

HOT FLASHES

Fairfax County Retired Employees Association

September 2019

Chairman's Message

Have you had a great summer? Share your adventures with your fellow retirees in Hot Flashes. Just email them to our great newsletter editor, Chuck Higdon, at FCREA99@gmail.com, and he'll take it from there.



We have a busy fall ahead of us. Open enrollment for the County's health insurance plans will be here soon. If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources! As soon as we know the schedule of County insurance briefings, we will post it on our website (www.retiredfairfaxcounty.com). Please make sure you attend a session!

Our annual picnic will be on Wednesday, September 18th at 11:30 AM in Nottoway Park on Old Courthouse Road in Vienna. Hotdogs will be provided by FCREA. Bring a side dish to share, and come enjoy a beautiful fall day with your friends! Please note: The picnic will replace our September Keep-in-Touch Luncheon at Glory Days.

Our holiday luncheon will be on December 18th at The Waterford at Fair Oaks. We had a great turnout last year and everyone had a great time. Let's have an even better turnout this year!

That's my news for this issue. See you at the picnic on September 18th and the Keep in Touch luncheon on October 16th at the Glory Days Grill in the Pan Am Shopping Center, 3059 Nutley Street, Fairfax.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

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>

Retirees Health

Which spread is better for my heart — butter or margarine?

Margarine usually tops butter when it comes to heart health.

Margarine is made from vegetable oils, so it contains unsaturated "good" fats — polyunsaturated and monounsaturated fats. These types of fats help reduce low-density lipoprotein (LDL), or "bad," cholesterol when substituted for saturated fat.

Butter, on the other hand, is made from animal fat, so it contains more saturated fat.

But not all margarines are created equal — some margarines contain trans fat. In general, the more solid the margarine, the more trans fat it contains. So stick

margarines usually have more trans fat than tub margarines do.

Trans fat, like saturated fat, increases blood cholesterol levels and the risk of heart disease. In addition, trans fat lowers high-density lipoprotein (HDL), or "good," cholesterol levels. So skip the stick and opt for soft or liquid margarine instead.

Look for a spread that doesn't have trans fats and has the least amount of saturated fat. When comparing spreads, be sure to read the Nutrition Facts panel and check the grams of saturated fat and trans fat. Limit the amount you use to limit the calories.

-Katherine Zeratsky, R.D., L.D., Mayo Clinic



Retiree Wellbeing Events

All retirees and their spouses are invited to join LiveWell for a series of workshops geared towards maintaining a healthy and active lifestyle.

These events will take place throughout the year and will include seminars, exercise demonstrations and health screenings. Registration is required for workshops and screenings. Space is limited. Contact [LiveWell](#) with questions.

There will be a LiveWell retiree event, **Bone Builders**, on September 26, at the Government Center, Fitness Center. It will feature bone density screenings and a resistance training workshop with Chuck Wright of the Employee Fitness and Wellness Center. Please wear comfortable attire. If you have any questions please email [LiveWell](#) or call 703-324-4556.

--Bone Density Screenings: 9:30 am - 10:30 am: Utilizes ultrasound technology to calculate bone density at the heel site.

--Bone Builders Workshop: 10:30 am - 11:30 am: This interactive fitness class will offer participants information on how to build muscular strength and bone density.

Retirees can sign up for a bone density screening online: [Bone Density Scening](#) and can register for the resistance training workshop by visiting: [Resistance Training](#)

LiveWell Mission - To cultivate a culture of wellbeing that empowers, educates and engages Fairfax County employees and retirees to make life-long choices that promote total wellbeing – physical, mental, emotional, social, spiritual and financial.

Volunteer

Election Officers Needed!

Fairfax County needs Election Officers for upcoming 2019 elections. Election Officers must be registered voters in Virginia and complete required training and forms. You may choose to accept the \$175 stipend for a full day, or volunteer your time. ***In certain parts of the County, there is a particular need for Language Election Officers who speak Korean or Vietnamese.*** Training begins in September.

Video: [Become a Fairfax County Election Officer](#), [Korean Video](#), [Vietnamese Video](#)
Audio Podcast: [“The County Conversation” About The Need for Election Officers](#)

To apply, fill and submit the online form located at www.vote4fairfax.com/apply. For more information, you can call the office at (703) 324-4735, TTY 711 or visit the Office of Elections [website](#).

Residency in Fairfax County is not required.

This is a wonderful opportunity for those interested in the election process or public service, and we need civic-minded individuals to help make Election Day a success!



Are you considering being a volunteer but haven't yet taken the plunge? Are you already a volunteer and looking to add something new and fulfilling?

Fairfax 50+ invites you to the [Venture into Volunteering](#) Fair at the [Dulles Expo Center](#) (4320 Chantilly Shopping Center, Chantilly, Va.) on Wednesday, Oct. 2, 2019, 10 a.m.-2 p.m.

Representatives from 100 organizations in Northern Virginia will be there to provide information on new volunteer opportunities. Attendees can even help onsite that day by bringing shelf-stable food to donate to Food for Others, by bringing old hearing aids/glasses for the Lions Club, or by donating blood to the American Red Cross.

Call 1-800-733-2767 to reserve a time slot to donate blood. Please share this event with others and bring your friends! There will be free door prizes.



Putting for Pets

Annual fundraising event to benefit homeless pets seeking forever families

WHO: Friends of the Fairfax County Animal Shelter, nonprofit 501(c)(3)

WHAT: Putting for Pets—Captain's Choice Golf Tournament

WHERE: Westfield's Golf Club
13940 Balmoral Greens Ave.
Clifton, VA 20124

WHEN: October 23, 2019
10:30 a.m., registration opens;
11:00 a.m., lunch;
12:30 p.m., shotgun start

WHY: Annual fundraising and community awareness event

ADDITIONAL DETAILS: Registration is required. Individuals/teams should sign up in advance at <http://www.fccas.org/golf>. Price includes 18 holes of golf, lunch and dinner, two drink tickets, happy hour and a chance to win prizes. An online silent auction will coincide with the event. Westfield's Golf Club is a Certified Audubon

Cooperative Sanctuary and features a newly-renovated clubhouse.

Event sponsorship opportunities are available and listed at <http://www.ffcas.org/golf>. Interested businesses and individuals, please contact Evelyn Grieve at 571-212-9858.



FAIRFAX COUNTY®
**FEDERAL
CREDIT UNION**
FairfaxCU.org

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

Investment and Trust Management

Need assistance with Estate Planning, Trust Services & Investment Advice? Our partner, Members Trust® is here to help! Members Trust provides trust and investment services to credit union members throughout the United States. To make an appointment with a local representative, call 703.766.3155.

Earn more on your Savings

Looking for a short-term savings strategy? Check out our 3-, 6- and 9- month certificate rates online. They may be the best in town! You can always stop by a branch or call us for details.

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.



Save the Dates

FCREA Picnic - September 18 at [Nottoway Park](#)

The picnic will replace the KIT September Luncheon.

FCREA Holiday Luncheon - December 18, 2019, from 11:30 am to 1 pm, at:

[Waterford Fair Oaks Mall.](#)

12025 Lee Jackson Memorial Highway

Fairfax, VA 22033

Phone: (703) 352-3200

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

- Joumana B. Al-Naji - Retired from the Community Services Board on 1/31/19
- Carmita Alvarez - Will retire from Office of Strategy Management on 9/26/19
- Venita Hawkins - Will retire from Solid Waste Management Program on 10/28/19
- Diane Johnson-Quinn - Retired from Dept of Planning & Zoning on 12/22/17

--Deborah L. Kurylo - Retired from Medical Section of the Sheriff's Dept. on 7/25/19
--Regina C. Morris - Retired from Juvenile & Domestic Relations District Court on 8/16/19
--Judith Schambach - Retired from Finance/Risk Management Division on 8/16/19
--Tuyetsuong Le - Retiring from DPWES/Wastewater Planning & Monitoring Division on 9/30/19
--Lana Tran - Retiring from DPWES on October 14, 2019
--Victoria E. Batista - Retiring from Tax Administration/Real Estate Division on 10/28/19
--Mary Phelps - Retired from Family Services in July 2014

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

Contact the FCREA - FCREA99@gmail.com

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 ...

On travel





FAIRFAX COUNTY®
**FEDERAL
CREDIT UNION**
FairfaxCU.org

©2019 Fairfax County Retired Employees Association | Fairfax, Virginia

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi®**
A GoDaddy® company