarked by Nov 3, 2020.

Confirm your voter registration and polling location before the October 13, 2020 deadline. Due to the pandemic, some polling locations may have changed. For the latest voting information in Fairfax County, please visit: [Fairfax County elections](#).

All satellite and precinct locations will be following the latest CDC guidelines in PPE and social distancing requirements.

Written by Gordon Tillery for the Fairfax Lions Club newsletter. If interested in the Lions Club, go to [Lions](#)

Friends of the Fairfax County Animal Shelter



2020 Putting for Pets Captain's Choice Golf Tournament

- * Wednesday, October 21, 2020
- * Westfields Golf Club in Clifton, VA
- * Pre-Round Festivities and Breakfast 7:30 AM
- * Shot-Gun Start for Golf 8:30 AM
- * Senior Tees 60+

Awards and Lunch immediately following play

[Registration](#)

[Sponsorships](#)

Online Silent Auction



COVID-19 Physical-Distancing: We will take necessary precautions to adhere to Virginia's physical-distancing requirements. For example, we will hold pre-golf and post-golf events outside.

THE 2020 EARLY-REGISTRATION CHALLENGE: We are thrilled to announce that an extremely caring and generous donor has once again challenged Friends to register guests early. For every guest who registers and pays before September 15, 2020, Friends will receive from this anonymous donor an additional \$15.

End of an Era and an Icon in Fairfax City



The Massey Building – once the tallest building in Fairfax City – is now being demolished. For nearly half a century, it stood across from the county Courthouse. From 1969-92, it was the seat of Fairfax County Government, until the current county Government Center opened in Fair Oaks. It then housed the administrative offices of the county's Fire and Police departments.

But since the Massey Building's abundance of asbestos made it a health hazard to those working inside it – and the fire and police headquarters moved to a safe and modern home in a new building off Monument Drive – this 13-story structure is coming down.

Photo and article from the Fairfax Connection, August 2019



We're open – we're just doing things a little differently.

Updated Branch Hours & Closures

As we navigate the COVID-19 pandemic, NextMark continues to prioritize the health and safety of our members, our employees, and the community we serve. NextMark is ONLY serving members at its Drive-Thru Branch Locations and ATMs (see below). The Night Drop remains open at our Fairfax location.

We hope to re-open the Government Center and Herrity Branches in the near future.

DRIVE-THRU BRANCH LOCATIONS

Fairfax Branch: 4201 Members Way, Fairfax, VA 22030

Lobby Hours: M - F: 10am – 3pm, *Saturday, By appointment only.*

Drive Thru Hours: M,T,W,F: 9am – 5pm, TH: 9:30am-5pm, Sat. 9am-1pm.

Springfield Branch: 6506 Loisdale Rd., #100, Springfield, VA 22150

Lobby Hours: M - F: 10am – 3pm, *Saturday, By appointment only.*

Drive Thru Hours: M,T,W,F: 9am – 5pm, TH: 10:00am-5pm, Sat. 9am-1pm.

For faster service: Print and complete your [Deposit Slip](#) ahead of time. No worries if you don't, we have slips available for you at our branches and drive-thrus.

Online Banking and Mobile is the way to go

Our Online and Mobile Banking options are available 24/7. If you have not done so already, we encourage you to enroll today by clicking on the "Log in" button on our website (NextMarkCU.org). To access mobile banking, we invite you to download our NextMark Mobile Banking app from your App Store.

Deposit a check from the comfort & safety of your home

Get started by downloading the NextMark Mobile App from your App Store, then go to Transactions>Deposit Check and follow the instructions to take a picture and deposit your check right into your account. It's that easy.

Financial Relief Products

If you or someone in your economic household is experiencing a financial hardship,

we are here to help. Please visit our [COVID-19 resource page](#) for a detailed list of financial relief products, or email us at membersolutions@NextMarkCU.org.

Summer Shred Event – New Location

Our last Shred Event was very successful so we have decided to hold another in Sterling on **Saturday, August 29**. Join us from **8-11am at 21430 Cedar Drive, Sterling, VA** and bring your personal documents for shredding.

IMPORTANT: This is a first come, first served event and is open to the community. Once the truck is filled to capacity, the event will come to an end. To adhere to health and safety guidelines, please follow these instructions upon arrival.

1. Enter the parking lot and follow traffic instructions to the TrueShred truck.
2. When you arrive at the front of the line, we ask that you remain in your vehicle.
3. Open your trunk and the TrueShred attendant will remove your items to shred.
4. The attendant will return any plastic bags or large boxes to your trunk.
5. If you must exit your vehicle, please maintain a 6-foot distance and wear a face mask.

Thank you for helping us keep our community safe. We look forward to seeing you.

Note: Because the event is limited to a 3-hour window, we are allowing no more than 3 boxes per person (approximate box size is 10”H x 18”W). Plastic bags, bottles, cans, cannot be shredded. Please ensure these items are not mixed in with your paper items.

Check out our latest newsletter [here](#). We wish you a safe and healthy summer.

FCREA Events

All FCREA events are cancelled until further notice.

FCREA Membership



New Members

- * Donna Courain, Will retire from the Police Dept. on October 16,2020
- * Margaret “Peggy” DiVincenzo, Retired from Community Services Board in March 2012
- * Susan Fay, Retired from the Health Dept. on November 1, 2019
- * Emma Marshall, Retiring from Family Services/Foster Care & Adoption Program on October 23, 2020
- * Margie Milliner, Retired from the Health Dept. on December 30, 2017
- * Mitchell Ryan, Retired from Juvenile Court on March 13, 2020

To Join FCREA .. .

Any retired Fairfax County employee or surviving spouse is eligible to become a member of the Association. Our Hot Flashes newsletter provides 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.

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

Sad News



Virginia Hill's husband, George Henry Hill III, passed away on May 11, 2020. Virginia Hill retired from Family Services in 2004. For more information go to [obituary](#)



Blanche Goodheim Cohen, of Greenspring Village in Springfield, VA, passed away peacefully at home on July 8, 2020 – one month shy of her 96th birthday. Blanche retired from the Fairfax County Tax Office. For more information go to [obituary](#).



Edith L. Beyke (97) passed away on Tuesday, January 14, 2020 in Leesburg, VA. For more information go to [obituary](#).

Virginia Mahoney (retired from Electoral Board in 1985) lost her 97-year-old sister, Jean Wean, who lived in Timberville, Va., on July 2, 2020. For more information go to [obituary](#)



Kenneth McGlothlen Soter of Springfield, Virginia, age 95, died at Sunrise at Silas Burke House, Burke VA, on June 16, 2019. Kenneth retired from DPWES in 1989. For more information go to [obituary](#).

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 & checks, 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](#)

Finally... sign of the times



Next Mark

CREDIT UNION

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