

HOT FLASHES

Fairfax County Retired Employees Association

January 2017



Eight Presidents were born in Virginia, more than in any other state. Click on image for more information.

Chairman's Message

We had a great turnout for our holiday luncheon at The Waterford at Fair Oaks on December 21st. Everyone seemed to have a good time. Many thanks to those of you who brought hats, gloves, or scarves to share with adults in need. Our donations were delivered to The Lamb Center.

A very special thank you and a big hug go to Tony Poe, who took four of our purple tote bags and turned them into colorful, one-of-a-kind door prizes. Thanks for sharing your time and your talents with your fellow retirees, Tony! They looked awesome.

Planning is underway for this year's activities. Mark these tentative dates on your calendar NOW to "save the date:"

Wednesday, May 3rd, 10 AM: Our annual meeting, usually held in the Government Center. Come vote for the new Board members and find out what our COLA will be.

Wednesday, May 17th, 10 AM – 2 PM: Our 6th annual Information for Seniors Fair, at American Legion Post 177. (This event will replace the KIT luncheon that would normally take place that day). Last year's participants included the Retirement Office and Benefits staff, a funeral home, the credit union, the library system, and Osher Lifelong Learning Institute, and offered a variety of free health screenings. What other organizations would you like to see included? Share your suggestions with a board member or [email](#) them to us.

You should receive your 1099-R tax form from the Retirement Office by January 31st. If you moved during 2016, contact the Retirement Office at 703-279-8200 and make sure they have your correct address!

That's all for this issue. See you at lunch on January 18th!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Talk the Talk in a Coffee Shop

LiveWell, Fairfax County Government's wellness program, is here to provide programs and information, and tips to keep

retirees healthy all year long. In this article, learn more about one of everyone's favorite beverages- coffee!

Most of us prefer to start our day with a kick of caffeine, but with so many beverage options in our favorite coffee hot spots, the menu can be overwhelming! Know what you are getting before you order with these helpful explanations of some of the most popular choices.



Basic Choices

- Drip: The most traditional choice. Heated water that has been run through coarsely ground coffee, usually weaker than espresso.
- Shot: A single serving of espresso, made when high-pressure, fairly hot water is forced through finely ground coffee to produce a strong, small sized brew.
- Beans: As a general rule, there are two types: Arabica (that is, originally from the Arabian peninsula) and canephora (sometimes called "robusta").
- Grind: How the beans are processed right before they're brewed, finer grinds for espresso, coarser for percolators and drip coffeemakers.

Coffee Glossary

- Americano: a shot of espresso mixed with hot water.
- Café au lait: Coffee mixed with steamed or scalded milk .The coffee itself may or may not be espresso.
- Caffè latte: Espresso with steamed milk, sometimes just called "latte" (lah-TAY).
- Cappuccino: Like caffè latte, except with less milk and more foam on the espresso.
- Crema: The creamy layer on top of a shot of espresso. It's an emulsion of coffee oils and water; it will eventually dissolve back into the shot.
- French press: A preparation method that involves mixing coarse grounds and hot water together directly. The "pressing" comes when the grounds are filtered out via a metal strainer, which is plunged down through the mixture, leaving them at the bottom of the container.
- Iced coffee: Drip coffee poured over ice. Make sure to specify unsweetened, many

coffee shops use a pre-sweetened coffee mixture.

- Mocha: One-third espresso, two-thirds steamed milk, with the addition of chocolate syrup.

- Skinny: Any coffee drink made with nonfat milk, as in a “skinny latte.”

Amanda Cohill
Fairfax County LiveWell Coordinator

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. – World Health Organization Constitution, 1948

Retirees Benefits Focus Group



The Retirees Benefits Focus Group's next meeting is scheduled for January 2017.

If you have any ideas about what the County's HR Department can do to improve service or communications with retirees, please send them to [FCREA](#) or send them to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure they get Chuck Higdon. Your suggestions will be forwarded to the focus group.

New Year Benefits Reminder

Open Enrollment was another great success this year and many of you were able to attend one of the various Retiree-specific meetings held this year. Remember that any changes you made during Open Enrollment will go into effect on January 1, 2017. New medical cards should have arrived in the mail in late December. If you are Medicare-eligible and enrolled in one of the County's Cigna health insurance plans, you will receive two cards for medical care, a Cigna card for medical care and a HealthSprings card for prescriptions.

Lea E. Anderson
Senior Benefits Specialist
County of Fairfax - Department of Human Resources



Volunteer
Solutions

Volunteer Opportunities...

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 often-isolated individuals remain in their communities by delivering meals with

“Meals on Wheels,” doing grocery shopping, running errands, taking 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. For more details on these opportunities and several more, go to FairfaxCounty.gov/DFS/OlderAdults and click on “Volunteer Solutions”. If you have questions, call 703-324-5406, or email Volunteer Solutions

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

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](#).



Gary N. Quinn, retired from DIT in 2011
Pamela C. Ruth, retired from FCPA in 2010
Sandra D. Stone, retired from DVS in 2003
Jacqueline B. Pitkin, retired from FMD in 2010

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](#). An annual membership is \$5, while the cost of a lifetime membership is minimal, \$50. For a membership application [click here](#).

Please help expand our membership

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.

RETIREE



Share a Moment

For this edition of Hot Flashes, we share a favorite recipe from the editor.

How to Make Peanut Brittle

This simple peanut brittle recipe will make a perfect gift!

1. Grease a large baking sheet. On a separate baking sheet, heat nuts in a 400° oven for 5 minutes.

2. Meanwhile combine sugar and water in a medium saucepan. Cook over medium heat, swirling pan often until mixture is a medium caramel color.

3. Stir in butter and salt and raise heat to medium-high. Stir in nuts, and when they are evenly coated with caramel, tip them out onto the greased baking sheet. Let cool on baking sheet until set and hard - at least one hour.

4. Break or cut brittle into pieces. Store in lidded container. Brittle will keep, covered, at room temperature, at least 3 weeks.

5 Enjoy.



1 pound of skinless roasted peanuts; 1 cup of unsalted butter; 1/2 teaspoon fine salt; 1 cup of water; 3 1/2 cups of sugar;



Free Financial Educational Sessions – Presented by the Fairfax County Federal Credit Union



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 listed below 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!

As always, thank you for your continued support, and for being such loyal advocates of Fairfax County Federal Credit Union!

- Thursday, January 19, 2017 12-1pm
Navigating your way to Better Money Management
- Thursday, February 16, 2017 12-1pm
Score More with Good Credit
- Thursday, March 16, 2017 12-1pm
Erasing Debt and Becoming Financially Free

Presented by Shannon Lindstrom, Financial Counselor

**Location: Fairfax County Federal Credit Union
Members Way Branch**
4201 Members Way
Fairfax, VA 22030

RSVP to FinancialEducation@fairfaxcu.org or call 703.218.9900 ext. 1128

Marella Nardotti, MBA, NMLA
Vice President of Marketing
Fairfax County Federal Credit Union
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FCREA Events.....

Keep In Touch Luncheon

The FCREA *Keep in Touch Luncheons* are held 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 meal, drink and a tip.



The *Keep In Touch Luncheon* meets the third Wednesday of every month (except May) at 11:30.

Please call Dorris Medlin at 703-256-6379 if you plan to attend.

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 at the Government Center. All FCREA members are invited to attend.



Save the Dates!

Wednesday, May 3, 2017

Annual Meeting at the Government Center: we will announce the 2018 FC Retirees' retirement pension cola, and have presentations by Board of Supervisors Chairman Sharon Bulova and other County Staff.

FCREA Board members will also be elected at the annual meeting. To that end, we are looking for Fairfax County retirees who would like to volunteer to join the FCREA Board. If interested, please [email](#) us!

Wednesday, May 17, 2017

Annual Senior Information Fair at the American Legion in Fairfax City

Wednesday, December 20, 2017, 11:30 to 1

2017 FCREA Christmas Luncheon

Please put these dates on your Calendar



Get Well messages for:

Stanley Miller, who retired from DPWES in 1995, is dealing with some health issues.

Condolences

Membership Chairman Bobbie Deegan is sorry to report the passing of Terri Scuderi. Terri retired from the Department of Human Resources' Payroll Division in 2014.

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/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](#)

And Finally..

On Habits

"The chains of habit are too weak to be felt, until they are too strong to be broken."

~Samuel Johnson

"We make our habits and then our habits make us."

~John Dryden

"Habits are like a comfortable bed, easy to get into but hard to get out of."

~Anonymous

"A long habit of not thinking a thing wrong, gives it the superficial appearance of being right."

~Thomas Paine

"A habit is something you can do without thinking — which is why most of us have so many of them."

~Frank A. Clark

"The second half of a man's life is made up of nothing but the habits he has acquired during the first half."

~Feodor Dostoevski

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Hilarious health advice from yesteryear.

- *Ask the past: Pertinent and Impertinent Advice from Yesteryear* by Elizabeth Archibald



How to Give Up Wine, ca 1658

"If you would refrain, and abhor Wine and strong drink.... let three or four live eels, put into the Wine, stay there till they die. Let one drink of this Wine, who is given to drunkenness, and he will loathe Wine, and always hate it, and will never drink it again: or if he do, he will drink but little, and with much sobriety.

Another way: wash a Tortoise with Wine a good while, and give one of that wine to drink ... and you shall see a wonderful virtue." -*Natural Magick*



How to Protect Against Disease, ca. 1470

"Anyone who can ride a bear the distance of nine paces without faltering will be immunized against nine kinds of sickness." - *The Distaff Gospel*



How to Lose Weight, ca. 1330

“They should eat foods of little nourishment, great bulk, and quick digestion, and often bathe before they eat. They should eat many vegetables with sharp vinegar dressings. Sleeping little and in a hard bed, frequent sex, and spending time in the sun and in warm houses all make a fat body become slender.” —*Maino de' Mainieri, Regimen sanitatis*



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