

Hot Flashes

September
2021

Fairfax County Retired Employees Association

Chairman's Message

The last time I wrote, the Board of Directors was optimistic that we would be able to have our annual picnic in September and our Holiday Party in December. But if you watch the local news, you know that the delta variant of COVID-19 is on the rise in our area now. Some folks have gotten sick even though they were fully vaccinated. We don't want any of our fellow retirees to catch this bug, so the Board has decided that it would be best to cancel both events again this year and hope to have a big party in the spring when the weather warms and the flowers are in bloom!

Open enrollment for the County's health insurance plans will be November 1 – 19. If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources! Be sure to read the article below for details.

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

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Retiree enjoying retirement



In this section, we ask you to share something that 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 Miriam Morrison for the following:

Miriam Morrison on Green Pickleball Acres

Months before my November 2009 retirement, my husband and I set the wheels in motion to establish a small retirement farm in southern Virginia. In the summer before my final adieu from the Park Authority, we purchased a 24-acre farm in south central Virginia.

When we moved, I discovered Pickleball and quickly became a Pickleball addict.

With our four hands and a tractor, we built two miles of fences for our farm animals and two barns/garages, and we remodeled the house. We had a pond dug and we had a Pickleball court installed.



Miriam Morrison

We had our horses and several goats to manage undergrowth in the woods and keep up with the pastures. Soon, we became meat sheep farmers. Yes, lamb is delicious.

Four grandchildren have blessed my life immeasurably! The little children love visiting the farm

and I visit them often, too. I never imagined the joy of grandchildren. This is the best season of life yet!

Fast forward a few years and we have added organic meat chickens, turkeys and ducks for our table. We have fruit trees and vegetable gardens, and I have loved learning to cook and experimenting with fresh herbs and a wide array of spices with the organic foods we produce.

We've traveled to many places around the states playing in Pickleball tournaments, staying with friends and cooking in their kitchens. I've won a few gold medals and qualified for and played in the National Senior Games in



Miriam canning tomatoes



Virginia Commonwealth Games

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Pickleball

Miriam as the poster child for the State Games of America.

Birmingham, Alabama. I was the poster child for the State Games of America. To improve my Pickleball and grandma stamina, I mowed paths all around the farm and, on a dare, “trained” for a 10K. I ran two 10Ks and even won a Gold Medal in my age group! (Okay, it was a small group~)

Reading a variety of books and engaging in arts and crafts -making costumes, critters, cookies- are passions!

While the pandemic has shut the world down, we've been largely insulated at

our retreat in this rural community. When public Pickleball stopped, we continued to have fun with our dear Pickleball friends here on the farm.

I'm in a beautiful place with wholesome hobby-farm activities.

Grandchildren. Good friends. Pickleball. Good food. The good life.

November 2, 2021 - Fairfax County General Election

All registered voters may vote in this election. Polls are open from 6 a.m. to 7 p.m. on Election Day, November 2, 2021. If you are in line by 7 p.m., you will be able to vote. Not sure if you are registered? Please visit the [Virginia Department of Elections](#) website.

In-Person Early Voting:

First day of in-person early voting: Friday, September 17, 2021. Last day of in-person early voting: Saturday, October 30, 2021 at 5:00 p.m. [In-person Early Voting Information and Locations](#)

Vote by Mail:

Deadline to apply for a ballot to be mailed to you: Friday, October 22, 2021.

Return your Ballot: Your ballot envelope must be postmarked (or dated by delivery service) before 7 p.m. on November 2 and received in the Fairfax County Office of Elections by 12 noon the following Friday.

[Vote by Mail Information.](#)

For more information on Voting, click [here](#)

Ombudsman

The Northern Virginia Long-Term Care Ombudsman Program

The Northern Virginia Long-Term Care Ombudsman Program (NVLT COP) is a regional program sponsored by four local Area Agencies on Aging: Jurisdictions of Alexandria, Arlington, Fairfax, and Loudoun. The NVLT COP advocates for improving quality of care and quality of life for individuals receiving long-term care services.

The program resolves complaints through counseling, negotiation, and investigation. It provides one-on-one consultation, educates the community about long-term care issues, and provides facility consultation and training. Currently, the region has 133 facilities with a licensed bed capacity of almost 12,000.

Volunteers play a critical role for the NVLT COP. Currently there are 32 volunteer ombudsman advocates on-site at an assigned assisted living or nursing facility. The extensive training and certification process includes three days of training and a background check. Additionally, volunteers must attend Ombudsman Program continuing education training to maintain their certification.

If you are looking for an important and rewarding opportunity to help those in need, please consider being a volunteer ombudsman. Find out why so many of the volunteers say, "I receive so much more than I give!"

To learn more about becoming a volunteer ombudsman, please contact Camden Doran, at 703-324-5861, TTY 711 or NVLT COP@FairfaxCounty.Gov.

The Golden Gazette devoted an entire special edition to the Ombudsman program. View it [here](#)

Live Well

MotivateMe Rewards

If you are enrolled in an eligible county health plan, you could be earning up to \$200 each year for participating in healthy activities like getting your annual physical, taking the online health assessment, receiving the COVID-19 vaccine, and more!



Don't wait--while the deadline for all rewards to be posted to mycigna.com or submitted via Kaiser passport is December 31st, it can take several weeks for

your claims and activities to process. Only activities posted by December 31 will be applied.

Listen to the latest recording of the MotivateMe overview for the most up-to-date guidelines and eligibility criteria: <https://tinyurl.com/motivatemejuly2021>

Are you a MotivateMe participant who had an annual physical or cancer screening that was fully covered by Medicare? If so, send documentation (EOB, doctor's note, etc.) of your exam to LiveWell@fairfaxcounty.gov by December 31 to receive credit for those activities.

Stay informed about LiveWell's upcoming programs and events by registering to receive our monthly newsletter <https://tinyurl.com/38bd5yzw>. A few highlights coming this fall are flu vaccines, Self-Care September, Walktober, virtual fitness classes, and much more. Email us at LiveWell@fairfaxcounty.gov for any questions or concerns or call 703-324-3311 and ask for LiveWell.

Looking for a healthy recipe? Enjoy this Banana Pancake recipe from our recent "Breakfast of Champions" webinar.

Healthy Banana Pancakes- by Ann Keating

Ingredients:

- * ½ cup quinoa, rinsed
- * ¼ cup almond flour
- * 2 teaspoons baking powder
- * 1-2 Tablespoons maple syrup
- * ¼ cup water
- * 3 medium bananas
- * 1 teaspoon vanilla

Directions:

1. Put all ingredients in a blender starting with the fruit, water, and maple syrup. Process until smooth.
2. Cook pancakes in a lightly greased pan over medium/medium low heat 3-5 minutes per side.

Recording of the live class: <https://tinyurl.com/58n85ax8>

Open Enrollment

Fairfax County Government's Open Enrollment for Retirees will be **November 1 through November 19, 2021**. Plan changes will be effective January 1, 2022. Here are a few things you should know:



* Retirees will continue to be offered several plan choices, depending on where they live and their Medicare eligibility status. Retirees can choose from Cigna MyChoice CDHP Plan, Cigna 90% and 80% Co-Insurance Plans, Cigna True Choice Core Medicare Advantage Plan, UnitedHealthcare Group Medicare Advantage Plan, Kaiser Permanente HMO, and Kaiser Medicare Advantage Plan.

* Retiree Open Enrollment packets are scheduled to be mailed and posted to our public website in mid-October. New rates and plan details will not be released until then.

The Benefits Team will be mailing postcards and working with our partners to keep retirees informed about events and educational opportunities as we approach Open Enrollment. Don't forget to make sure your address is up-to-date with the Benefits Division and to sign-up for LiveWell's Retiree Listserv. To keep up with the latest in events and benefit news, add your email by contacting the LiveWell Team at LiveWell@fairfaxcounty.gov.

* Want to get a jump start? Talking to your doctors and other providers is a great place to start but you also can learn more about the medical plans offered by visiting our public website. Under 2021 Retiree Health Benefit Information, you will find contact numbers for our current vendors and videos from last year's plan-specific sessions. While there will be a few changes in the offerings, the details on how the plans work and what you should know are still relevant. Also, keep an eye out for our new, more user-friendly retiree website launching just in time for Open Enrollment.

* In November, we will offer the opportunity to meet one-on-one with medical plan representatives. Retirees will be able to schedule 20-minute private consultations to review plan specifics, provider networks, and coverage services. Sessions will be limited and available by appointment only. More details to come.

The Benefits Team plans to offer a limited number of in-person events for Open Enrollment, but will continue to offer a variety of virtual sessions covering general benefit topics and specific medical plans. All in-person events and individual appointments are subject to change based on CDC guidance and changing COVID restrictions.

Volunteer

Vietnamese and Korean Speakers Needed as Election Officers for the November General Election

The Fairfax County Office of Elections needs additional bilingual election officers to assist voters for the General Election to be held on Tuesday, November 2, 2021 and in future elections.

Specifically, individuals who speak Vietnamese and English fluently or Korean and English fluently are needed to serve in Annandale, Centreville, Chantilly, and Falls Church.

You will perform all regular election officer duties, including assisting most voters in English, but will be assigned to precincts with a significant number of voters who may primarily speak Vietnamese or Korean. To serve as a designated bilingual election officer, you must also complete a short oral language skills assessment.

Fairfax County is the largest voting jurisdiction in Virginia, with 247 precincts countywide. It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections. Compensation begins at \$175 and training is provided online for new officers.

To apply: <https://www.vote4fairfax.com/apply> (be sure to indicate if you speak Vietnamese or Korean)

Please apply as soon as possible, but no later than Monday, September 13, 2021.

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

Volunteer Solutions

Would you like to explore ways to improve the lives of older adults, adults with disabilities and family caregivers? Volunteer Solutions offers volunteer opportunities to help in one-on-one or group settings.

Here are a few examples of how you might make a positive difference:

- * Take someone grocery shopping or drive them to a medical appointment.
- * Provide friendly conversation or play cards with someone who would enjoy socializing.
- * Visit with a Meals on Wheels recipient at lunchtime and help reduce social isolation.
- * Share your love of pottery, crafts, sewing, painting, music, dance, yoga, other fitness exercises and more, with a group at a Fairfax County Senior Center.

Go to bit.ly/VSVOLOPPS for Volunteer Solutions' latest volunteer opportunities. Email VolunteerSolutions@FairfaxCounty.gov or call the intake line at 703-324-5406 with questions.



Live more awesome.

As we continue to navigate the COVID-19 pandemic, NextMark will prioritize the health and safety of our members, our employees, and the community we serve.

Branch Hours & Closures

We continue to update operating procedures based on CDC guidelines and recommendations in order to maintain a safe branch environment for our staff and visitors.

OPEN BRANCHES

Fairfax Branch: 4201 Members Way, Fairfax, VA 22030

Lobby Hours: M, T, W, F: 9am – 5pm; TH: 9:30am - 5pm

Sat: 9am – 1pm

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, T, W, F: 9am – 5pm; TH: 10am -5pm

Sat. 9am – 1pm

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

Government Center Branch: 12000 Government Center Parkway, Ste. 266, Fairfax, VA 22035

Lobby Hours: Monday ONLY: 8am – 4pm

T, W, TH, F, Sat: CLOSED

On weeks when the branch is closed on Mondays due to Federal Holidays, it will open on Tuesdays.

We hope to re-open the Herrity Branch in the near future.

Online and Mobile Banking are 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 Banking 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. Email us at membersolutions@NextMarkCU.org to schedule an appointment with one of our financial guides to discuss NextMark’s financial relief products.

Check out our latest newsletter [here](#)

Sad News

Ellen Posner passed away on June, 30, 2021 after a short illness. Ellen retired from the Office of the County Attorney in April 2012. She then went to work for the Dept of Transportation and left in November 2020. View her [funeral service](#).



Lt. Col. Armand Eugene "Mal" Malo passed away on August 6, 2021. Mal retired as the Director of the Department of Procurement and Material Management in 2002. [Obituary](#)

On a personal note, I worked with Mal for my entire career with Fairfax County. He was a special, engaging, effective manager and a friend.
-Chuck Higdon, FCREA Hot Flashes Editor

Diane Stanley's husband, David Lee Stanley Sr., passed away on August 4, 2021. Diane retired from Circuit Court in 2000. [Obituary](#)



FCREA Events

All FCREA events are cancelled until further notice.

FCREA Membership

New Members

* Beverly Black, Retired from Neighborhood and Community Services on 12/17/2017

* Ruth C. Patel, Retiring from Information Technology on 9/14/2021

* Andrea "Andy" Showers, Retired from Information Technology on 7/16/2021

* William K. Strobel II, Retiring from Community Services Board/Behavioral Health Outpatient Program on 10/01/2021



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 during the year.

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

FCREA Members Information.

For a list of FCREA Board Members: [Board](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill or have passed away to Joyce Gerhart: 703-560-4785 or ggerhart2@verizon.net

Please send address changes to Bobbie Deegan: 301-937-7070 or BobbieDeegan@aol.com

[FCREA Website](#)

[Fairfax County Retirement](#)

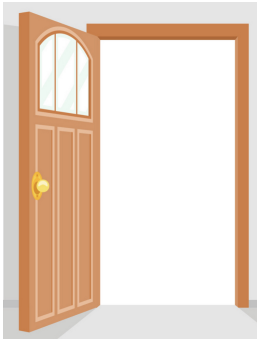
12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300
1-800-333-1633 or 703-279-8200

Fairfax County Retirement Web Member Services: [website](#)

Fairfax County Benefits Summary - [Retirees](#)

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

Finally... a door



Ever walk into a room with some purpose in mind, only to completely forget the purpose? Turns out doors themselves are to blame for these memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an Event Boundary in the mind separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

Thank goodness for studies like this. It's not your age, it's the door.



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