

# 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](mailto: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](http://retiredfairfaxcounty.com)

## Chairman's Message

Another open enrollment season is behind us. I hope everyone got his or her questions answered. Each year, we try to make the process better. This year, I encouraged DHR to schedule sessions for retirees throughout the County instead of requiring everyone to come to the Government Center. That seemed to work well. What can we do better next year? Let me know and I will pass your ideas on when HR starts planning next year's open enrollment.

The holidays are here already! Our Holiday Keep-In-Touch Luncheon will be at the Mason Inn on December 18 at Noon. The cost of this special luncheon is \$25 per person. We had to guarantee a minimum of 50 to reserve the room without a fee. We are financially committed to that number, so y'all come! The new location is accessible to all - there are no steps to get into the facility and there is plenty of parking. We ask that you pay in advance, so please mail your check (payable to FCREA) to Dorris Medlin, 7705 Weber Street, Annandale, VA 22003. In January, we will return to Old Country Buffet at Fair City Mall for the monthly KIT luncheons.

At the December luncheon, we will be collecting canned and packaged goods for Food For Others, a local food bank. The number of hungry families in our area continues to grow, so please bring along some items to help those in need.

Planning for next year's activities has already begun. The Retirees Association will host the 4th annual Information for Seniors Fair on Wednesday, May 21st, 10 AM – 2 PM. (This event will replace the KIT luncheon that would normally take place that day). As you know, numerous organizations attend our event to share information that might be of interest to seniors in general, and to our retirees in particular. Past participants have included County agencies (such as the Retirement Office and DHR's Benefits staff), private insurance providers, Fairfax County Credit Union, Everly Funeral Home, and Osher Lifelong Learning Institute, among others. Inova generously provides free health screenings and general information about common health conditions, such as diabetes and hypertension. We even have some retiree entrepreneurs selling their wares! Our goal is to make each year's event even better than the year before's. What organizations or services would you like to have represented? Please share your ideas with a board member or email them to [FairfaxHotFlashes@yahoo.com](mailto:FairfaxHotFlashes@yahoo.com).

Speaking of planning for the future – as required by our bylaws, Treasurer Bobbie Deegan, Hot Flashes editor Rita Kayn and I go off the board the end of July. We need some folks willing to go on the board in our places! Please give some serious thought to serving your retiree association as a board member. FCREA not only gives retirees opportunities to get together for fellowship, but it plays an essential role in representing the needs of retirees that otherwise might not be met. It also is a conduit for sharing information between the county and retirees. None of this would be possible without volunteers willing to take leadership roles! If you would like more information about what would be involved, please contact Bobbie Deegan at [bobbiedeegan@aol.com](mailto:bobbiedeegan@aol.com) or Rita Kayn at [fairfaxhotflashes@yahoo.com](mailto:fairfaxhotflashes@yahoo.com).

That's all for now. Have a wonderful holiday season!

Sincerely,

Pam Martin, Chairman

Fairfax County Retired Employees Association

<b>Chairman's Message</b>	<b>1</b>
<b>Holiday Luncheon</b>	<b>2</b>
<b>New Members</b>	<b>3</b>
<b>Dues are Due</b>	<b>3</b>
<b>Fairfax County Credit Union</b>	<b>4</b>
<b>Adult Day Health Care Ctr.</b>	<b>4</b>

**December 2013**

## **RETIREE HOLIDAY LUNCHEON**

**WEDNESDAY, DECEMBER 18TH AT NOON**

**THE MASON INN AT GEORGE MASON**

**4352 MASON POND DRIVE**

**FAIRFAX, VA 22030**

**888-483-8048**

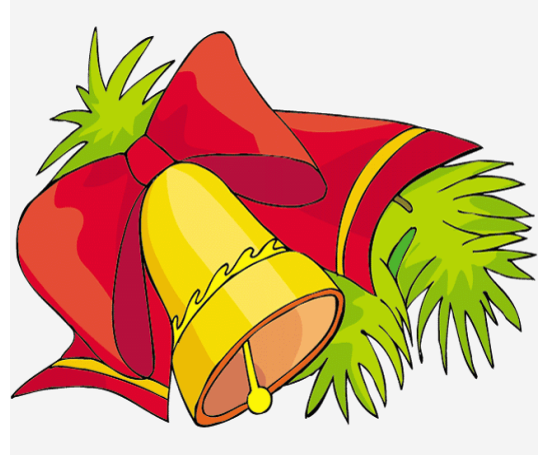
**Directions:** Follow Chain Bridge Road south through the City of Fairfax. As you begin to approach campus, you will pass the Fairfax County Judicial Center on your right. Pass School Street and merge into the left hand lanes when available. Turn left onto University Drive (this is the entrance to the GMU campus). Take the first right at Occoquan River Lane. Turn right at the stop sign onto Patriot Circle. At the roundabout go 1/4 around the circle and turn right on Mason Pond Drive. Entrance to the hotel will be ahead on your left.

**RSVP: Call Dorris Medlin at 703-256-6379 for reservation and all checks should be made payable to Dorris Medlin at 7705 Weber St., Annandale, VA 22003**

**COST: \$25 (all inclusive)**

**Please prepay to Dorris since we must guarantee 50.**

**Please bring donations for Food for Others to luncheon.**



## **HEALTH INSURANCE PROGRAM BENEFITS**

### **PHARMACY**

The County is encouraging health insurance benefit recipients to use the Preventive Generic Drugs list using this link:

<http://fairfaxnet.fairfaxcounty.gov/Dept/DHR/Benefits/Cigna%20Prev%20Generic%20Drug%20List.pdf>

### **WELLNESS**

The most exciting addition for 2014 is a Wellness Incentive Points Program for participants in the County's self-insured plans. The program will give retirees who elect to participate in one of the Cigna managed plans, the opportunity to earn points for engaging in certain wellness activities such as taking an on-line health assessment, completing annual preventive exams, participating in various optional lifestyle management programs (including weight management and tobacco cessation) and LiveWell sponsored events throughout the year. Each point earned is worth \$1.00, and participants can earn up to \$200 in wellness rewards annually. Look for more information in January 2014.



## 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!

- **John B. Fout, Int. Audit**
- **Sally Leech, Library**
- **Debbie Piansky, OEM**
- **Terri Scuderi, DHR**

## Thinking of You

### Speedy Recovery to:

- **Florence Greer**



### Condolences to:

- **The family of Eddie Powers**

## CIGNA

New insurance cards will be mailed in December to all CIGNA enrollees.

Nearly 1700 retirees receive health benefits from the county and were affected by the recent changes to CIGNA.

Keisha Lewis is the CIGNA representative and will have an office in DHR. Her telephone number is 703-324-2446.

Some changes to CIGNA benefits are:

- Free mail order prescriptions for most preventive generic medications.
- Davis Vision will cover eyeglasses purchases to each year instead of every two years.
- Davis Vision will increase frame allowance from \$130 to \$150.
- Wellness Incentive Points Program.

## DUES ARE DUE!

Annual members, please check the membership card you recently received in the mail. If your membership expires 12/31/13, then it is time to renew your dues for 2014! Dues are still just \$5.00 a year.

It is also time for all members to renew your subscription to Hot Flashes if you want to receive a paper copy in the mail. The subscription fee also is \$5.00 a year. We spend roughly \$110 every two months to print and mail Hot Flashes to those members who want to receive a hard copy. The subscription fee helps cover this expense, so we don't drain the treasury!

Please make your check payable to FCREA and mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705. Questions? Give her a call at 301-937-7070.

As always, if you are a Lifetime Member of FCREA or an Annual Member whose dues are current, and you do NOT want a paper copy of Hot Flashes, it will continue to be emailed to you free of charge.

**Do we have your current email address?** If not, contact Rita Kayn at [FairfaxHotFlashes@yahoo.com](mailto:FairfaxHotFlashes@yahoo.com) to update your information.

FCREA  
10035 Glencroft Ct.  
Vienna, VA 22181

PRST. STD. Mail  
US Postage  
PAID  
Merrifield, Va.  
Permit #566



[www.fairfaxcu.org](http://www.fairfaxcu.org) (703) 218-9900

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

Imagine having peace of mind.

Affordable quality care.  
Meaningful activities.  
New friendships.  
Peace of mind.

Fairfax County  
Health Department

**Adult Day  
Health Care**

5 locations in Fairfax County  
Mon. - Fri., 7:00 a.m. - 5:30 p.m.

Schedule a visit today.  
703-750-3316 TTY 711  
[fairfaxcounty.gov/hd/ADHC](http://fairfaxcounty.gov/hd/ADHC)

A program of the Fairfax County Health Department.

Call Now to Get 2 Weeks **FREE!**