

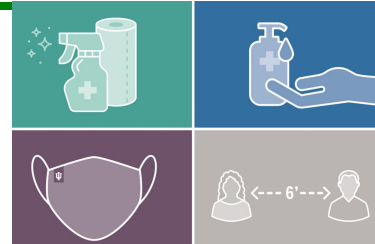
# Hot Flashes

March 2021

*Fairfax County Retired Employees Association*

## ***Chairman's Message***

We've made it through February. Spring will be here soon! Now it's time to dust off winter's cobwebs and venture out into the sunlight – wearing a mask and keeping your distance! COVID, COVID, go away – and take your mutants with you!



Recognizing that it still isn't safe to gather, your Board of Directors has cancelled this year's annual meeting and Senior Information Fair. Our May Hot Flashes will include this year's cost-of-living increase.

We do have things to look forward to this year, however! Among them:

- The Lyrid meteor shower will be the evening of April 21-22 (after midnight)
- There will be a Supermoon (when the moon looks bigger and brighter) on April 27
- Billions of 17-Year Cicadas will be hatching and procreating in May, with the males making a LOT of noise! After about a month, they will be gone for another 17 years.
- The rescheduled 2020 Summer Olympics will be July 23 – August 8, 2021 in Tokyo.

All things we can see from home without risking our health!

Editor Chuck Higdon would greatly appreciate your contributions to Hot Flashes. Have you taken a trip? Is there a book you really enjoyed? Do you have a favorite recipe? Email it to Chuck at [FCREA99@gmail.com](mailto:FCREA99@gmail.com), or mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure that Chuck gets it.

Until we can get together again – wash your hands, wear a mask, stay 6 feet apart, and stay well!

Sincerely,  
Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## ***Retiree enjoying retirement***



In this section, we ask you to share something that 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 Bobbie Deegan for the following:



### **HAVE YOU THANKED A HORSESHOE CRAB TODAY?**

When making a list of things we are thankful for, the horseshoe crab should be high on the list. Formerly used to make fertilizer and feed for livestock, in the 1970's, horseshoe crabs became essential for biomedical purposes!

Trying to remember what a horseshoe crab is? It looks like an upside-down bowl with a pointy tail sticking out, and it lives in the ocean along the East Coast of the United States. In Ocean City, Maryland, I've occasionally seen the remains of one on the beach, but I've never seen a living one. They are there, though, because a fishing boat named the Rita Diane arrives at the dock in West Ocean City with bins and bins of horseshoe crabs. That wouldn't seem very unusual unless you had been there when the Rita Diane went out to sea – with bins and bins of horseshoe crabs! Were the crabs being taken for a ride? Nope.

Oddly enough, horseshoe crabs aren't really crabs, but they are in the arthropod family. They are considered living fossils, because they are 228 million years old! Somewhere along the way, scientists learned that horseshoe crab blood can be used to make the Limulus Amebocyte Lysate (LAL) test, which detects endotoxins. An endotoxin is a toxin that is inside a cell of bacteria. When the cell disintegrates, the toxin is released. These bacteria are everywhere – in drinking water, on our skin, in our gut, on surfaces in our

environment – and the endotoxin each contains are among the deadliest toxins on earth. Fortunately, these bacteria are not harmful to us unless their endotoxins get into our bloodstream.

That's where the horseshoe crab comes in. Horseshoe crab blood cells have a primitive immune system (they are 228 million years old, after all), and the blood cells clot in the presence of endotoxin. So the federal government requires that implantable medical devices (such as pacemakers) and vaccines (such as those developed for COVID-19) be tested with LAL to make sure they aren't contaminated with an endotoxin.

The "blood bank" works like this: The Rita Diane goes out five nights a week from mid-June through mid-November to catch horseshoe crabs. They drag a net along the bottom of the ocean to scoop them up and put them in bins. When they return to the dock, the bins are put in an air-conditioned truck and driven to a blood collection facility, where three tablespoons of blood are removed from each crab and a divot is made in each crab's shell to denote that it has been "bled." Then the "blood donors" are taken back to the Rita Diane, whose crew returns them to the area they were taken from. The whole process takes less than 24 hours. The horseshoe crabs are none the worse for wear (only healthy crabs are bled), and the LAL industry works with governmental agencies to ensure best practices are followed. Ocean City doesn't have a monopoly on this, either; besides Maryland, there is a blood collection facility in Massachusetts, South Carolina, and – Virginia!

So the next time you get an injection for influenza, tetanus, shingles or COVID-19(!), give thanks for the horseshoe crab.

*-Bobbie retired from DHR in 2009*

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**Fairfax County LiveWell**

**MotivateMe**

**LiveWell**  
Empower • Educate • Engage

As winter turns to spring, it's the perfect time to "spring clean" your health and wellbeing, by trading your snow boots in for sneakers, swapping your parka for sunglasses, and enjoying a stroll outdoors. Don't forget to also start working on your 2021 MotivateMe rewards! Here are a few updates and reminders:

- > 2020 MotivateMe Rewards: Retirees will receive their 2020 MotivateMe rewards in the March 2021 pension check. Contact LiveWell by May 1, 2021 with any questions or concerns about 2020 rewards.
- > New Reward Option – COVID-19 Vaccine: Participants in the MotivateMe

program can now earn MotivateMe rewards for receiving the complete COVID-19 vaccine, or vaccine series, within the 2021 calendar year. Please note: LiveWell is not currently providing the COVID-19 vaccine. Participants should continue to follow local and national guidelines and processes for receiving a COVID-19 vaccine. Receipt of the vaccine can be self-entered on the MotivateMe page on [mycigna.com](https://mycigna.com) or tracked on the Kaiser Permanente passport for rewards.

> UHC and Cigna Medicare Advantage Plan Participants: Members in the Cigna True Choice Core Medicare Advantage Plan or the United Healthcare Group Medicare Advantage Plan have access to their own wellness and incentive programs, and do NOT have access to MotivateMe. Contact your health plan's customer service representative for more information about wellness incentives.

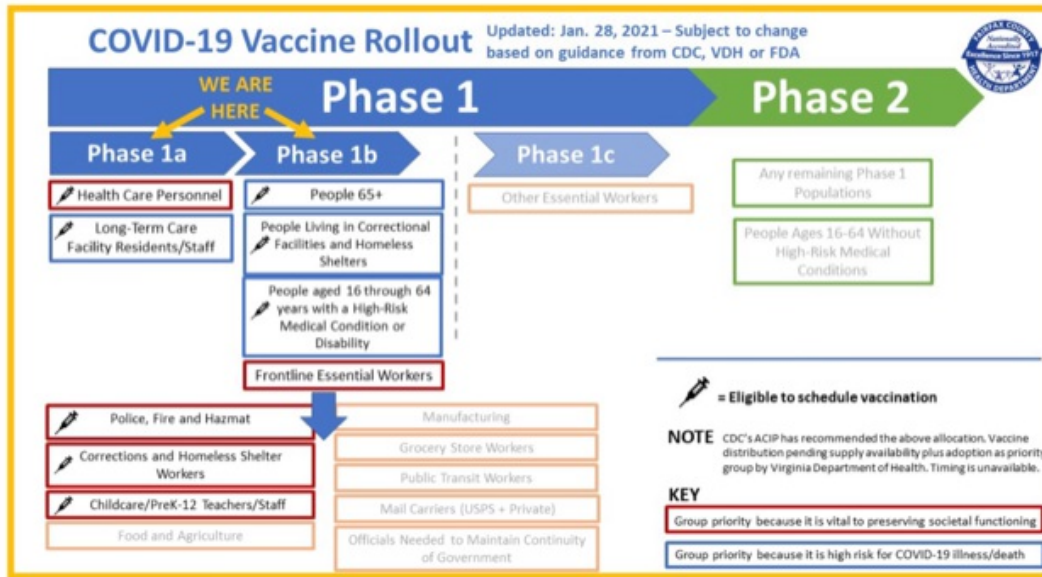
> Gatekeeper Activities: Completion of the annual physical and health assessment are still required in order to earn rewards. Do not wait until the last minute—it can take up to 6 weeks for claim-based activities to be processed and posted to MotivateMe page on [mycigna.com](https://mycigna.com). All activities must be completed and posted to mycigna.com or submitted to LiveWell via Kaiser passport, by December 31, 2021.

> Annual Physicals and Cancer Screenings: Annual physicals and cancer screenings (mammogram, prostate, colon, or cervical) that are paid for completely by Medicare can count toward MotivateMe rewards for eligible subscribers. Please send your explanation of benefits (EOB) or a doctor's note stating your name, exam type, and date of exam to [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov) or DHR-LiveWell, 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035. LiveWell must receive all documentation by December 31, 2021 for it to count toward 2021 rewards.

> Webinar: Learn more about MotivateMe. Join LiveWell on April 8 from 10 am-11 am for a webinar about earning rewards, tracking points, and reaching your goals. The meeting will be held online via Zoom. No registration necessary.  
o Platform/Log-In Link: [Zoom Meeting](#)  
o Password: 667153

> Contact Us: For more information go to the [MotiveMe Benefits Chart](#) or the LiveWell section on the Fairfax County [Benefits Website](#). To receive the latest updates on upcoming programs, events, and incentives email [LiveWell@fairfaxcounty.gov](mailto:LiveWell@fairfaxcounty.gov) or call HR Central at 703-324-3311 and ask for a LiveWell staff member.

## Fairfax County COVID-19 Vaccine information



[Fairfax County COVID-19 Vaccine Website](#)

### COVID-19 Vaccine and Registration Data Dashboard

Fairfax County has introduced a COVID-19 dashboard. If you have registered in Fairfax County for vaccine, you can:

- > Check how many people have been registered.
- > See how many doses Fairfax County Health Department has received.
- > see the number of doses that have been administered in Fairfax County.

In the next couple of weeks more information will be added, including your place in the queue.

[Fairfax County COVID-19 Dashboard](#)

### Fairfax County Senior Citizens Council

The Fairfax County Senior Citizens Council is a countywide network for older adults. It connects all organizations, clubs and associations in Fairfax County that serve the needs and interests of older adults and expands opportunities for engagement and information-sharing to help older adults throughout the county have broader access to all that life in Fairfax has to offer!

**The Senior Citizens Council** meets on a monthly basis in each of the four Human Services Regions. Meetings feature keynote speakers on a variety of topics of interest to the council, such as everyday living, health and wellness, and transportation. Council meetings also provide an opportunity for participating organizations to share information about their activities and events with other local groups.

The council also sponsors three highly popular countywide events each year:

>> The Older Adults Volunteer Recognition Luncheon recognizes the outstanding work of senior volunteers throughout the county. The event is held annually in May.

>> The Kick-Off Breakfast is held each September at the beginning of the programmatic new year. It's a great opportunity to reconnect over a wonderful catered breakfast after the summer.

>> The Holiday Luncheon is the council's annual holiday celebration with food, entertainment and fun. Held each December, participants have all of the same networking and sharing opportunities with a little something extra for the holidays.

For more information click [here](#)



### *Let's get to what's next in 2021.*

As we continue to navigate the COVID-19 pandemic, NextMark mainly will prioritize the health and safety of our members, our employees, and the community we serve.

#### **Branch Hours & Closures**

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 ONLY 8am – 4pm

T, W, TH, F, Sat: CLOSED

On weeks when the branch is closed on Mondays due to Federal Holidays, it will open on Tuesdays.

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 and Mobile Banking are 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](http://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 Banking 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](mailto:membersolutions@NextMarkCU.org).

Check out our latest newsletter [here](#).

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***FCREA Events***

The FCREA monthly luncheons are cancelled until further notice.

## Dates for your 2021 Calendar

~~FCREA Annual Meeting – May 5, 2021~~ **CANCELLED**

~~FCREA Senior Information Fair – May 19, 2021~~ **CANCELLED**

FCREA Picnic - September 2021

FCREA Holiday Luncheon - December 15, 2021

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## *Sad News*

Sue Claffy, passed away on February 10, 2021 after a lengthy illness due to the Coronavirus. Sue retired from the Sheriff's Department. [Obituary](#)

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## *FCREA Membership*

### New Members

- \* Kevin Andariese, Retired from the Sheriff's Office on 10/15/2019
- \* Promila Chhabra, Retired from Public Libraries on 5/17/2017
- \* Deirdre M. Finnernan, Retired from Finance on 12/11/2020
- \* Linda Schlekau, Retired from the Library on Nov. 6, 2020
- \* Ramona Simmons, Retired from Family Services on 6/7/2019
  
- \* Anne Stevenson, Retired from Tax Administration on 2/1/2021
- \* Roxana Mirella Suarez, Retired from Dept. of Code Compliance on 1/29/2021
- \* Ms. Nelsie Vinogradoff, Retired from Health Dept. on 1/01/2021
- \* Connie Weyant (Maier), Retired from Facilities Management in August 2019
- \* LaFonda E. White, Retired from Family Services on 8/28/2020
- \* Gene B. Whitlock, Retired from General District Court Services on 12/18/2020
- \* Marion Linda Zabielski, Retired from Health Dept. on 12/31/2020





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## 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](#)

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## ***FCREA Members Information.***

For a list of FCREA Board Members: [Board](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill and/or have passed away to Joyce Gerhart: 703-560-4785 or [ggerhart2@verizon.net](mailto:ggerhart2@verizon.net)

Please send address changes to Bobbie Deegan: 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

## **FCREA Website**

### **Fairfax County Retirement**

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

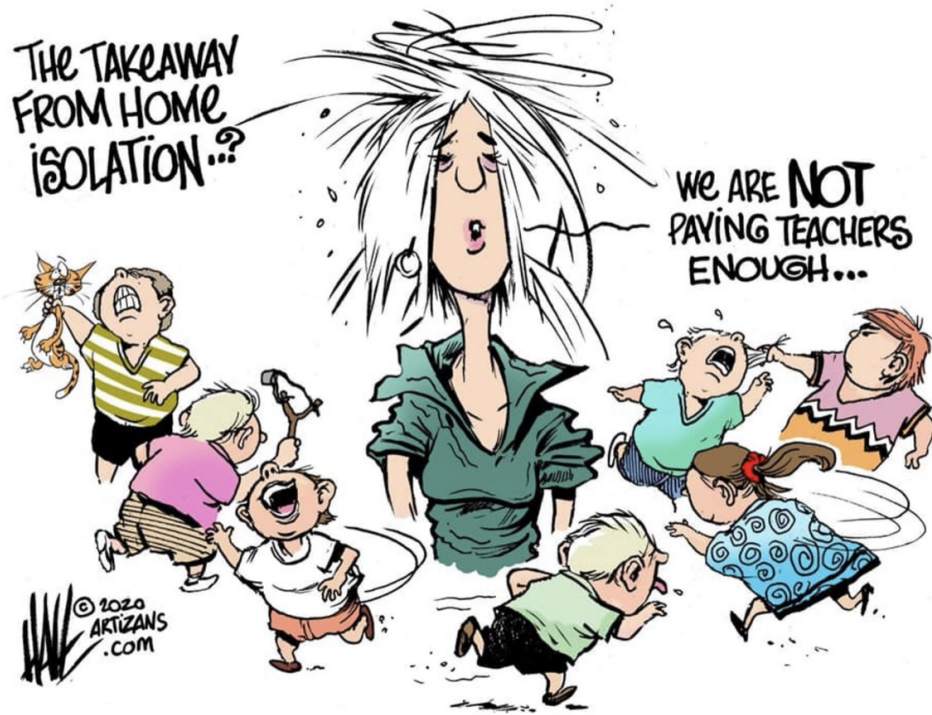
Fairfax County Retirement Web Member Services: [website](#)

### **Fairfax County Benefits Summary - Retirees**

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

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***Finally... on the lighter side.***



# Next Mark

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