



FAIRFAX COUNTY RETIRED EDUCATORS

VOLUME XL, Number 3 FAIRFAX COUNTY VIRGINIA NOVEMBER 2018

Aetna Medicare and Shingrix Vaccine

By Barbara Dent, Treasurer, FCRE

When I recently visited my primary care physician for a routine wellness exam I was recommended to get the Shingrix vaccine and he wrote me a prescription for the series of 2 doses. Although I had already gotten the Zostavax vaccine for shingles a couple of years ago, he wanted me to get the newest vaccine since it's been proven to be more than twice as effective as the previous one (98% vs 43%).

Shingles is caused by the varicella zoster virus. Anyone who has had chickenpox (which is virtually all adults) has a good chance of harboring the virus in their body. The varicella zoster virus can be dormant for many years without creating any symptoms. But in some people, the virus breaks from its dormant state and travels along nerve fibers to the skin, creating a distinctive, painful rash called shingles (herpes zoster).

The Shingrix vaccine protects against contracting shingles. It is recommended by the Center for Disease Control and Prevention for anyone 60 and older, even those who have received a previous herpes zoster vaccine (Zostavax). This vaccine is a 2-dose series, the second dose should be given 3-6 months after the first.

I called the FCPS Aetna Medicare representative to find out what my financial responsibility was for this vaccine and was told that SilverScript will cover 80% of the cost; my cost would be \$28.03 per vaccine dose.

So, I took my prescription and went to CVS to get the first of the two doses. To my surprise, I was told at the Pharmacy that they had run out of the vaccine; but that I could put my name on a wait list. I discovered, after inquiring at several local pharmacies, that the suppliers for this Shingrix vaccine did not provide a sufficient supply to pharmacies for the demand. CVS assured me that the suppliers will be increasing their deliveries of the vaccine and they would call me when it becomes available again. I also signed up with another pharmacy in the hopes they would get the vaccine sooner than CVS.

I wanted to let all FCRE Aetna Medicare members know what I found out:

- You need a prescription from your doctor for this 2-dose vaccine (it is the same vaccine given in two doses)
- Use your SilverScript card, not your Aetna Medicare card, since this is considered a Part D prescription drug; there is a cost to you of \$28.03 per dose
- Get your name on a wait list at your local pharmacy if they do not have the vaccine readily available
- When you get the first dose, remember to get the second dose 3-6 months later; see if you can be put on the wait list for dose #2

NEW ID HEALTH CARDS FOR RETIREES—READ CAREFULLY

As **Open Enrollment** comes to a close, please keep an eye on your mailbox. Retirees who made changes to their health and/or dental coverage during Open Enrollment will be receiving **new ID Cards in late December**. Please be sure to provide copies of your new card to your medical providers.

NOTE: CARDS WERE NOT REISSUED TO RETIREES CONTINUING WITH THE SAME PLAN!



Are You Ready for Election Day 2018?

(Save this page)

Voter Information

REMEMBER, there is an election every year in Virginia!

Election Day is Tuesday, November 6, 2018. Polls open from 6:00 a.m. to 7:00 p.m.

For election information, contact:

www.fairfaxcounty.gov/elections Phone: 703-222-0776 TTY: 711

E-mail: voting@fairfaxcounty.gov

Early voting and Absentee Voting by Mail

By the time you receive this newsletter, if you are planning to vote by mail, **Absentee Applications** should already have been received. Your **voted ballot must be returned** to the Office of Elections by Nov. 6, before 7:00 pm on Election Day in order to be counted.

Absentee voting in-person deadline is Saturday, November 3 at 5:00 p.m.~

In-person absentee voting locations and times

Voting at OFFICE OF ELECTIONS

12000 Government Center Parkway, Conference Center Rooms 2 & 3 Fairfax, Virginia 22035

September 21 - October 12

Monday, Tuesday, Wednesday, Friday, 8:00 a.m. to 4:30 p.m.

Thursday 8:00 a.m. to 7:00 p.m.

October 13 –November 3

Weekdays: 8:00 a.m. to 7:00 p.m.

Saturdays: 9:00 a.m.—5:00 p.m.

See page 7 of this
newsletter for more
information!



Checklist for Election Day, November 6, 2018

Don't forget your PHOTO ID! (Go to Vote.Virginia.Gov. to check if your photo ID is acceptable)

Any valid employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

Check your voter registration status. Voter registration closed on October 15, 2018.

Consider voting absentee: There are 20 valid reasons to vote absentee before election day, in person or by mail.

Follow information on elections through Twitter **@fairfaxvotes** and **@fairfaxcounty** or go online at fairfaxcounty.gov/elections.

Before you vote, REVIEW the SAMPLE BALLOT. REMEMBER, there is an election every year in Virginia!! Don't forget to vote.



DECEMBER 13, 2018 LUNCHEON NEWS—PLAN AHEAD!!

Bring your books for kids, eat a delicious lunch, listen to beautiful music of the season!
The Holidays are coming!! The Holidays are coming!! The Holidays are coming!!



Our December 13 Luncheon at the Elks Lodge will have a 26 piece string ensemble for our program! This is not to be missed! Hear music of the Holiday Season and enjoy great food—old time favorites! (See Santa on the left!) (By the way, if you missed the October Luncheon, you missed a Tiramisu to die for!)

Make your reservation as soon as possible for December 13 Luncheon at the Elks Lodge. Hope to see you in December!



*****INCLEMENT WEATHER*****

If there is inclement weather, and the Fairfax County Schools are closed, our FCRE activity is canceled. If there is a FCPS delayed opening, the FCRE activity will take place. We follow the school system's closing and late opening schedule.



FCRE

is encouraging its members to bring a book or two or more to the December Luncheon to



got books?



support **BOOKS ARE FOOD FOR YOUR BRAIN!** This organization was started by four retired teachers dedicated to putting books into the hands of some of neediest children. The organization is based at the **FOOD FOR OTHERS Food Bank** in Fairfax. They distribute books to families who use the food bank's services.

Needed books include new or gently used board books, read aloud picture books, easy readers, and chapter books through fourth grade level.

Start collecting books now and bring the books to the December 13 Luncheon to help a worthy cause. Make kids happy!



THANK YOU, APPLE FEDERAL CREDIT UNION!!

FCRE would like to thank the Apple Federal Credit Union for their continued support in our activities!
We really appreciate you!!

**REMEMBER: FCRE recommends:
Do NOT under any circumstances withdraw from your Fairfax County Public Schools-sponsored health insurance. If you do, you cannot rejoin!**

FCRE TRAVEL REPORT FOR NOVEMBER, 2018

By Doris Patteson, Travel Coordinator

Our group of 10 returned from South America in mid-September. The winter season was ending there; the spring flowers had started to appear and the trees were budding. Six of us participated in the pre-tour to Santiago and Valparaiso.

Santiago is a city with a population of about 6 ½ million located in a valley nestled between the Andes and Coastal Mountains. It is a busy, colorful city with lots of graffiti/art that covers the sides of buildings, walls and any available space, and some of it is quite beautiful. The local government supports and promotes the local street art culture. The houses and even the pavements in the city square are also quite colorful.

Valparaiso is located on the Pacific and has many lovely views from the hillsides and lots of neat restaurants. We especially enjoyed the empanadas. The countryside is filled with vineyards and Chile is known for its excellent wine.

We met the rest of our Collette groups in Buenos Aires where we enjoyed lovely scenery, a tour of the city including the Pink Palace where Eva Peron made her famous speech, and we visited the Recoleta Cemetery to see her final resting place.

Other highlights included a tango show and a visit to a ranch where we met the gauchos and learned about their history. Some enjoyed horseback rides while others rode carriages around the ranch. We had a nice dinner and show with the gauchos.

Our next stop was Iguazu Falls which divides the countries of Argentina and Brazil with over 275 falls running for a distance of about three miles. These falls are more impressive than either Victoria or Niagara in my opinion.

The little quatis were running wild all over the place. They are small animals that look like a cross between an opossum and a raccoon with long beautiful tails. They can get aggressive where food is involved. One jumped on my table and stole my hamburger right out of my hands!

Rio de Janeiro was another beautiful city with many ocean front beaches (included the famous Copacabana and Ipanema beaches). The city is surrounded by hillsides and mountains and the beautiful Tijuca Forest and National Park. The panoramic views from the top of Sugar Loaf and Corcovado Mountains are breath-taking. The statute of Christ the Redeemer which stands 98 feet tall can be viewed from all over the city.

Our activities included a behind the scenes Carnival experience where we learned all about the preparations for the Carnival and even had a dress rehearsal with some of the costumes. We enjoyed a boat ride around the harbor and an open jeep ride through the city and into the jungle. There were many food and drink experiences at lovely restaurants and even a special tasting of the local fruits set up for us at one of the markets. We had an excellent tour manager from Argentina who shared lots of local history and culture to give us the flavor of the South American countries.

In our next edition we can tell you about our **CROATIA AND ADRIATIC COAST TOUR**. The group will be returning from that trip on October 31.

We had a nice travel presentation on October 10 featuring **SCANDINAVIA**. There was a good turnout and seemed to be quite a bit of interest. If you haven't received your brochure on Scandinavia, give us a call.

Our deposit date for "**PORTUGAL AND ITS ISLANDS**" has just passed, but we do still have some room if you call immediately. We will soon announce our next travel presentation for "**NEW ENGLAND AND ITS ISLANDS**" which we are offering for October of 2019. Let us know if you would like a brochure.

UPDATE ON CHANGES FOR FCRE FUTURE TRAVEL—in my last article I told you that John and I would be retiring to Smith Mountain Lake, but we will be slowly transitioning; and I will continue with the travel through 2019. Shillelagh's Travel Club will be taking over our travel starting with the 2020 trips which we will be starting in April or May. One of the directors at Shillelagh's was a former employer of Collette and knows our product well. We will continue to select our trips through Collette which they will promote and handle for us. Shillelagh's sponsors many short trips and day trips such as trips for New York plays, museums, flower shows, etc., and our members will have the opportunity to participate in these trips as well as others that Shillelaghs offers. In fact, they have two day trips coming up that you might be interested in:—**A DAY IN VIRGINIA WINE COUNTRY** on November 14 for \$162 and **HOLIDAYS AT HAGLEY MUSEUM** on November 27 for \$115. If interested, please make your reservation by calling **703-242-2204** and tell them that you are a FCRE member.

Alicia Clelland, who sponsors FCRE's Film Group will be FCRE's liaison with the Shillelaghs, and I will be working with her as the year goes by.

We are updating our travel database to turn over to Shillelaghs. Many of you have not returned the form updating your information and letting us know that you want to stay on our mailing list for future brochures and information about upcoming trips.

(Continued on page 5)

Continued from page 4, **FCRE TRAVEL:**

If we receive no response, we will assume that you wish to have your name removed. This list will be used for Shillelachs to notify you of their offerings for travel and to provide you with their monthly catalog.

We are so proud of **COLLETTE!** They are the oldest tour operator in the United States, and are operated by the third generation of the Collette family. They are a very caring family and want to provide the best opportunities available to our clients. Collette considers us a part of their family!

We are here to give you travel guidance and to help you fulfill your travel dreams.

Remember, call with questions or to request brochures: **703-534-3975** or email me

at dwpatteson@gmail.com

HELP WANTED!

USE YOUR TALENTS TO KEEP FCRE STRONG!!

Volunteers are needed for the following:

- Member Activities**
- Luncheon (set-up, guest check-in)**
- History/Photographer**
- Legato School (one of the few remaining one room schools in Virginia)**
- Newsletter (mailing!)**

**Contact Cathy Shelton at
cshelt@verizon.net**

DECEMBER 13, 2018 NOMINATING COMMITTEE TO BE CHOSEN!

The duty of the FCRE Nominating Committee is to select a slate of officers to lead FCRE. Every year the Vice President and the Secretary are elected.

This year, 2018, the offices of President Elect, Vice President, Secretary, and Treasurer are to be filled. The Nominating Committee will select nominees to fill these posts.

The Nominating Committee shall include five to seven members elected by the general membership. The selection of nominees to this committee will take place during the business portion of the second membership meeting of the year which is October 11, 2018.

Nominations for the choosing of members of the Nominating Committee shall be made from the floor, provided the individual has agreed to be nominated. If 5 to 7 people are chosen from the floor, the President may entertain a motion that the 5 to 7 be elected by acclamation.

Please consider nominating yourself to serve on this committee. And if you are nominating someone to serve on this committee, please get that person's permission to be nominated!!

I can vouch that you will have a great time as an officer of FCRE!!♦



**FAIRFAX COUNTY RETIRED EDUCATORS
is saddened by the loss of one of its members:**

**Barbara Reyle
July 9, 2018**

**Our thoughts and prayers are with her
family and friends.**

CINEMA ARTS GROUP

THE CINEMA ARTS FILM GROUP-----

Meets the 3rd Wednesday of the month when school is in session. Participants attend the first showing of the film selected followed by lunch and film critique at First Watch. Anyone interested can contact Alicia Clelland at clellaap@cox.net.

SUPPORT OUR SCHOLARSHIP PROGRAM!!!

MEMBER ACTIVITIES

by
Barbara Marshall, Director of Member Activities

BRIDGE GROUPS

1. 2nd and 4th Monday Group — Meets 2nd and 4th Monday mornings at 9:45 am. Contact person is Barbara Marshall, 571-203-0375, or bmarshall12@verizon.net. This group meets at the Vienna American Legion. The Legion is located at 303 Center St., North Vienna, Va 22180.
2. Tuesday Morning Group —Coordinator is Sandy Smith. Meets the 2nd Tuesday at 9:30 am in homes.
3. Fourth Tuesday Evening Group — Coordinators: Claudette Coffey and Joey Graves. Meets in homes at 7:00 pm.
4. 1st, 3rd, and 5th Monday Bridge Group — Meets at David R. Pinn Community Center on Zion Road in Burke at 9:45—12:00. The contact people for this group are Bunny Monroe (MissBunnyM@aol.com) and May Roy (mroy99@verizon.net). This group has been meeting at the Legion for the summer but will be back at the Pinn Center on September 17.
5. Dave Matthews Afternoon Bridge Lesson will take place the 2nd and 4th Mondays at the American Legion.(see above) at 1:00 pm.

BOOK GROUPS

1. Annandale Book Group—Dottie Addison,coordinator; Meets the 3rd Wednesdays at 12 noon at George Mason Regional Library. Call Dottie at 703-971-8479 for more information or email at daddison@wrsystems.com
2. Fairfax City Group — Sue Williams, coordinator. Meets at 10:30 am on the 2nd Friday in the Barnes and Noble at Fair Lakes. Sue’s contact information is suewms@cox.net.
3. Vienna Tuesday Book Group — Joey Graves, coordinator Meets the 2nd Tuesday at the Providence Community Center. Joey’s contact information is JoeyGraves1@gmail.com

W. HAROLD FORD SCHOLARSHIP CONTRIBUTION

501 C 3 TAX DEDUCTIBLE

CHOOSE TO MAKE A CONTRIBUTION OF:

\$5.00 \$10.00 \$15.00 \$20.00 whatever you can

Annual Or Endowment

NAME _____

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DETACH THIS FORM AND MAIL IT WITH YOUR CONTRIBUTION. YOU WILL RECEIVE A RECEIPT FOR YOUR



MAKE CHECKS TO:

FCRE

W. HAROLD FORD SCHOLARSHIP FUND

P. O. BOX 682

SPRINGFIELD, VA 22150-0682



In-person absentee voting locations and times

Voting at OFFICE OF ELECTIONS

12000 Government Center Parkway, Conference Center Rooms 2 & 3 Fairfax, Virginia 22035

September 21 - October 12

Monday, Tuesday, Wednesday, Friday, 8:00 a.m. to 4:30 p.m.

Thursday 8:00 a.m. to 7:00 p.m.

October 13 –November 3

Weekdays: 8:00 a.m. to 7:00 p.m.

Saturdays: 9:00 a.m. to 5:00 p.m.

Satellite Voting Locations

October 13 - November 3

Monday - Friday 3:00 p.m. to 7:00 p.m.

Saturdays 9:00 a.m. to 5:00 p.m.

Franconia Governmental Center

6121 Franconia Road, Alexandria, 22310

Lorton Library

9520 Richmond Highway, Lorton, 22079

Mason Governmental Center

6507 Columbia Pike, Annandale, 22003

McLean Governmental Center

1437 Balls Hill Road, McLean, 22101

Mount Vernon Governmental Center

2511 Parkers Lane, Alexandria, 22306

North County Governmental Center

1801 Cameron Glen Dr., Reston, 20190

Providence Community Center

3001 Vaden Drive, Fairfax, 22031

Sully Governmental Center

4900 Stonecroft Boulevard, Chantilly, 20151

West Springfield Governmental Center

6140 Rolling Road, Springfield, 22152

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FCRE ADVOCATE
 FAIRFAX COUNTY RETIRED EDUCATORS
 P. O. Box 682
 SPRINGFIELD, VA 22150-0682

NOVEMBER 2018

PRESORTED
 MARKETING MAIL
 U.S. POSTAGE PAID
 MERRIFIELD VA
 PERMIT NO. 1175

LUNCHEONS RESERVATIONS
 2018-2019:

1. December 13, make your reservation by December 7 2018.
2. February 14, 2019, make reservation by February 8, 2019.
3. April 11, 2019; Make reservation by March 8.
4. June 13, 2019; make reservation by May 3, 2019.

TIME SENSITIVE!

ADDRESS SERVICE REQUESTED

NOVEMBER 2018

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NOVEMBER 2018

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Change of address, articles, letters, and comments
 should be sent by mail only to:

Fairfax County Retired Educators
 FCRE Advocate, P. O. Box 682,
 Springfield, VA 22150-0682

Email: fcre@fcre.org Website: www.fcre.org

Officers for 2018—2019(July1, 2018—June 30, 2019)

President.....Cathy Shelton

Vice President..... Eva Pappas

Secretary.....Dennis Pfennig

Treasurer.....Barbara Dent

Past President.....Billie Johnson

Parliamentarian.....Dennis Pfennig

BOARD OF DIRECTORS

Budget and Finance.....Andy Mika

Communications.....Valerie Shapiro

Health Benefits.....John Dent

History and Records.....To be announced.

Information and Publications—Billie Johnson

BOARD OF DIRECTORS, continued:

Legato School Museum.....To be announced

Government Relations/Legislative. Barbara Allen

Luncheon Director.....Phyllis Rittman

Membership.....Valerie Shapiro

Member Activities.....To be announced

Member Services Tours.....Doris Patteson

Parliamentarian.....Dennis Pfennig

Program Director.....Eva Pappas

W. Harold Ford Scholarship.....Phyllis Rittman

Office Manager.....Cathy Shelton

Remembrances.....TBA

50/50.....Anita Francis



FAIRFAX COUNTY RETIRED EDUCATORS

Get Involved!

703-923-9877 | WWW.FCRE.ORG

