

# **HOT FLASHES**

Fairfax County Retired Employees Association

May 2016



*Mt Vernon - (click on photo for a virtual tour)*

## Chairman's Message

The next month will be a busy one for us retirees! Our annual meeting will be Wednesday, May 11th at 10 AM in the Government Center. Invited speakers include Sharon Bulova, the Chairman of the Board of Supervisors; John Yeatman, the retirees' member on the Board of Trustees for the Employees Retirement System; Joe Thomas, President/CEO of Fairfax County Federal Credit Union; and representatives from the Department of Human Resources and the Retirement Administration Agency. Come hear what our July cost-of-living increase will be!

Then, the 6th annual Information for Seniors Fair will be Wednesday, May 18th , 10 AM – 2 PM at American Legion Post 177, 3939 Oak Street, Fairfax. Representatives of County agencies and local vendors will be there to share useful information, and we will have a variety of free health screenings, as well. We'll also have a Bake Sale Table to raise funds for our treasury. Those of you who enjoy baking, we'd love for you to contribute a baked item or two to our table!

This annual event is open to everyone, so invite your family, friends and neighbors to take advantage of a wonderful opportunity to learn more about organizations/programs of interest to seniors and get some health screenings (such as blood pressure and cholesterol) free of charge. NOTE: There will be no Keep-in-Touch (KIT) luncheon that day, but you and your buddies can get a bite to eat at the Legion for a very reasonable cost. Be sure to leave room for dessert from the Bake Sale Table, though!

Speaking of our monthly KIT luncheons – since last November, the Board has been looking for a site other than Old Country Buffet to host our get-togethers. It has been difficult to find a place that has both a dining area we can use without charge and meals that are reasonably priced. Our search became more urgent when Fairfax's Old Country Buffet suddenly closed down last month!

As I mentioned above, we won't have a KIT luncheon in May. In June, we will meet for lunch (still on the 3rd Wednesday of the month at 11:30 AM) in Pan Am Restaurant in the Pan Am Shopping Center, 3051 Nutley Street, Fairfax. The restaurant will provide a separate room for FCREA attendees. Instead of having a buffet, we will order from a menu, with each of us responsible for the cost of our own meal, beverage, and tip. Please call Dorris Medlin at 703-256-6379 if you plan to attend, so she can give the restaurant an accurate count of how many of us to expect each month.

I'm looking forward to seeing many of you at the annual meeting on May 4th, the Information for Seniors Fair on May 18th, and lunch at Pan Am Restaurant on June 15th!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## Election Officers Needed... and earn some extra cash!

The Office of Elections is currently recruiting voters to serve as Election Officers a few days a year, including the upcoming [2016 elections](#). Election Officers are needed at each of the 242 precincts in Fairfax County to run the polls and assist the voters. [Training begins in April](#).

View the "[Being an Election Officer](#)" Video

Listen to the Podcast "[Need for Election Officers](#)"

In order to be an Election Officer, you must:

- Be fluent in English
- Be a registered voter in the Commonwealth of Virginia
- Be able to fulfill the Federal I-9 employment eligibility requirements
- Attend a 3-hour training class
- Arrive at the polling place at 5:00 am and remain until all work has been completed after the polls close at 7pm
- Have basic computer skills

The Election Officer's main priority is to ensure the accuracy and integrity of the election process.

A typical Election Day consists of:

- arriving one hour before polls open to set up voting equipment
- hanging up pertinent signage
- preparing the polling room for voting
- processing voters throughout the day
- assisting with operating voting equipment
- securing voting equipment and closing down the polling place at the end of the day

Election Officers are offered a stipend of \$175 for serving a full day. We especially encourage bilingual citizens to serve as we need language assistance in many precincts. Residency in Fairfax County is not required.

It is a wonderful opportunity for those interested in the election process or public service, and we need civic-minded individuals to help make Election Day a success!

To [apply](#), call the Office of Elections at (703) 324-4735. You can also [email](#) or visit the [Office of Elections](#) website for more information.

Election Officers are also sometimes needed to work in the Central Absentee Precinct (CAP) at the Government Center. For more information visit the [CAP website](#), [email CAP](#) or call the Office of Elections.

**This is a great opportunity for retirees to pick up a little cash and they need thousands of officers for the November election.**

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## Keep In Touch Luncheon

The FCREA *Keep in Touch Luncheons* meet at the Pam Am Restaurant located in the [Pam Am Shopping Center](#) at 3051 Nutley St, Fairfax VA 22031. The restaurant provides a room for FCREA attendees who will order from a menu and will be responsible for the cost of their meals, drinks and a tip.

The next luncheon will be on June 15th. As a reminder the *Keep In Touch Luncheon* meets the third Wednesday of every month (except May) at 11:30.

***Please call Dorris Medlin at 703-256-6379 if you plan to attend.***

**We hope you can attend.**

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## Save The Dates 2016

**Date Change - the Annual Meeting will be held on Wednesday May 11th, at 10 A.M.**



Our annual meeting is held at the Fairfax County Government Center in conference rooms 9 & 10. At this meeting we will hold elections for FCREA Board officers, announce the 2016 COLA and hear presentations from County officials on the state of the County and how it affects retirees

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## FCREA Senior Information Fair - Wednesday May 18th, between 10 am to 2 pm

Numerous organizations attend this event to share information that might be of interest to seniors in general, and to our retirees in particular. Participants have included, among others, County agencies (such as the Retirement Office and DHR's Benefits staff), private insurance providers, Fairfax County Credit Union, and the Fairfax County Library System. Cigna 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.

**As in prior years the FCREA will have a bake sale. Members and guests are encouraged to bring and donate baked goods. The funds generated will help defray FCREA costs.**

This event is held at the [Fairfax American Legion Post 177](#), 3939 Oak St, Fairfax, Va.

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## FCREA Board Meetings

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

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## Retirees Share A Moment

In this section we ask retirees to share any stories, anecdotes, anniversaries, travel tips, photos, health issues, 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.



Also, if anyone has any ideas sections or issues you think would make this newsletter of more interest, please share them with us.

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**Our thanks to Donald Sweig, who provided the following photos and commentary:**



*Adult Bald Eagle snatches a fish from Pohick Bay.*



*Two adult Bald Eagles flying together over Pohick Bay.*

Large numbers of Bald Eagles gathered around Pohick Bay and Pohick Bay Regional Park in southern Fairfax County in mid-to-late March, 2016. I went to the park several times in March to check on the action. One morning I counted over sixty-six eagles from one point on the shore of the bay; other people counted as many as one hundred. Bald Eagles are "fish eagles" and there was a Shad run in the bay, which the Eagles came to feast on. The eagles were perched in the trees all around the parking lot and elsewhere in the park (with lots of eagle chatter going on), and on the trees on the other side of the bay as well. The eagles were also flying, diving, and fishing constantly in the bay. There were often several eagles in the air at the same time, and several aerial contests between two or more eagles over a fish that one had caught. It was a wonderful show to watch and photograph.

Donald Sweig

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## Retirees Benefits Focus Group

The Focus Group again met in mid March. There were several conversations concerning various retiree plans in response to inquiries the Benefits Division has received directly from retirees. Discussions covered Medicare Advantage Plans and Medigap Plans versus secondary health insurance coverage. The County's Cigna health insurance plans for seniors over 65 (who must have Medicare parts A & B) are secondary health insurance plans. County staff stated there are advantages and disadvantages to each and that for the next Focus Group meeting they would prepare a chart outlining "pro's and con's" to each.

The Focus Group again discussed ways to reach more retirees. The issue is not only reaching out to them but finding a way to help them better understand the differences between the various county plans.

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As a reminder: The Retirees Focus group was created by the FC Department of Human Resources and is chaired by John Clough, Fairfax County HR Division Director, Benefits. The purpose of this focus group is to "leverage the group's experiences to increase the effectiveness of communications between the County and retirees; to help the County keep a pulse on retirees' thinking and to be a sounding board for new ideas." The FCREA membership is well represented on this focus group with: John Yeatman, Martha Collier, Donald Sweig, Sonja Vaughan and Chuck Higdon.

The schedule for these focus groups has been established for 2016 and will meet on the second Wednesday of every other month starting in January.

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We continue to request input from FCREA members. If you have any ideas about what the County's HR Department can do to improve service or communications with retirees, please send them to [FCREA](#) or send them to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure it gets to Chuck Higdon. Your suggestions will be forwarded to the focus group.

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# County Health Benefits: Did you know?

## Travel Assistance

Are you currently enrolled in The Standard's term life insurance coverage through Fairfax County Government? If so, you are eligible to participate in their Travel Assistance program. Travel Assistance helps you cope with emergencies when you are more than 100 miles from home, or travelling internationally. Services include, emergency transportation to the nearest adequate medical facility, ground transportation or logistical arrangements if an evacuation is required.

The Standard's Travel Assistance program can also help you with non-emergencies such as planning your trip, locating an interpreter or medical and legal assistance while away from home.

You don't have to enroll. As a current participant in the County's life insurance you are automatically covered. All services are available 24 hours a day, every day. Call (800) 527-0218 for email [assistance@uhcglobal.com](mailto:assistance@uhcglobal.com) for more information.

## Beneficiaries

Now that you are retired, you may find that you are busier than you expected. An important piece of your benefits can easily be forgotten. Are your beneficiaries up-to-date? Life circumstances change at all stages of life and it is important that the benefits you worked hard for go to the people you choose. To make changes to your beneficiaries at any time, contact HR Central at (703) 324-3311.

- Lea Anderson

Senior Benefits Specialist

County of Fairfax – Department of Human Resources

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# Welcome New Members

Catherine M Brincefield  
Retired from Tax Administration in 2016

Art Cole  
Retiring from Family Services/Office for Children/SACC in June 2016

Ellis Jean Lacy  
Retiring from Police Human Resources in August 2016

Susan L Smith  
Retiring from Admin for Human Services in May 2016

Marcia C Wilds  
Retired from Management and Budget in 2016

Craig G Carter  
Retired from FCPS-Maintenance in 2015

Kristeena Eckard  
Retired from Juvenile Court in 2015

Debra Gregory  
Retired from DTA in 2015

Dorothy P Groce  
Retired from NCS in 2015

George & Pam Hedrick  
George retired from Facilities Management in 2015  
Pam retired from Circuit Court in 2015

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## 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 know these members please ask them to provide us their current information by emailing it to: [FCREA](#) or [Bobbie Deegan](#).



Ayleen M. Durrer - Retired from the Registrar's Office in 1978

Beverly A. Howery - Retired from DTA in 2002

Ann T. Dowdle - Retired from FCPS in 1995

Brenda Mason - Retired from CSB in 2012

Catherine Palmateer - Retired from DTA in 2012

In future newsletters we will provide the names of other members of whom we have lost contact. Anything you can do to help will be appreciated.

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The FCREA continues its efforts to increase membership. We are requesting that members contact other retirees who are not members and request that they join. Prospective members should contact [Bobbie Deegan](#) The cost of a lifetime membership is minimal, only \$50.

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.

### Please help expand our membership

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### Get Well messages for:

Good News: We did not receive any names of any Retirees who are not feeling too well.

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## 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 Chair:

(& send dues payments/address changes to):

Bobbie Deegan  
4316 Knott Street  
Beltsville, MD 20705  
301-937-7070  
[BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

Board Members:

Dorris Medlin  
Kay Wintermoyer

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Sunshine:

Dolores Testerman  
703-273-1295

### **Fairfax County Retirement**

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

### **FCREA Website**

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## **And Finally..**

In the hardware store, a clerk asked, "Can I help you find anything?"

"How about my misspent youth," joked my husband.

The clerk shot back, "We keep that in the back, between world peace and winning lottery tickets"

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*"...and just when I had begin to understand Medicare, Part D."*



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