

# Hot Flashes

Fairfax County Retired Employees Association

January 2020

## Chairman's Message

It's 2020 – a new decade and another fresh start! Whatever your plans are for the coming months, I hope you achieve them all and have an amazing new year.



We had an OUTSTANDING turnout for our holiday luncheon at The Waterford at Fair Oaks on December 18th. There were 94 people in attendance, and everyone seemed to have a great time. My thanks to the many persons who brought men's and women's socks. The Lamb Center will distribute them to homeless individuals in Fairfax County. A warm pair of socks is a small thing, but they make a big difference in the health and comfort of persons without a home. Your generosity is very much appreciated.

As you know, FCREA charges just \$25 per person for our holiday luncheon each year. This doesn't cover all of the expenses, but the Board of Directors wants to keep the cost affordable for all of our members. The Retirees Association makes up the difference from our treasury. This year, the service charge, taxes, and subsidized cost of each meal added up to \$750. The Credit Union donated that amount to FCREA to cover these costs, plus another \$245 to cover the gift cards! I want to thank Joe Thomas, CEO of NextMark Credit Union, for this very generous gift of nearly \$1000. Our Credit Union's name may have changed to NextMark, but Fairfax County employees and retirees are the credit union's DNA! Joe also attended our luncheon this year, and took a few minutes to explain why the name had changed. Bobbie Deegan's article below summarizes his remarks.

You may recall that in past years, retiree Tony Poe used his time and talents to transform three of our purple tote bags into colorful, one-of-a-kind door prizes. Tony has moved to Las Cruces, New Mexico. He looks great and sends his best wishes to all. So Connie Perry, a friend and luncheon guest of retiree Joyce Gerhart, graciously picked up the baton Tony left and provided three tote bags for us to use as door prizes this year. A very special thank-you from everyone in the Retirees Association, Connie!

Planning is underway for this year's activities. Put these dates on your calendar NOW, so you won't miss them:

- Wednesday, May 6th, 10 AM: FCREA's annual meeting in the Jake Lay Community Room at NewMark Credit Union's main branch on Member's Way. Come vote for the new Board members and find out what our COLA will be!
- Wednesday, May 20th, 10 AM – 2 PM: Our 9th annual Information for Seniors Fair, at American Legion Post 177. (This event will replace the KIT luncheon that would normally take place that day). Past participants have included the Retirement Office and Benefits staff, the credit union, the library system, and Osher Lifelong Learning Institute, and offered a variety of free health screenings as well as demonstrations of healthy cooking and tai chi. What other organizations or demonstrations would you like to see included? Email your suggestions to FCREA99@gmail.com.
- Wednesday, September 16th – 11:30 AM: FCREA's annual picnic at Nottoway Park in Vienna.
- Wednesday, December 16th – 11:30 AM: FCREA's annual Holiday Party at the Waterford at Fair Oaks.

LiveWell will be providing some health seminars for retirees again in 2020, but that schedule isn't out yet.

There also will be health benefit briefings in the fall, but these haven't been scheduled. Fairfax County Government will be selecting new health plan vendors this year, so be sure to attend one of the briefings to learn about plan changes before you make your selections!

You should receive your 1099-R tax form from the Retirement Office by January 31st. If you moved during 2019, 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 our Keep-In-Touch lunch on January 15th!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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*Editor's Note: We have occasionally gotten comments that the formatting of the FCREA emailed newsletter, Hot Flashes, does not appear correct. Unfortunately, different email providers (iPad, outlook, AOL, Verizon, gmail, etc.) sometimes*

display the format differently. Our best advice if this happens is to use the "web version" which can be found at the end 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 E. Laura Golberg for the following:

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I retired from the County in May, 2002. Although I had written poetry since I was a teenager, I had not had the time during my years at Fairfax to write more than the occasional poem. I had taken poetry classes at the Writer's Center in Bethesda for some years (I actually met my husband there!) and when I had more time, I took more classes and became a member of a writing group that formed from one of them. We will be celebrating our 17th anniversary in January!



This is a picture of me reading my poetry at the Writer's Center as part of a publication reading for the *Delmarva Review*.

I write about anything and everything around me, including our grandchildren. This is about our talented granddaughter:

### **Finding Textures**

Tongue smooth over ice cream, pinpricks  
of soda bubbles bursting in the mouth.  
Zoë uses her eyes that way.

We take her on a photo shoot. Breakfast  
at Braum's: she orders a root beer float.  
We go down Kansas Route 177, stop  
at Cottonwood Falls. I, who worked  
for a county, am in love with the stately  
Courthouse, a round window, a Cyclops'  
eye, seeing all, in the middle of its red roof.

Zoë and Grandpa go in different directions,  
neither to the Courthouse. I follow Zoë  
at a discreet distance. She looks around,  
moves through grass taller than she is,  
undeterred, shoots. She never says a word.

Looks around, snaps again. Her eyes serve  
as finger pads, stroking the world in front  
of her, testing each surface to see if it suits.

I have a web site, [elauragolberg.com](http://elauragolberg.com) on which you can read some more of my  
poems.

E. Laura Golberg

## Retirees Health

### Memory Loss

In the following analysis the French Professor Bruno Dubois, Director of the  
Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris  
Hospitals / addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

I forget the names of families ...

I do not remember where I put some things ...

It often happens in people 60 years and older that they complain that they lack  
memory. "The information is always in the brain, it is the "processor" that is lacking.  
This is "Anosognosia" or "temporary forgetfulness."

Half of people 60 and older have some symptoms that are due to age rather than  
disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,

- a blank memory for a movie title actor, or actress,
- a waste of time searching where we left our glasses or keys.

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years.

Many people are concerned about these oversights; hence the importance of the following statement: "Those who are conscious of being forgetful have no serious problem of memory. Those who suffer from a memory illness or Alzheimer's are not aware of what is happening."

Professor Bruno Dubois' reassures the majority of people concerned about their oversights: "The more we complain about memory loss, the less likely we are to suffer from memory sickness."

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*Editors Note: I came across this in an email from a friend, found it fascinating and decided to share with fellow retirees.*

## Volunteer Opportunities

### **Election Officers (Poll Workers) Needed in Areas of County for the 2020 Elections**

The Fairfax County Office of Elections needs election officers (also called poll workers) to assist voters. Fairfax is the largest voting jurisdiction in Virginia with 243 precincts countywide. It takes thousands of enthusiastic and trained election officers to insure that we have efficient and well-run elections. Compensation begins at \$175.

If you are a registered Virginia voter and live in or near one of these areas in the county, please consider applying today!

- Annandale
- Centreville
- Falls Church/Bailey's Crossroads
- McLean/Tysons
- Mount Vernon
- Reston/Great Falls
- Springfield/Kingstowne

Language Election Officers:

- Annandale: Korean or Vietnamese
- Centreville: Korean
- Falls Church: Korean or Vietnamese

To Apply:  
Election Officer Application  
Office of Elections

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## Volunteer Solutions



Would you like to be healthier in the new year? Did you know that volunteering can improve your well-being?

Fairfax County's Volunteer Solutions can connect you with a wide variety of meaningful opportunities to improve the lives of older adults and adults with disabilities.

You can volunteer in one-on-one situations such as: Meals on Wheels driving and/or coordination, grocery shopping, social visiting, driving others to medical appointments, errands, and more.

If you prefer group settings, you can assist in senior centers or adult day healthcare centers in a multitude of ways. They often welcome special skills and talents. Go to [Volunteer Solutions](#) for more information and to sign up.

Email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or call the intake line at 703-324-5406 with questions.



## Fairfax County FCU is now NextMark Credit Union!

Dear valued retirees,

As retired county employees, you have been such an integral part of our history. Whether you opened a savings account, got a car loan, or financed a home with us, we want you to know that your loyalty and steadfast support have helped shape us into a strong and growing financial institution. As we expand our expertise to serve more of our community we would like to share some exciting news.

On December 2, Fairfax County FCU became NextMark Credit Union.

We changed our name – not who we are. NextMark speaks of the reality we already occupy. It helps us invite everyone to take part of the promise of this very special organization. The name represents the promise of helping our members and prospective members find their path forward – no matter where they are on their financial journey. It's about being more active and fully engaged in what comes next in one's financial life.



**What does this mean?** Over the next few months, you will see us transition into our new brand – something that's more representative of our diverse and growing community. **We were not acquired, nor did we merge with another financial institution.** We're just changing our name so we can talk about ourselves in a fresh way that captures the possibilities built into what we offer – the possibilities you saw in your financial future when you became a member.

Our transition began on December 2 with our new website, marketing materials, and digital platforms. Our friendly staff continues to be available to serve you at your favorite branch, over the phone or via email. We invite you to check out our new website at [NextMarkCU.org](https://NextMarkCU.org) for details and FAQs.

Thank you for allowing us to guide you along your financial journey, and for entrusting us to continue serving you for years to come.

Accelerating Next,  
Joe Thomas  
President/CEO

*Questions? We are happy to answer them. Call 703-218-9900 or email us at [memberservice@nextmark.org](mailto:memberservice@nextmark.org).*

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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 NextMark Credit Union benefits!**

Visit our website, stop by a branch or call us for details! [NextMarkCU.org](http://NextMarkCU.org) - 703.218.9900 opt.3. Federally Insured by NCUA. Equal Housing Lender.

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### **The following is Bobbie Deegan's summary of Joe Thomas' remarks at the FCREA Holiday Luncheon**

At our Holiday Party on December 18th, Credit Union CEO Joe Thomas spoke for a few minutes about why the credit union has changed its name from Fairfax County Federal Credit Union to Next Mark Credit Union.

Federally-chartered credit unions are regulated by the National Credit Union Association (NCUA). (It's like the FDIC for banks). In 2017, NCUA authorized Fairfax County Federal Credit Union to extend its field of membership into other Virginia counties as far south as Richmond. Why would FCFCU want to attract members outside of Fairfax County? There are two main reasons.

First, the credit union needs to continue to grow the number of members using its services to generate the funds to pay for new services and products

Secondly, not everyone who resides in northern Virginia is eligible to join a credit union. There may not be a credit union serving a particular area or there may be restrictions on who is eligible to join. The FCFCU Board believes that everyone should have access to credit union membership

But persons outside Fairfax County likely would feel that membership in Fairfax County Federal Credit Union would be limited to persons from Fairfax County, no matter where the offices were located. So the FCFCU Board and senior management decided to change the name to something that persons outside Fairfax County would perceive as being more inclusive.

FCFCU utilized the services of a nationally-recognized consulting company to run focus groups to identify what kinds of things they want in a credit union, and what they heard repeatedly was that they wanted the credit union to help them get to their next goal. The "Next" in the credit union's new name came from this realization that everyone has a 'next thing' that he or she wants to work toward. Together, we want to help them reach that "NextMark."

Joe emphasized that NextMark Credit Union has a new name, but who they are and what they do hasn't changed. Fairfax County is their home base, the current Board of Directors all are Fairfax County retirees, and the staff takes pride in its relationship to Fairfax County Government. Retirees can expect to receive the same great service they always have.

## 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.

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### FCREA Board Meetings

The FCREA Board of Directors meets at 9:30am at the NextMark 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.

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### Dates for your 2020 Calendar

FCREA Annual Meeting -May 6, 2020  
FCREA Senior Information Fair -May 20, 2020  
FCREA Picnic - September 16, 2020  
FCREA Holiday Luncheon -December 16, 2020

## FCREA Membership

## New Members

- Retha Anderson, Retired from Dept. of Family Services – Area Agency on Aging on 5/27/16
- Sharon Bulova, Retired from Board of Supervisors on 12/31/19
- Mary G. Fisher, Retired from the Health Dept. on 11/25/19
- Mike Henry, Retired from Park Authority on 12/23/19
- Kathleen O’Sullivan Keane, Will retire from Library on 1/31/20
- Olga L. Salazar, Will retire from Dept of Family Services (APS) on 1/31/2020
- Barbara D. Silberzahn, Retired from Housing and Community Development
- Judi Stewart, Retired from DTA on 9/13/19
- Chuck Woodruff, Retired from Office of Management and Budget
- Danielle Bohna, Retired from Office of the Sheriff on 12/27/19
- Cathleen Spaine, Retired from FMD in August 2017



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## 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](#)

## Sad News

Sadly, Ann Cory passed away on October 14th, 2019, while at home and in the company of her family.

Ann retired as a Clerk for the Circuit Court of Fairfax County, in March 2004. Prior to working for the Circuit Court, Ann was an intake clerk with the Juvenile Court, and briefly served as the secretary to the Director of the Juvenile Court, Vince Picciano. She worked for the County for over 25 years.



A memorial service will be held on Sunday, January 26th, 2020, at 2:00 p.m., at the Beth El Hebrew Congregation located at 3830 Seminary Road, Alexandria, Virginia 22304, (703) 370-9400.

The Cory family requests that in lieu of flowers, donations be made to the Scleroderma Foundation via their website at: [Scleroderma Donations](#)

Expressions of sympathy may be sent to her children, John and Karina Cory, at [jcoryva@yahoo.com](mailto:jcoryva@yahoo.com).

## 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](mailto: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](mailto:FCREA99@gmail.com)

Treasurer & Membership: Bobbie Deegan  
4316 Knott Street  
Beltsville, MD 20705  
301-937-7070 or email: [BobbieDeegan@aol.com](mailto: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](mailto:bpowe1@aol.com)

## FCREA Website

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### 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

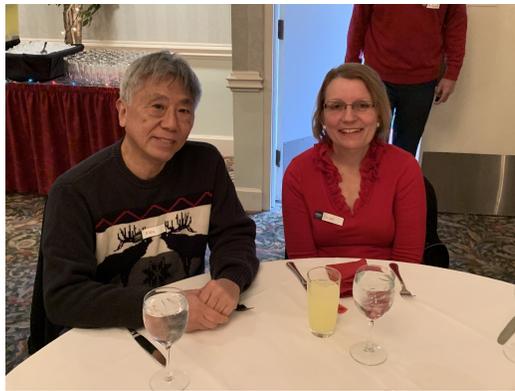
## Fairfax County Benefits Summary - Active Employees and Retirees

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

Finally

### 2019 FCREA Holiday luncheon .. ...







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# Next Mark

**CREDIT UNION**

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