

HOT FLASHES

Fairfax County Retired Employees Association

January 2018



Chairman's Message

First, I hope everyone had a happy holidays and wish only good fortune and happiness for 2018.

The FCREA Holiday luncheon was held on December 21 at the Waterford near Fair Oaks Mall and attended by over 70 retirees. The Waterford served a wonderful lunch, there was excellent camaraderie among the retirees and a good time was had by all! If you were unable to attend, we hope to see you next year. I would also like to thank everyone who brought gloves and socks to the luncheon which we donated to FISH (Fairfax Immediate, Sympathetic Help).

For 2018, the FCREA has already planned several events. On May 7th we will have our annual meeting and on May 21st our annual Senior Information Fair at the American Legion in Fairfax City. We are also coordinating with Fairfax County Live Well Program and are excited about some special classes for retirees. More details will be available soon in future Hot Flashes.

Hope to see you at the next Keep in Touch Luncheon on Wednesday, January 17, and do not forget the new location at Glory Days in the Pam Am Shopping Center.

Happy New Year!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association



Your Library Card Connects you to Valuable Resources

Whether you live in Fairfax County or out of state, Fairfax County Public Library can support your recreational and lifelong learning needs. Our online resources may be particularly valuable to you as you manage your investments (Morningstar and Value Line), download eBooks and eAudio books (OverDrive houses our digital collection), stay current on trends and technology (Lynda.Com) and so much more. Visit the library website at Fairfax County Library and browse these and other online resources.

One thing people watching their budgets love is the library's free access to a multitude of popular magazines through a service called RB Digital. From sports fans to cooking aficionados to those of us who like to keep up on the lives of celebrities, there's something for everyone. Search for RBDigital on the county website and have your library card ready.

Mary Mulrenan
Marketing Director
Fairfax County Public Library
703-324-8319



Get Started, Get “Motivated”!

Start your new year off right! Making healthy choices can help you earn big rewards—physically and fiscally. LiveWell’s MotivateMe program provides up to \$200 per year for completing goals such as having an annual physical, completing wellness coaching programs, taking a health assessment, participating in LiveWell workshops and webinars, and having vision and dental screenings. The goal of the program is to encourage Fairfax County Government employees and retirees, who subscribe to a Fairfax County health plan, to take steps toward improved health and wellness. The program kicks off January 1 and lasts through December 31, each year.

Cigna Members: Cigna members start with an annual preventive exam (annual physical). This is the most important step and allows you to earn rewards for other activities. Don’t worry, you can begin the other activities, like participating in workshops and webinars. But the annual physical must be completed by December 31 to earn financial rewards. Cigna members can monitor their activities through mycigna.com. After logging in, click on “My Health” in the upper left corner. Then, click on “My Incentives” to view and earn rewards.

Kaiser Members: Kaiser participants begin with logging into kp.org/engage. After completing the user agreement, take the Total Health Assessment to begin earning rewards.

Do you have Medicare? If Medicare is your primary insurance and Cigna or Kaiser is your secondary insurance, you should send the explanation of benefits (EOB) for your annual physical, or Medicare wellness exam, to LiveWell in order to receive rewards for completing the exam. We do not need your medical information, only a screen shot or copy of the EOB showing your name, date of the physical, physician or practice name and the type of service provided. You can email it to LiveWell@fairfaxcounty.gov or fax it to 703-802-8795.

Do you receive a physical through Occupational Health? If you are a

uniformed retiree from a public safety agency who receives your annual physical through Occupational Health, please send the cover letter of your exam results to LiveWell@fairfaxcounty.gov or fax it to 703-802-8795. We will alert Cigna or Kaiser that you have completed the exam and should receive credit.

How do I get my rewards? You'll receive rewards by the beginning of March every year. Retirees receive the funds as a one-time additional subsidy to their Fairfax County pension payment. Rewards earned in 2018 will be received by March 2019.

Questions? Email LiveWell@fairfaxcounty.gov or call Leigh Ann Henderson, LiveWell Coordinator, at 703-324-4556. Plus, join the LiveWell email list to receive a monthly LiveWell newsletter and the latest information on upcoming programs and events! Join the LiveWell mailing list by emailing LiveWell@fairfaxcounty.gov.



RETIRED

Retirees Share a Moment

In this section, we ask you to share a story, anecdote, recipe, anniversary, travel tip, photo, health issue, etc., that you think may be of interest to other retirees. If you send photos please identify each person in the photo, as well as from what agency and when they retired. Please send them to [FCREA](#) and as space is available and relevant, they will be published.

We thank Barbara Miskimmin for sharing the following:



Barbara Miskimmin

Hi fellow retirees, I have been asked to talk about my retirement.

First I love being retired as every day is a new and exciting adventure. I retired in 2005. After my husband, Bob, died in 2007, I did some traveling with fellow retiree PJ Story. We went on a couple of cruises which I thoroughly enjoyed and also traveled to China, Germany and Ireland.

By 2007 I had joined the American Legion, Moose Lodge and Elks Lodge, began volunteering and met a wonderful group of folks.

I had lived in Fairfax for 41 years in Kings Park West and my neighbor for most of that time was fellow Fairfax County retiree, Sharen Downer. Her son, David, knocked on my door one day and said he wanted to buy my house....WOW! I immediately said OK, moved out in three months, selling all my belongings and with no research but two quick visits to Bradenton, Florida, decided that is where I wanted to live. Bradenton is on the west coast of Florida near Sarasota. I bought a new house in a mixed age community named Harmony in Lakewood Ranch, moved in December 2015 and quickly made friends. We do so much together: visiting the Gulf which is 20 minutes away for the beautiful sunsets, attending polo matches, shopping (which is one of my favorites), daily excursions and evening functions. I think it is like living in a commune, the caring, sharing, and loving here is fantastic.

As is typical when you live in Florida, guests starting arriving in January and many from both Virginia and NY are at my house. Thankfully, my home is large enough for multiple guests.

I did stay through Hurricane Irma, which was quite an experience. This area is considered 'blessed' by the Indians (the local folklore) and Irma went from a four to a one just as it neared Bradenton. AND yes, I did have a Hurricane Party in the garage!

I have spent the last two years buying furniture, decorating, redecorating and thanks to my handyman, Rick, whom I met at the American Legion, modified the house to my liking. I do walk around here wondering how did I get this lucky to have this home in this place with these wonderful friends.

When I arrived here I immediately found my local American Legion, Elks and Moose Lodges, transferred my memberships and found another group of fun loving friends.

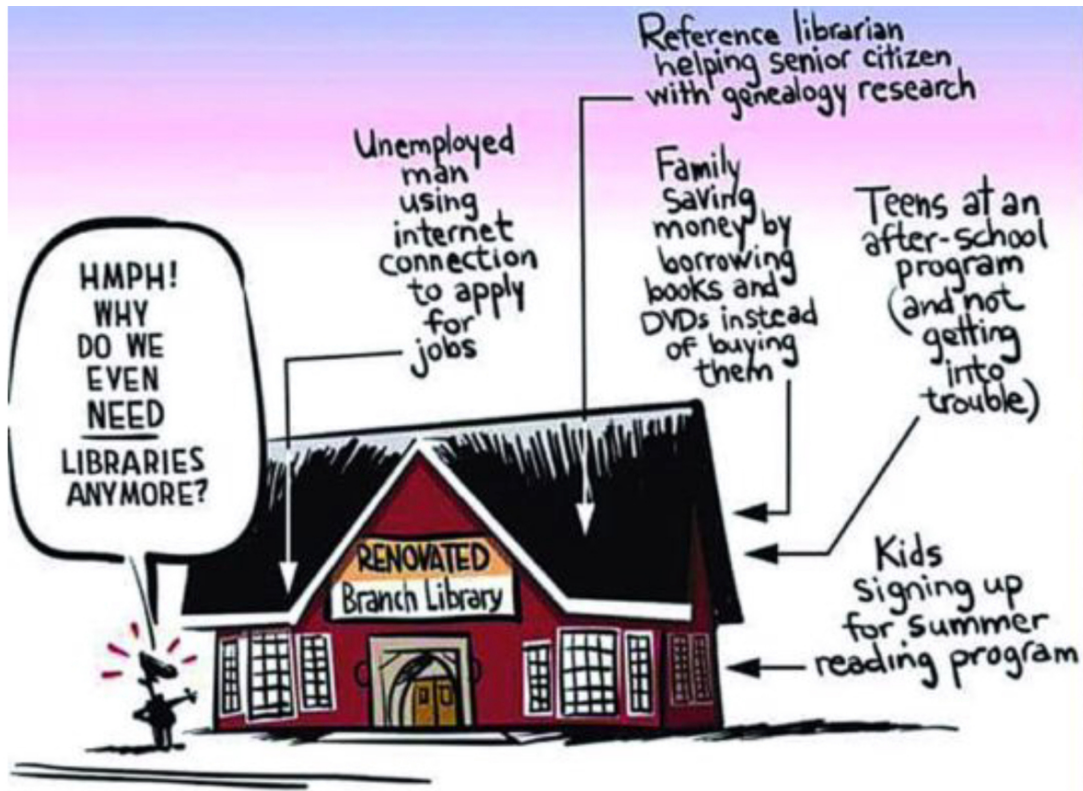
I high recommend getting out, meeting new people, going new places, challenging yourself, and learning new things. I lost several old friends so every day when my feet hit the floor I thank God and go forward to enjoy every day to the fullest. My 'younger' neighbors/friends say I am an inspiration and that pleases me greatly.

I am on FACEBOOK and I do post a lot of pictures of my house, the beautiful sunsets from my lanai, and our crazy outings and of course my beautiful new grandson. Please visit my page and if any of you want to experience life down here, come on down. My phone number is 941-755-1935.

My best to you all...Life is Good...go and ENJOY it.

Barbara Miskimmin

Retired from the Office of the County Executive in 2005



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CREDIT UNION**
FairfaxCU.org

What's Going On at Fairfax County Federal Credit Union?



Got Spare Change? Use our Coin Machine to turn it into savings!

If you've been collecting spare change, bring it by our Members Way branch. Our coin machine, located in the main lobby, will accept your coins and provide you with a receipt that you can use to either deposit the funds into your credit union account or cash it in for bills.

Protect yourself from fraud and identity theft!

Consumer protection has increasingly become a hot topic, especially since use of technology is so prominent. Here are a few tips from **Fairfax County FCU** to help you protect yourself from fraud and identity theft:

- Do not provide your social security number to anyone; except if absolutely necessary
- Make photocopies of vital information and store it in a secure place
- Review your credit report on a regular basis
- Shred personal documents securely
- Change your online password regularly
- Be wary of suspicious emails and avoid opening them if deemed questionable
- Report lost or stolen credit cards immediately
- Review financial accounts regularly and ask about suspicious charges

For more information about protecting yourself from fraud visit the [NCUA Fraud Prevention Center](#).

Visit our [events](#) page to check out our upcoming **FREE Financial Education sessions**. Coming up:

January 11 – Market Outlook

January 25 – Steps in the Home Buying Process

Check out the [Credit Union's Quarterly Newsletter](#) for current promotions, news and events. **Not a credit union member yet? You are eligible to join! Open an account today and start reaping the FCFCU's benefits!**

Visit our website, stop by a branch or call us for details! Fairfax County Federal Credit Union – [FairfaxCU.org](#) - 703.218.9900 opt.3. Federally Insured by NCUA. Equal Housing Lender.



Retirees! 2018 Insurance Rate Change

- County
Retirees
2018
insurance
rate
change

effective
with
December
deductions.

- FCPS
Retirees
2018
insurance
rate
change
effective
with
January
deductions.

- 1099Rs
will
be
mailed
by
1/31/2018.

- Pay
advises
are
mailed
in
December,
January
and
July.

Update Address changes:

General County Retirees, please complete: [Change of Address Form](#).

Schools Retiree, please complete: [Change of Address Form](#).

Carol Patterson
Communications Manager
Fairfax County Retirement Systems
12015 Lee Jackson Memorial Highway, Suite 350
Fairfax, VA 22033-3300

(The Retirement office is now located in the ManTech building off the outer road that circles
Fair Oaks Mall on the JCPenney/Macy's side.)

FCREA Events.....



Keep In Touch Luncheon

Reminder: New Location.

The *Keep In Touch Luncheon* meets at 11:30 on the third Wednesday of every month (except May). No reservations are required.

The *Keep in Touch Luncheons* meets at the Glory Days Grill, in the Pam Am Shopping Center. The address is:

Glory Days Grill,
3059 Nutley St, Fairfax, VA.

[Map](#), phone: (703) 204-0900

We order from a menu and each person is responsible for his/her own meal, drink and a tip.

Put the following Dates on your 2018 calendars:

May 2: FCREA Annual Meeting

May 16: FCREA Annual Senior Information Fair

December 19: FCREA Holiday Luncheon

The times and locations of these events will be announced in 2018.

FCREA Board Meetings

The FCREA Board of Directors meets at 9:30am in the Fairfax County Credit Union ([Fairfax Branch](#)) on the third Wednesday, starting in January and then every other month except May. All FCREA members are invited to attend.

FCREA Membership



Your FCREA has lost track of some lifetime members; that is, their email and/or mailing addresses are no longer valid. If you are in contact with these members, please ask them to provide us with their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).

Carol Crouse, retired from Recreation in 1994

John C. Harris, retired from Fire & Rescue in 1998

Veronica O'Donnell, retired from Library in 1998

Vivian E. Smith, retired from Sheriff in 1996

Anything you can do to help will be appreciated.

Join your FCREA

Any retired Fairfax County employee or surviving spouse is eligible to become a member of the Association. As you know, we use Hot Flashes to provide 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 all year to include, monthly luncheons, a Senior Information Fair in May, and an annual picnic in September and holiday luncheon in December.

Prospective members should contact [Bobbie Deegan](#). The cost of a lifetime membership is minimal at \$50. For a membership application [click here](#).



Condolences

Ralph Alan Wills, who retired from the Department of Public Works in 2002, departed this world on December 18, 2017.

Jean Elizabeth Stickley Hamill passed away peacefully on November 3, 2017. Jean retired from the Department of Tax Administration in 1983.

Barbara Terrell's husband, James Elmer Terrell passed away on October 5, 2017. Barbara retired from Circuit Court in 2005.

FCREA Officers

Chairman:

Pam Martin

703-323-4929

Past Chairman:

Joe Blackwell

Vice Chairman:

Joyce Gerhart

Secretary & Hot Flashes Editor:

Chuck Higdon

FCREA99@gmail.com

Treasurer & Membership

(send dues payments and/or address changes to):

Bobbie Deegan

4316 Knott Street

Beltsville, MD 20705

301-937-7070

BobbieDeegan@aol.com

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Sunshine:

Dolores Testerman

703-273-1295

Fairfax County Retirement

12015 Lee Jackson Hwy , Suite 350, Fairfax, VA 22030

1-800-333-1633 or 703-279-8200

[FCREA Website](#)

And Finally ...

Holographic projection.

We all receive many emails of which most are junk. But one of our members received this email and attached video and ask that I share it.

It is a holographic projection of a whale. The photographic process produces images thanks to the differences between 2 laser beams. These images are projected into a gym using a special camera. There is not a drop of water in this room, let alone a whale ...

Click on the image and turn up the sound.. it is just incredible!



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