

HOT FLASHES

Fairfax County Retired Employees Association

November 2018

Chairman's Message

It was great to see so many of you at our annual picnic on September 27th at Nottoway Park in Vienna. We had beautiful weather and delicious food! Many thanks to Joyce Gerhart for grilling the hot dogs. Thanks also go to Martha Collier for generously storing all of the picnic supplies in her home for many years. Martha is in the

process of downsizing, and has passed this task on to Joyce Gerhart for now. Thank you, Joyce, for taking over this responsibility at the picnic.



Fall Foliage in Virginia

Speaking of changing roles – Joyce Gerhart also is our Sunshine Chairman now, 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. If you prefer, you can email her at GGerhart2@verizon.net.

The Benefits Open Enrollment briefing at the credit union on October 15th was well-attended – too well, actually! There wasn't enough parking for retirees and credit union members wanting to transact some business. The FCREA Board, Benefits staff and credit union will work together to see how we can improve things next year. The Health Fair/Flu Shot Clinic on October 22nd should go more smoothly, since it takes place over a four-hour period.

Our next function will be the bus trip to Sight and Sound Theatre in Lancaster, PA on November 14th. There is still room on the bus, if you would like to go. Contact travel coordinator Betty Powell at 703-273-3216 or email Betty Powell for details. Thank you, Betty, for making all the arrangements!

If there is another activity you would like the retirees to do, please let Betty know.

For our Holiday Luncheon, we will return to The Waterford at Fair Oaks. 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. There’s a variety of desserts, 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. So invite your family and friends to join us at what is always a 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 two size-able deposits to hold the date, and The Waterford requires the balance on the day of the event based on the final number of attendees. You will find reservation information elsewhere in this newsletter. The due date for reservations is **December 12th**, which is when we must give The Waterford a final head count.

During the holiday months, it is an FCREA tradition to give back to the community. This year, we are collecting non-perishable canned and boxed food for Fairfax F.I.S.H. (See article below). If you would like to observe the spirit of the holiday season by donating, the FCREA will collect the goods at our Keep in Touch luncheon on November 21st and the Holiday Luncheon on December 19th. If you prefer to make a monetary donation, you may give it to our treasurer, Bobbie Deegan, and she will make sure it gets to Fairfax F.I.S.H.

Looking forward to 2019, NO ONE OWES DUES! Thanks to the change in our by-laws that you approved at the annual meeting, 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 21st (with canned goods!) at the Keep-In-Touch luncheon.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Vote

Virginia will hold the general election for all 11 of Virginia's House of Representative seats, as well as the US Senate seat on **November 6th**. All Retirees, family members and friends, no matter in what state you reside, are encouraged to vote.

The elected House members will serve from 2019 until 2021.

The elected US Senators will serve from 2019 until 2025.



FCREA TO HELP LOCAL FOOD PANTRIES

The FCREA Board of Directors has selected the food pantries at Fairfax F.I.S.H. to be our public service project this holiday season. Fairfax F.I.S.H. is an all-volunteer, non-profit ecumenical outreach organization founded more than 50 years ago. It is comprised of 14 churches located in Fairfax County in the vicinity of Fairfax City. It operates with an overhead of less than 5%, most of which consists of insurance coverage and funds for a required financial audit. "F.I.S.H." stands for "For Immediate Sympathetic Help."



Fairfax F.I.S.H. has six food pantries that are located in six different Fairfax area churches. These pantries are used to provide emergency food to those in our community who are homeless, are experiencing critical monetary shortages due to job layoffs, are unable to work because of serious medical problems, and/or who are elderly and cannot afford to get the food that is needed. Through the County screening process, persons with these needs are referred to Fairfax F.I.S.H., which provides non-perishable food from the pantries. Fairfax F.I.S.H. also uses its monetary resources to purchase fresh fruits, vegetables and meats as needed. Food requests are delivered to families by a F.I.S.H. volunteer.

By keeping the pantries well-stocked with the most used items, Fairfax F.I.S.H. is

able to assure that families receive the foods they need. Among the most needed items are: canned soups, peanut butter, canned tuna, canned fruit, canned chili or stew, rice, canned tomatoes, and cereal.

To help this worthy organization keep their food pantries stocked over the holidays, please bring canned or boxed foods to the Keep-In-Touch luncheon on Wednesday, November 21st and/or the Holiday Luncheon on Wednesday, December 19th. Cereal, peanut butter, rice, canned chili or stew, canned fruit, canned soup, canned tomatoes, and/or canned tuna would be especially appreciated. FCREA Board members will take everyone's donations to Fairfax F.I.S.H.

Thank you for sharing with those less fortunate in our communities!

2019 Fairfax County Retirees Open Enrollment Meetings and Health Fair Schedule

The Open Enrollment period for county retirees will run from *Tuesday, October 9, 2018 through Friday November 30, 2018*. During this period, eligible retirees may make changes in plans, levels of coverage or dependents covered in the County's benefits program. All changes in coverage will be effective on January 1, 2019.

If you are making changes to your dependents or electing a different plan for 2019, you will need to complete the enrollment form enclosed in your Open Enrollment Packet (or see below). The completed form should be returned to:

Fairfax County Benefits Division
12000 Government Center Parkway, Suite 270
Fairfax, VA 22035 or fax to 703-802-8795

There will be one more Retirees Open Enrollment Meeting held at the Fairfax County Credit Union on Wednesday, November 14th at 10 am.

Forms must be received by Friday, November 30, 2018. If you are not changing plans or dependents, please do not return a form.

The Benefits Division staff is always ready to help with any questions. You may contact HR Central at 703-324-3311 (TTY 703-222-7314) Monday - Friday from 8:00 a.m. - 4:30 p.m. We can also be reached via [email](#).

For more information go to:
[2019 HR Open Enrollment Guide](#)

The post cards providing Retirees Open Enrollment information mailed out in late September by the Fairfax County Department of Human Resources had the correct mailing address, but in general had incorrect names. This mistake was in transferring the information between FC HR and the County's print shop. The post cards were not mailed out again.

Retirees Share a Moment

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 Cathy Pumphrey for the following article.

About a year after retirement, my husband and I decided to uproot from the Fairfax area and move full time to Kiawah Island, SC. We had vacationed therewith our family here for more than 20 years, and liked the environmental sensitivity of this beautiful island just outside of Charleston, SC. Charleston has great food, robust history, as well as stimulating cultural and intellectual activities. On Kiawah, I'm involved in a myriad of



community activities,
including being on the
Board of Directors for

Photo of Cathy taken in March 2018, in Lyon, France with a mural of Paul Bocuse, a famous French Chef.

our HOA. It's great to work out several days a week, attend cultural activities whenever we want, and learn about low country cooking. One of our daughters lives near us and I enjoy cooking with our grandchildren regularly.

Traveling is another activity we've enjoyed. We've been on a wine river cruise down the Rhône, a cruise on the Danube, returned to Hawaii, and been taken along as babysitters to NY and Atlanta. In a stiff competition with our daughter from LA, we are visiting national parks, including the Grand Canyon, Bryce and Zion. And while we miss the hustle and bustle of the DC area, we are always relieved to return to the tranquility of our island home, except of course, during hurricane season!

Cathy retired from the Community Service Board in 2012

Your Health .. Flu Shots

The Centers for Disease Control and Prevention recommends vaccinations against the flu. The flu can cause illnesses that range from mild to severe, and in serious cases, can result in hospitalizations or deaths. Flu infection in the United States is most common in the fall and winter. The CDC says flu cases usually increase in October and peak between December and December and can stretch into April or May.

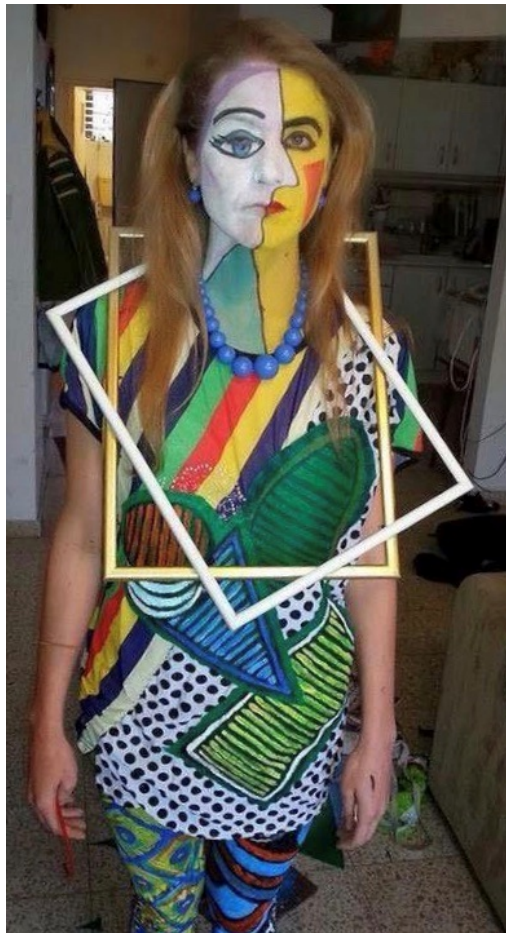
Where to get a Flu shot....

Flu vaccines are offered in many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace.

Visit the [HealthMap Vaccine Finder](#) to locate where you can get a flu vaccine.

Remember, getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

... an outstanding Halloween costume, inspired by Picasso.



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



If you're looking for a place to park your savings and maximize your earning power, all while having liquidity, our Money Market Account could be your best option.

- Open your account with a minimum \$2,500 deposit
- Write up to 3 checks per month
- Money Market IRAs also available

• Got friends who are still working? Tell them about it! They can maximize their earnings with Direct Deposit of their paycheck!
Check out our GREAT RATES [here!](#)



Looking for Holiday gift ideas?

Our annual White House Christmas Ornament sale is around the corner! What a great holiday gift for your loved ones. Be on the lookout for availability at all branches during the holiday season.

Don't know what to get that special someone? Our Gift Cards are another perfect choice! Pick up yours at one of our branches today.

We are closing our Herndon Branch.

We are sad to announce that our Herndon Branch location will be closing on December 1, 2018. As we evaluate new locations in the nearby area, we encourage you to visit our Fairfax, Government Center, or Springfield branches for your in-person transactions. Don't forget though, you can still access your accounts and perform transactions from the comfort of your own home 24/7 online and through our mobile app. Sign up for Online Banking at 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!



Please join us as we honor a Park Authority legend
and an icon in the field of parks and recreation.

Bench Dedication for William "Bill" Beckner

Saturday, November 17, 2018

10 a.m.

Huntley Meadows Park

3701 Lockheed Blvd, Alexandria

Please meet at Norma Hoffman Visitor Center.

Join friends and colleagues for brief remarks
and warm memories; then stroll the boardwalk
and enjoy light refreshments.

RSVP by Tuesday, November 13 to 703-768-2525.

For more information please contact the Public Information Office at 703-324-8662.

Read about Bill at [Bio](#)

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 19th, 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 12th

Help those in need during the winter months! Please bring canned goods or boxed food to our holiday luncheon. This year we will be donating to the food pantry for F.I.S.H. (for Fairfax Immediate, Sympathetic Help).

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

Members we have lost track of.. .

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 their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).

Sally A. Saucedo, Retired from DPZ in 1999

Gayle Schlenker, Retired from DIT in 2003

Julie Smith, Retired from Juvenile Court in 2016

Keith Sovino, Retired from DFS in 1999



New Members

- Sandra Carr-Carrington, Retired from Family Services in November 2017
- Laura H. Chwastyk, Will retire from Juvenile & Domestic Relations Court in November 2018
- Thomas Conry, Retired from DIT in 2018
- Michael R. Frey, Retired from Board of Supervisors in 2016
- Joan P. (Joanie) Hunn, Retired from Health Dept in 2018
- Joy Jordan, Retired from Health Dept. in 2018
- Steven L. Segar, Will retire from Park Authority in December 2018

Encourage Others to Join your 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

Fairfax County Retirement

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

[FCREA Website](#)

And Finally ...

For the Home Handy Man



“I see you’ve fixed the drip!”



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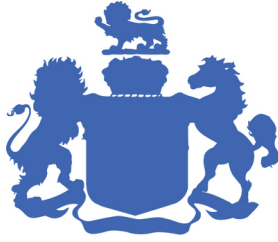
**"It's hard to believe you've never
put up wallpaper before."**



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"Is there a reverse switch on the drill?"



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