

HOT FLASHES

Fairfax County Retired Employees Association

July 2018

Chairman's Message

Summer is here! School is out, days are longer, and families have time to visit. I hope you are enjoying these sunny days by doing something fun and relaxing. Share your adventures with your fellow retirees! Contact Chuck Higdon at FCREA99@gmail.com so he can include your news in a future issue of Hot Flashes.



Our annual meeting on May 2nd was very well attended. Everyone seems to find the Fairfax County Federal Credit Union a very convenient location to get together. Quite a few of us conducted some business there before or afterwards, too! On behalf of all of our members, I want to thank the Credit Union for their continued hospitality. At the meeting, John Yeatman announced that the FY2019 cost-of-living adjustment will be 1.8% for retirees in all three County retirement systems, effective July 1, 2018. FCREA members elected Randy Creller to the Board of Directors. Randy retired from the Department of Information Technology in 2016. Welcome to the board, Randy! We all look forward to working with you. Attendees also voted to change the dues structure. Our treasurer, Bobbie Deegan, provides more information on this change later in this issue. We also took care of a bit of housekeeping. For the last few years, we have had our annual meeting on the first Wednesday in May and the Information for Seniors Fair on the third Wednesday in May. It recently came to the Board's attention that the bylaws state that the annual meeting shall be on the third Wednesday. So, at this year's annual meeting, the members in attendance passed a bylaw amendment to hold the annual meeting "in May." Period!

The Information for Seniors Fair on May 16th went well, also. The weather was lovely, for once! The County Department of Human Resources provided funds for the Virginia Hospital Center to give free health screenings for County retirees. The value of these screenings was proven once again, when one of the retirees was

referred for immediate medical attention. A number of vendors displayed their wares and services, and the Bake Sale table had some tasty goodies. Lucky Connie Glover won the 50/50 drawing. Many thanks to HR for arranging for the health screenings, General Services for loaning us additional tables and chairs, and American Legion Post 177 for hosting the event. A very special thanks to Betty Powell for making the goodies for the bake sale. She did an awesome job! I also thank all of our participants for supporting the FCREA in this endeavor and give a big Thank You to everyone who came! You make all the hard work worthwhile.

Our next event will be the annual retiree picnic. We will get together on September 27th at Nottoway Park, Shelter #1. FCREA will provide hot dogs. We ask attendees to bring a side dish to share. This is always a fun afternoon, so plan to join us.

Lastly, don't forget our monthly Keep-in-Touch Lunches at 11:30 on the 3rd Wednesday of each month. We meet at the Glory Days Grill in the Pan Am Shopping Center, 3059 Nutley Street, Fairfax.

See you at the Keep-in-Touch Lunch at Glory Days Grill on July 19th!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Volunteer Opportunities

RSVP Northern Virginia will be holding a free Bocce Picnic and Play event, Thursday, Aug. 2, 2018, from 11 a.m. to 1 p.m. at the Green Acres Center in the City of Fairfax.

RSVP, the region's largest volunteer group for those 55-years-young and better, serves more than 30 of the top nonprofits and government agencies around. RSVP volunteers can choose from more than 200 different opportunities and enjoy flexible schedules and optional mileage and meal



reimbursement.

Green Acres is the host site for the 2018 Northern Virginia Senior Olympics bocce competition, scheduled to take place Thursday, Sept. 20. Medalists from past NVSO bocce competitions are expected to be on hand at the picnic Aug. 2.

To register for the free RSVP picnic, please call volunteer specialist Carly Hubicki at 703-403-5360 or visit www.rsvpnova.org. The Green Acres center is located at 4401 Sideburn Road, Fairfax, VA 22030. RSVP NOVA is a program of Volunteer Fairfax, Volunteer Arlington and Volunteer Alexandria.

FCREA Budget

Have you ever wondered what the Fairfax County Retired Employees Association does with its money? How much do we take in, and what do we spend it on? Good questions. After reviewing the records for 2016, 2017, and 2018 year-to-date, I can report the following figures:

WHERE IT COMES FROM - Estimated Annual Income

New Lifetime Members: approximately 20 a year, @ \$50 each	\$1000
New Annual Members & Renewals: approx 20 a year, @ \$5 each*	100
<i>Hot Flashes</i> subscriptions: approximately 25 @ \$5 each*	125
FCFCU donation for its coverage in <i>Hot Flashes</i> : \$100 x 6 issues	600
Cash donations at annual meeting, picnic & holiday luncheon(approx)	150
50/50 proceeds from Info for Seniors Fair & holiday luncheon(approx)	125
Annual interest on checking and savings accounts	12
Table rentals at Information for Seniors Fair: 6 tables @ \$10 each	60
Bake Sale at Information for Seniors Fair (estimate)	<u>60</u>
	\$2232
*Income being discontinued because of dues changes	<u>-225</u>
Anticipated Annual Income	\$2007

WHERE IT GOES - Estimated Annual Expenses

Postage to mail <i>Hot Flashes</i> to those without internet access	\$350
Postage for Treasurer/Membership Chairman	50
Go Daddy business account (host server for <i>Hot Flashes</i>)	100
Go Daddy Domain Name with Privacy	20
Mad Mimi email service (<i>Hot Flashes</i>): \$12/month for 12 months	144
Sunshine Club cards and postage	25
Picnic supplies (approximate)	15
Gift cards for the holiday luncheon	200
Holiday Party taxes, service charge & tip (approximate)	<u>500</u>
	\$1404

Income less Expenses is approximately \$603

The dues restructuring will affect future income to some extent. However, most new members over the past 2 years joined at the lifetime level. Of the 20 new members who joined FCREA in 2016, nineteen were lifetime members and one was an annual member. In 2017, FCREA received 15 new lifetime members and 4 annual members. In 2018, FCREA has sixteen new lifetime members so far and four annual members. In other words, if this change had been made in 2016, only 9 annual members would have been affected to date. Everyone who joins FCREA from this point forward will be a lifetime member. It is likely that the increase in dues from the few persons who might have joined at the annual level will offset the amount formerly received from annual renewals.

FCREA also has \$2500 in savings and \$3000 in a CD at the credit union. This gives us a cushion to pay for any income shortfalls, as well as the deposits for any planned trip and the annual holiday luncheon. In 2016, the Waterford required us to get cancellation insurance for the holiday luncheon. This also could be funded out of the savings account if necessary.

Bobbie Deegan, FCREA Treasurer & Membership Chair



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. Please send them to [FCREA](#) and as space is available and relevant, they will be published.

Our thanks to Paul Baldino for the following article.

I'm a two-time Fairfax County retiree. In 2002, I retired as Director of the Park Authority after 29 years with the Park Authority and Human Resources. For the next six years, I was Arlington County's Deputy Director of Human Resources, then I returned to the County as Director of the Park Foundation from 2008-2010.



Paul & Helen Baldino

Since actually retiring, my wife Helen and I have enjoyed travelling, mostly to see our children and grandchildren in Seattle, Atlanta, and Austin, Texas. This summer we're looking forward to visiting our daughter and her family, who are on a temporary assignment in Luxembourg.

I've tried to stay physically active and have taken some long bike trips – the longest was the C&O Canal Towpath (Georgetown, DC to Cumberland, Maryland) and the Great Allegheny Passage (Cumberland to Pittsburgh).

A few times a month, I return to government service as a member of the Board of Directors of the Northern Virginia Regional Park Authority and the City of Falls Church's Transportation Committee.

Every day I'm grateful for my health and the financial security of my County pension. I wish the same for fellow retirees.

Paul Baldino

Putting for Pets Golf Tournament



Enjoy a great day of golf while helping Friends support the welfare of our county's shelter pets.

Putting for Pets Captain's Choice Golf Tournament
Thursday, September 20, 2018 | Twin Lakes, Oaks Course
11:30 a.m. lunch and registration | 1:00 p.m. shotgun start

Singles or groups of fewer than four players are always welcome and will be paired with other players for an enjoyable round. To keep the pace, we play a single bogie stroke limit on each hole. Therefore, the max score on any hole is one over par.

\$140 per golfer includes 18 holes, lunch, dinner, beer, beverages, raffle, silent auction and more! For reservations go to: www.ffcas.org/golf

Friends of the Fairfax County Animal Shelter is the 501(c)(3) nonprofit fundraising partner of Animal Shelter. By funding emergency medical care, behavior training, parasite prevention, dental care and spay/neuter, Friends joins in the Shelter's effort to ensure every shelter pet is offered the best opportunity to find and remain in a loving forever home.

Fairfax County Library Access Services



‘Removing barriers to library services’

Access Services library is a branch of the Fairfax County Public Library (FCPL). The mission of this branch is to serve members of the community for whom reading print material may have become too difficult, or for whom visiting a library may have become a challenge. This mission is accomplished primarily through the Talking Book Program and the Home Delivery Service.

The Talking Book Program is a national program administered by the National Library Service for the Blind and Physically Handicapped (NLS), which is a part of the Library of Congress. Access Services acts as a distributor for the program on behalf of the Library of Congress. It is for people who are deaf/blind or who, due to a visual disability, physical handicap, or learning disability, are unable to read printed material. It is a free service. All that is required to participate is the signature of a qualified professional certifying that the person is eligible. Books and magazines are digitally recorded onto cartridges and are played on specially designed machines. Both the reading items and the machines are sent to patrons through the United States mail.

The Home Delivery service is for people who are unable to visit a local FCPL library branch due to a temporary or permanent disability. Library materials, including regular print and large print books, recorded books, and DVD's, are mailed directly to the patron's residence. It is also a free service.

Applications and more information on both programs can be found online at the following websites:

ACCESS SERVICES WEBSITE:

<https://www.fairfaxcounty.gov/library/branches/access-services>

TALKING BOOK PROGRAM:

<https://research.fairfaxcounty.gov/aging-and-disability/talking-book-program>

HOME DELIVERY SERVICE:

<https://research.fairfaxcounty.gov/aging-and-disability/home-delivery>

NATIONAL LIBRARY SERVICE FOR THE BLIND AND PHYSICALLY HANDICAPPED WEBSITE: <https://www.loc.gov/nls/>

It is all in the name. Access Services library provides access to a world of books and library materials to members of the community who might otherwise be unable

to enjoy them. ACCESS SERVICES LIBRARY, 12000 GOVERNMENT CENTER
PKWY SUITE 123, FAIRFAX, VA 22035 - 703-324-8380 or
Access@fairfaxcounty.gov

MotivateMe



MotivateMe: Summer Checklist

It's already summer, but there's still plenty of time for Fairfax County health plan subscribers to earn rewards in LiveWell's MotivateMe program. Here's a summer checklist to help you work toward \$200 in rewards:

- **Let's Get Physical:** Now's the time to schedule your annual physical or preventive exam, if you haven't had one already this year. Send a copy of your explanation of benefits (EOB) to LiveWell@fairfaxcounty.gov by December if you are a Medicare plan participant. The annual physical is a MotivateMe requirement for Cigna members.
- **Cool Coaching:** You don't have to be a Caps or Nats player to have a great coach. Participate in telephonic or online health coaching through Cigna or Kaiser to earn rewards.
- **School's In Session:** Stay tuned to the LiveWell newsletter (email LiveWell@fairfaxcounty.gov to be added to the listserv) for monthly workshops and webinars. Take the online health assessment through your plan's website to earn points and set health goals. The health assessment is a requirement for Kaiser participants.
- **Track Your Progress.** Visit mycigna.com (click on "my health") or kp.org/engage to check the status of your account and record activities like a dental exam or vision screening. Complete as much as possible by the end of the year. All activity must be documented in the Cigna or Kaiser website by December 31.

Questions? Contact LiveWell@fairfaxcounty.gov or 703-324-3311 (TTY 711).



“I’ve crunched the numbers in your retirement account. It’s time to figure out who will be wearing the mask and who will be driving the getaway car.”



FAIRFAX COUNTY®
**FEDERAL
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.



A Visa Gift Card is the Perfect Gift!

Give the gift that fits any occasion. Perfect for weddings, graduations and birthdays!

Purchase a Fairfax County FCU Visa gift card at any one of our branches today!

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.

FCREA Events.....



Keep In Touch Luncheon

The *Keep In Touch Luncheon* meets at 11:30 on the third Wednesday of every month (except May and December) 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.

No reservations are required.



Dates to put on your calendar's:

FCREA Annual Picnic on September 27th at Nottaway Park, Shelter 1, in Vienna.

[Website & Directions](#)

FCREA Christmas Luncheon, December 19, 2018, at the Waterford in Fairfax (very near Fair Oaks Mall)

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



Members we have lost track of.. .

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 their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).

Ed Huggins, Retired from CSB in 2012
Mary Kegelman, Retired from DPZ in 2003
Jane Kelsey, Retired from DPZ in 1997
Ruth Kistler, Retired from DTA
Wayne Payne, Jr., Retired from Solid Waste in 2013



New Members

- Linda Cornish Blank, Retired from Planning & Zoning in January 2018
 - Susan I. Johnson, Retired from Finance in February 2016
 - Ellyn T. Kay, Retired from Consumer Affairs in January 2016
 - David J. Molchany, Retired from Office of the County Executive on 6-8-18
 - Shiva K. Pant, Retired from Transportation in January 1999
 - Monna Rice. Her late husband, John Rice, retired from the Cooperative Computer Center in 1994.
 - Denise Spencer, Retired from Circuit Court in June 2018
-

DUES ARE NOT DUE - (And they will never be due again)!

At the Annual Meeting on May 2nd, attendees approved a recommendation from the Board of Directors to discontinue annual memberships. Thank you! This saves your Treasurer a LOT of work keeping track of who has paid when; who has paid their dues for several years in advance and who hasn't renewed yet; who is a lifetime member but owes \$5 for their Hot Flashes subscription; and who is an annual member who gets Hot Flashes in the mail but only sent \$5, not \$10!

Thanks to your vote at the annual meeting, everyone is now a lifetime member and I no longer have to track annual renewals. Thanks to the Board's action last December, persons without email who are receiving Hot Flashes by mail no longer have to pay \$5 a year. Life is Good!

Please note: The purpose of this change is purely to simplify the record-keeping. In no way does the Board want to discourage someone from joining because of the cost of a lifetime membership. If you learn of someone in this situation, please let me know.

I am in the process of converting all of the current annual members to lifetime ones.

You should receive your lifetime membership card in the mail shortly.

Questions? You can reach me by phone at 301-937-7070, or by email at BobbieDeegan@aol.com

Bobbie Deegan, Treasurer and Membership Chairman

Condolences

Ruth Moore Stokely, passed away on May 10, 2108. Ruth retired from the Circuit Court in Fairfax County. [Obituary](#)

Encourage Others to 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, an annual picnic in September, and a holiday luncheon in December.

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

FCREA Officers

Chairman:

Pam Martin

703-323-4929

Past Chairman:

Joe Blackwell

Vice Chairman & Sunshine Committee Chair:

Joyce Gerhart

703-560-4785

ggerhart2@verizon.net

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill and/or have passed away to Joyce.

Secretary & Hot Flashes Editor:

Chuck Higdon

FCREA99@gmail.com

Treasurer & Membership:

Bobbie Deegan

4316 Knott Street

Beltsville, MD 20705

301-937-7070

BobbieDeegan@aol.com

Please send membership forms, dues and/or address changes to Bobbie.

FCREA Member:

Randy Creller

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Fairfax County Retirement

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

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

[FCREA Website](#)

And Finally ...

These photo's have to make you wonder... ??





FAIRFAX COUNTY®
**FEDERAL
CREDIT UNION**
FairfaxCU.org

©2018 Fairfax County Retired Employees Association | Fairfax, Virginia

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi®**
A GoDaddy® company