

Fairfax County Retired Employees Association

HOT FLASHES

FCREA Officers

Chairman:

Pam Martin 703-323-4929

Vice Chairman:

Kay Wintermoyer

Secretary:

John Harold

Treasurer:

Bobbie Deegan 301-937-7070
Joseph Blackwell—Immediate Past Chairman

Board Members

John Harold 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

Chairman's Message

Welcome, Daylight Savings Time! I am so glad the longer days are back. Your Board has come up with ways to fill them!

Our **Annual Meeting** will be Wednesday, **May 1, 2013** in the Government Center's Conference Center. Scheduled speakers include Supervisor Penny Gross, County Executive Ed Long, HR Director Sue Woodruff, Retirement Administrator Bob Mears and Fairfax County Federal Credit Union CEO Joseph Thomas. Our July cost-of-living increase will be announced, so come get the information first hand! We also will elect two new members of the Board of Directors, so **if you are interested in serving your fellow retirees** in this capacity, please **let Bobbie Deegan know**. You can reach her at 301-937-7070 or by email at BobbieDeegan@aol.com.

On **Wednesday, May 15**, we will host our 3rd annual **Information for Seniors Fair** at American Legion Post 177, 3939 Oak Street in Fairfax, 10 AM – 2 PM. (This will replace the KIT luncheon that would normally take place that day). Representatives from Human Resources, Retirement, Transportation and other County agencies will be there to share information and answer your questions. Inova Hospital System will provide a variety of free health screenings. A Fairfax County Federal Credit Union representative will have information on such topics as reverse mortgages and financial planning. Have some gold or silver jewelry you want to sell? Bring it with you. A vendor at the Info Fair will make you an offer, no strings attached. Fellow retirees will be "selling their wares" and there will be a 50/50 drawing, so bring some cash, too! You can buy a delicious lunch at a very reasonable cost downstairs in the Legion Hall, as well. The fair is open to all, so invite your friends and neighbors to join you. This will be a great opportunity for them to take advantage of the free health screenings.

The coming months should be both informative and fun. I hope to see you at the annual meeting on May 1st and the Information for Seniors Fair on May 15th!

Sincerely,

Pam Martin, Chairman

Fairfax County Retired Employees Association

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April 2013

Board Member Openings

Two openings for FCREA Board.
If interested in serving, please
send an email to
fairfaxhotflashes@yahoo.com.

Duties to be determined.

FCREA WEBSITE

A volunteer is needed to maintain the FCREA website. Knowledge of GoDaddy is preferred. Please email fairfaxhotflashes@yahoo.com if interested.



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SAVE THE DATE!!!

Annual Meeting to be held
5/1/13 10AM at the
Government Center Room 4/5

Scheduled Speakers

- BOS, Penny Gross
- Retirement Administrator, Bob Mears
- HR Director, Sue Woodruff
- Credit Union CEO, Joe Thomas

Elections of two openings to
FCREA Board

Info for Seniors Fair

May 15th 10am—2pm

American Legion Post 177

3939 Oak Street

City of Fairfax

Exhibitors to include:

**INOVA, Child Help, Fairfax
County Depts., DOT, Fire,
Police, Transportation,
Consumer Affairs, DHR, and
many others.**

50/50 Raffle

Door Prizes

**We look forward for a good
turnout!**



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!

- **Dianne Peikin, BOS**

Thinking of You

Speedy Recovery to:

- **Charles Jenkins**



Condolences to:

- **The family of June Swart**
- **The family of Dale Friez**

MEDICARE PART B INFORMATION

Part B premiums by income—increased for 2013

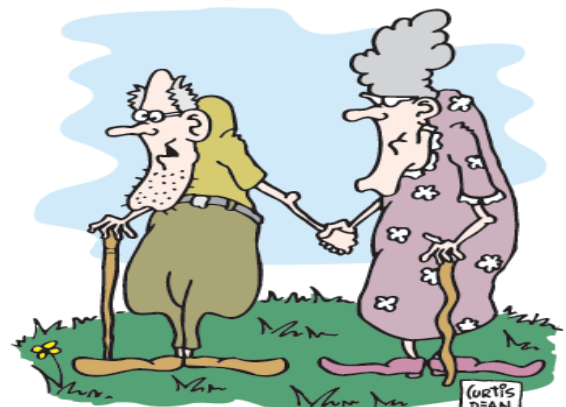
If your yearly income in 2011 was		You pay (in 2013)
File individual tax return	File joint tax return	
\$85,000 or less	\$170,000 or less	\$104.90
above \$85,000 up to \$107,000	above \$170,000 up to \$214,000	\$146.90
above \$107,000 up to \$160,000	above \$214,000 up to \$320,000	\$209.80

To get more information about your Part B premium, contact [Social Security](#).

In 2013, there may be [limits on physical therapy, occupational therapy, and speech language pathology services](#). If so, there may be exceptions to these limits.

Save the date: Anne Maurer, Sharon Fadgen, Fran Millhouser(and Bill) and Ilze Long (Library retirees) will be at the Fairfax County Gov't Center on Friday, April 19, 2013. Please come to join us when we show and sell our artistic creations!

eFunnyCartoons



“Remember when shake, rattle and roll meant more than just getting out of bed?”

© Curtis D. Tucker 2009

**FCREA
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Vienna, VA 22181**

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

How can older adults prevent falls?

Older adults can remain independent and reduce their chances of falling. They can:

Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.

Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses for some activities such as walking outside.

Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting in their homes.