

Fairfax County Retired Employees Association

HOT FLASHES

FCREA Officers

Chairman:

Pam Martin 703-323-4929

Vice Chairman:

Kay Wintermoyer

Secretary:

Chuck Higdon

Treasurer:

Bobbie Deegan 301-937-7070

Joseph Blackwell—Immediate Past Chairman

Board Members

Joyce Gerhart Dorris Medlin

Barbara Miskimmin

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell

Rita Kayn: Editor Hot Flashes

fairfaxhotflashes@yahoo.com

Dues Payment

Bobbie Deegan
4316 Knott Street
Beltsville, MD 20705

Sunshine

Dolores Testerman 703-273-1295

Address Changes

Rita Kayn
10035 Glencroft Court
Vienna, VA 22181
703-938-1869

Retirement Agency

10680 Main Street, Suite 280
Fairfax, VA 22030
1-800-333-1633 or 703-279-8200

FCREA Website: retiredfairfaxcounty.com

Chairman's Message

Our Holiday Luncheon at The Mason Inn on December 18th was lots of fun. A special thanks to those of you who brought canned and packaged goods to share with those less fortunate than we are. Our donations were delivered to Food For Others, a local food bank.

Planning is well underway for this year's activities. Mark these dates on your calendar now so you'll be sure to save the dates:

Wednesday, May 7th: Our annual meeting, conference rooms 2/3, Government Center at 10 AM.

Wednesday, May 21st, 10 AM – 2 PM: Our 4th annual Information for Seniors Fair, at American Legion Post 177. (This event will replace the KIT luncheon that would normally take place that day). Last year's participants included INOVA, the Retirement Office and Benefits staff, a funeral home, the credit union, and Osher Lifelong Learning Institute. What other organizations would you like to see included? Share your suggestions with a board member or email them to FairfaxHotFlashes@yahoo.com.

Wednesday, September 10th: Our annual picnic at Nottoway Park, Vienna.

We're also planning a trip to the Sight and Sound Theater in Lancaster, PA to see Moses. We'll have more details soon!

You should have received your 1099-R tax form from the Retirement Office by January 31st. If you haven't received it, contact the Retirement Office and make sure they have your correct address!

One final, but very important, item – as I mentioned in my previous column, Bobbie Deegan, Rita Kayn and I will be going off the Board the end of June, as required by our by-laws. **We are still looking for a volunteer to take Rita's place as membership chairman and editor of Hot Flashes.** Rita has done a superb job reviving Hot Flashes. Now we need help to keep it going. Will you take on the job? If you would like more information about what would be involved, please contact Bobbie Deegan at bobbiedeegan@aol.com or Rita Kayn at fairfaxhotflashes@yahoo.com.

That's all for this issue. See you at lunch!

Sincerely,

Pam Martin, Chairman

Fairfax County Retired Employees Association

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February 2014

Motivate Me

Motivate Me is an incentive program that helps you change unhealthy behaviors. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With Motivate Me, you'll work toward achieving real results that mean a real, healthy change for you. Take care with things like a Health Assessment or biometric screening and earn deposits into your health fund account. The more you do, the more you earn. Of course, the best reward is your good health.

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section. To help make it easy, Cigna's health advocates and customer service representatives will be there to support you throughout – online or by phone. They'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like the MotivateMe incentive page, and encourage you – from start to finish.

Ready? Here's how to start: Visit myCigna.com > Manage My Health > Incentive Awards Program. There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards

FROM YOUR TREASURER.....

Bad news – With all the Christmas activities, my hubby being in the hospital unexpectedly, and then a very enjoyable (and much needed) vacation on a cruise ship (and no, we didn't get sick!), I have gotten way behind in sending out membership cards to new and renewing members.

Good news – By the time you get this issue of Hot Flashes, membership cards will have gone out to new lifetime members, annual members who have paid their dues for 2014, and all members who have paid \$5 to have Hot Flashes mailed to them in 2014. (Existing lifetime members were mailed their permanent membership cards last year). If you did not receive your card, please give me a call at 301-937-7070 or email me at BobbieDeegan@aol.com.

Thanks,

Bobbie Deegan



Keep In Touch Luncheon

(Third Wednesday of each month 11:30AM)

Old Country Buffet, Fair City Mall

9650 Main Street, Fairfax

Traveling East from Fairfax City on Main Street (Rt. 236), turn left at the light at Fair City Mall sign, which is across from Woodson H.S. Restaurant is on left side next to Marshall's.

Lunch at the Old Country Buffet will cost **\$9.00** per person. Please call Dorris Medlin at 703-256-6379, if you plan to attend.

Welcome New Members!

- **Sheila Bishop, DVS**
- **Bette Crane, Cty Attorney**
- **Hoa Van Doan, DFS**
- **Betty Marshall, DHR**
- **Robert Mears, Retirement**
- **Cynthia Messinger, Parks**
- **Wyatt Payne, Jr., DPWES**
- **Janet Prasher, FCPL**
- **Traci Vaughan, DHR**

VOLUNTEERS NEEDED !!!!!

The terms of four members of your Board will be expiring in June. The following key positions need to be filled:

- Chairman
- Treasurer
- Membership Coordinator
- Hot Flashes Editor

Please don't let these positions remain vacant so we can continue the success of the FCREA.

If anyone is interested in volunteering and needs more information, please contact Bobbie Deegan and/or Rita Kayn at:

Fairfaxhotflashes@yahoo.com

Thinking of You

Speedy Recovery to:

- **Diane Stanley**



Condolences to:

- **June Attmanspacher on the death of her sister**
- **Jean Jennings on the death of her husband Doug**
- **Gloria Watkins on the death of her mother**

SAVE THE DATES

5/7 Annual Mtg.—Govt. Ctr.— 10AM—2/3

5/21 Senior Info Fair—American Legion—

10 AM

9/10 Picnic—Nottoway Park

FCREA
10035 Glencroft Ct.
Vienna, VA 22181

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www.fairfaxcu.org (703) 218-9900

*Serving Fairfax County Employees,
Retirees and their families since 1958*

The advertisement for Adult Day Health Care features a photograph of an elderly couple smiling. To the right of the photo is a yellow heart with a red border containing the text: "Affordable quality care. Meaningful activities. New friendships. Peace of mind." Below the photo is a blue banner with the text "Fairfax County Health Department" in small white letters. The main title "Adult Day Health Care" is written in large, white, stylized letters within a red-bordered box. Below the title, it says "5 locations in Fairfax County Mon. - Fri., 7:00 a.m. - 5:30 p.m." and "Schedule a visit today. 703-750-3316 TTY 711 fairfaxcounty.gov/hd/ADHC". At the bottom of the banner, it says "A program of the Fairfax County Health Department." Below the banner is a white box with the text "Call Now to Get 2 Weeks FREE!" in blue and red.