

HOT Flashes

Fairfax County Retired Employees Association

November 2020

Chairman's Message

The weather is getting cooler and the trees are beginning to change color. In a normal year, I'd be telling you about how much fun our annual picnic was and reminding you to make your reservations for our holiday party. But this has been anything but a normal year, has it! Our picnic and holiday party have been cancelled. Community Halloween celebrations are being cancelled, too, and it doesn't look good for Thanksgiving and Christmas get-togethers, either! But this, too, shall pass. The best thing we gain by getting older is a sense of perspective! It may be dreary now, but spring will come. Just hang on a little longer!



Election Day - November 3, 2020

Meanwhile, I have a few reminders –

Benefits Open Enrollment begins November 2 and ends November 30.

Check the Benefits website for details and to view the vendor presentations:
[Open Enrollment Information.](#)

Don't forget to vote on November 3! Polls will be open from 6 a.m. until 7 p.m.

Reminder – Please contact Joyce Gerhart, our Sunshine Chairman, if you hear of a retiree who is ill or has passed away, so she can send a card on our behalf and spread the word. Joyce's phone number is 703-560-4785, or you can email her: [Joyce.](#)

Looking forward to 2021, please remember that **NO ONE OWES DUES!** Everyone is a lifetime member now. Last year's change in our bylaws has made Treasurer Bobbie Deegan's job much less complicated.

Until the New Year, then – Wash your hands; wear a mask; and stay well!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

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 Nancy Vehrs for the following:

Retirement has been good to me; it's hard to believe that I left the Clerk's Office at the beginning of 2012. I've traveled to countries as diverse as Costa Rica, Cuba, Lithuania, Canada, and Russia and have just five more states to complete the entire US. My partner, Harry Glasgow, and I had a trip to Scotland planned for August, but the pandemic put the kibosh on that for now.



With a bagful of invasive garlic mustard earlier this year. Photo taken by Harry Glasgow

Since November 2012, I have served as the president of the Virginia Native Plant Society (www.vnps.org), a nonprofit conservation organization with 11 chapters and nearly 2000 members around the Commonwealth. The VNPS tagline sums up our mission,

“Conserving Wild Flowers and Wild Places.”

Terrified of public speaking until I joined a lunchtime Toastmasters group offered as County training, I now regularly present to bird clubs, garden clubs, and even retirement homes and senior centers. I've added Zoom presentations now that groups meet that way. I love nature, and Harry added birding to my pursuits. We lead Monday-morning bird walks at Huntley Meadows Park and last-Sunday-of-the-month bird and nature walks at Merrimac Farm Wildlife Management Area in Nokesville for the Prince William Conservation Alliance. I'm very active on Facebook and fill my page with cellphone photos of nature, along with the obligatory cat photos as well. Friend me.



With Swamp Milkweed. Photo by friend Brigitte Bégué Hartke.

Nancy retired from the Board of Supervisors' Clerk's Office in 2012.

Our thanks to Brian Waymire for the following:

I retired to Pawleys Island, South Carolina in March of 2016. I was looking for a way to give back to my community and discovered my local chapter of the American Red Cross. Everyone was very welcoming and friendly.

I have been deployed on three separate occasions. I helped with handing out supplies during hurricane Barry in Baton Rouge, Louisiana in August of 2019; I helped shelter people during hurricane Laura in Alexandria, Louisiana in August of 2020, and just recently, in September, I did Damage Assessment during the wild fires in Portland, Oregon. Each deployment lasted at least two weeks.

My latest deployment started out in Portland, Oregon, but was quickly relocated. I was assigned to a team of six and we drove to Medford, Oregon. There was thick dense smoke everywhere on the four-hour drive down, and at times we had to slow down because of a lack of visibility.



Brian Waymire at Spring Creek in Chiloquin, Oregon.

We stayed in Ashland, Oregon, which is 19 miles from the California border. Jackson County did a flyover to take pictures of the affected communities of Talent, Phoenix, and Medford. This was very helpful, because we could do our damage assessment work remotely with laptops. The local towns were closed to everyone while the local

Fire and Rescue departments looked for missing residents.

After about three days, we were allowed to go in to the affected towns. Most everything was burned to the ground. It was like walking on the moon. All around you were silver grey ashes; the only things left were the foundations of the houses and mobile homes. Every now and then, you would find an untouched house or mobile home. There seemed no rhyme-or-reason as to why some houses were spared.

The American Red Cross has many opportunities to volunteer. It is very rewarding knowing how you can help people in their hour of need. During my time in Oregon, our DA team completed over 4,000 damage assessments. I am proud to wear the American Red Cross vest.

Brian retired from FCPS-Transportation in 2013

Drive-Thru Flu Shots

Pam Martin, the FCREA Chair, was interviewed by Channel 16 about the drive-thru flu shots. Her comments on the experience:

Today's drive-thru was a success. Almost everyone made a positive comment about having the flu shots done this way. They had scheduled 280 people but had a large number of no-show. I understand that the drive-thru at Luther Jackson was packed. We have 2 meetings (in house) for retirees. reservations only, and we are half full. So on that note – we have positive new way of doing flu shots. By the way, Virginia Hospital staff was awesome.

For more information on flu shots for retirees go to: [Flu Shots](#)

Fairfax County Retirement Systems

Web Member Services (WMS), the online system that you use to access your pay advices and other retirement information, will be updating to a new look in late October or early November. There will be a notice on the current WMS site with the exact date and expected downtime.

The upcoming changes will provide increased security and a more user-friendly experience, including an option to request your username if you have not

logged on in a while. The new design has improved WMS's compatibility with mobile devices and alternate screen sizes, making it easy to get a clear view of your account anywhere. We are creating a Tip Sheet to help you navigate the new look. Be on the lookout for more information soon.



Fairfax County Public Library

Your Fairfax County Public Library is great source of entertainment and education during Virginia's safer-at-home guidance, and it offers several avenues to safely make the most of your time at home.

If you are limiting your time in public spaces, take advantage of the library's curbside pickup. Just place a hold [online](#) or via phone, drive to your branch and call, then collect your item while maintaining appropriate social distance.

Not sure what you want to read? Our readers advisors can help with that! Browse the list of reading preferences [online](#) to find advisors who shares your interests, then drop them a note and they'll provide book recommendations tailored to you.

Not sure you even want to read? We can still help! Your library card grants you access to online software to teach you a language, get you started on new hobbies, research your ancestry and more.

Our [Access Services](#) branch ensures all our customers can utilize library services. This branch offers books in alternative formats; delivery of materials to people who cannot physically visit a local library due to age, disability, illness or frailty; and opportunities to learn about assistive technologies.

For more information go to: [Library](#)

Fairfax County Department of Human Resources

2021 Open Enrollment

Fairfax County open enrollment information: [Benefit Summary](#)

Hot Flashes updates on open enrollment: [Hot Flashes](#)

LiveWell

LiveWell Retiree Wellbeing Events: November & December 2020

Stretch & Strengthen Fitness Series

Nov. 6, 13, 20: 10:00 AM - 11:00 AM

Do you want to improve flexibility while also building muscle? Join LiveWell and Virginia Hospital Center in this 6-week fitness series to improve your health and wellbeing. Perfect for seniors!

Register online: [Stretch & Strengthen Fitness Series](#)

Cooking Demonstration- Virtual

November 4: 11:00 AM - 12:00 PM

Join LiveWell and Tina McDermott in this fun interactive cooking demonstration of spaghetti squash hash, turkey chili, and gingerbread chia pudding. Join Zoom Meeting-No Registration Required: [Cooking Demonstration- Virtual](#)

Holiday Cooking Demonstration-Virtual

December 3: 12:00 PM-1:00 PM

Join LiveWell and Tina McDermott for a fun, festive cooking demonstration for healthier holiday dishes that boost your health and tantalize your taste buds.

Join Zoom Meeting-No Registration Required:

[Holiday Cooking Demonstration-Virtual](#)

Scam & Fraud Prevention Webinar for Seniors

November 6: 10:00 AM - 11:00 AM

Join LiveWell and Fairfax County Silver Shield Program in this "Scam & Fraud" webinar to learn about all the potential ways people can try to get your personal information, and the step to take to protect yourself and your family.

Register online: [Scam & Fraud Prevention](#)

Health For The Holidays Challenge

November 11 – December 27

Ready for a bright season filled with health and joy? "Paint" a magical winter scene from around the world each week by recording progress in nutrition and exercise, plus join us for a simple well-being activity called "Gift Box" that changes daily.

Register online beginning November 2: [Health For The Holidays Challenge](#)

Zentangles: November 13: 12:00 PM - 1:00 PM

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, called tangles. Through the process you may experience its meditative benefits - Zen. Join me to relax, focus, expand your imagination and embrace the unexpected! Materials needed: Ultra fine, black Sharpies, pencils, colored pencils, heavier weight paper (like old greeting card type), scissors.

Join Zoom Meeting: [Zentangles](#)

Meeting ID: 856 6212 8318

Painting to Music: December 4: 1:00 PM - 2:00 PM

Self-soothing techniques to experience the present moment and honor the body. Also includes time for guided meditation. Learn to be, accept, and let go. Materials needed: paper, pens, crayons, brushes, watercolors, or food coloring.

Join Zoom Meeting: [Painting to Music](#)

Meeting ID: 856 6212 8318

Questions? Need assistance with registration? Email LiveWell@fairfaxcounty.gov or call 703.324.4556

MotivateMe

MotivateMe is an incentive program for employees and retirees who subscribe to a Fairfax County health plan. The purpose of the program is to encourage participants to actively engage in their health and wellbeing through a relationship with their primary care provider, educational activities, and preventive care.

Participants can earn up to \$200 per year for having an annual physical, taking the online health assessment through their health plan's website, and participating in other activities, such as dental and vision exams, LiveWell webinars, and health coaching.

To learn more, go to: [MotivateMe](#)

NextMark Credit Union

Helping our members get to what's next.



Updated Branch Hours & Closures

As we navigate the COVID-19 pandemic, NextMark continues to prioritize the health and safety of our members, our employees, and the community we serve. We continue to update our operating hours to accommodate member needs at the following branch locations.

OPEN BRANCHES

Fairfax Branch: 4201 Members Way, Fairfax, VA 22030

Lobby Hours:

M - F: 10am – 3pm; 3pm-5pm by appointment only.

Sat: By appointment only.

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 - F: 10am – 3pm; 3pm-5pm by appointment only.

Sat: By appointment only.

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 and Friday: 8am – 4pm

T, W, TH, Sat: CLOSED

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

Please call 703-218-9900 to make an appointment.

For faster service: Print and complete your [Deposit Slip](#) ahead of time. No worries if you don't, we have slips available for you at our branches and drive-thrus.

Online Banking and Mobile is 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 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. Please visit our [COVID-19](#) resource page for a detailed list of financial relief products, or email us at membersolutions@NextMarkCU.org.

Looking for holiday gift ideas? NextMark's Visa Gift Cards and the White House Holiday Ornament are great options. Pick up yours today during the holiday season at your nearest NextMark branch.

Check out our latest newsletter [here](#). We wish you a safe and healthy fall.

Events

All FCREA 2020 events are cancelled.

Membership

- * Barbara Antley, Retired from Family Services on 1/31/2020
- * Cynthia Baizker Tackett, Retiring from Family Services on 12/22/2020
- * Sharron Dreyer, Retired from Housing & Community Development on 3/8/2005
- * Nancy Horvatic, Retired from Community Services Board – Crisis Care on 8/28/2020
- * Alan Kessler, Retired from Transportation on 9/18/2020
- * Sandra Leftwich, Retired from Libraries on 9/15/2020
- * Fran Millhouser, Retired from Libraries in July 2007
- * Miriam Morrison, Retired from Park Authority in November 2009
- * Richard Sole, Retiring from Community Services Board on January 19, 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 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 & checks, 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

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 Benefits list of "Know Who to Call..."

Finally... some humor



Next Mark

CREDIT UNION

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