

# ***HOT FLASHES***

Fairfax County Retired Employees Association

January 2016



*Artist rendition of the New Fairfax County Public Safety Building (click on image for more photos)*

## Chairman's Message

We had a great turnout for our holiday luncheon at The Waterford at Fair Oaks on December 16th. Everyone seemed to have a good time. John Yeatman, the member of the Board of Trustees for the Employees Retirement System who is elected by the retirees, won the 50/50 drawing and generously donated his winnings back to the FCREA treasury. Thank you, John! Thanks, too, to those of you who brought canned and packaged goods to share with those in need. Our donations were delivered to a local food bank.

Planning is well underway for this year's activities. Mark these dates on your calendar NOW so you'll be sure to come:

Wednesday, May 4th, 10 AM: Our annual meeting, to be held in the Government Center. Come vote for the new Board members and find out what our COLA will be.

Wednesday, May 18th, 10 AM – 2 PM: Our 5th annual Information for Seniors Fair, at American Legion Post 177. (This event will replace the KIT luncheon that would normally take place that day). Last year's participants included INOVA, the Retirement Office and Benefits staff, a funeral home, the credit union, and Osher Lifelong Learning Institute. What other organizations would you like to see included? Share your suggestions with a board member or email them to [FCREA99@gmail.com](mailto:FCREA99@gmail.com).

You should receive your 1099-R tax form from the Retirement Office by January 31st. If you moved during 2015, contact the Retirement Office and make sure they have your correct address!

That's all for this issue. See you at lunch on January 20th!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## FCREA Membership

The total membership for the FCREA is approximately 600 retirees. According to the FC Retirement website there are 7625 retirees. An ongoing concern of the FC Department of Human Resources (HR) is how to reach retirees with information concerning benefits. To that end they have requested that the FCREA have an outreach program to expand membership. As you know we use Hot Flashes to provide retirees' County benefits information, news about other retirees and other information we believe maybe of interest.



The FCREA Board is requesting that all members contact other retirees who are not members and request that they join. Prospective members should contact [Bobbie Deegan](#)

**Please help expand our membership**

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## Retirees Benefits Focus Group

The FC Department of Human Recourse's have created a retirees' focus group. It will be 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 group will meet 3 or 4 times a year or more often as needed.

The FCREA is well represented on this focus group, and includes: John Yeatman, Martha Collier and Chuck Higdon.

We are also requesting input from FCREA members. If you have any ideas of what the County's HR department can do to improve service or communications with retirees, please sent them to [FCREA](#). Your suggestions will be forward to this focus group.



### Keep In Touch Luncheon

Third Wednesday of each month 11:30 a.m.

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. The restaurant is on the left side next to Marshall's. Lunch at the Old Country Buffet will cost **\$9.50 per person**.

Map web Link: [Old Country Buffet map link](#).

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

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## Save The Dates 2016



### **Annual Meeting    Wednesday May 4th, at 10 A.M.**

This is our annual meeting held at the Fairfax County Government Center. We will hold elections for FCREA Board officers, announce the 2016 COLA and here presentation from County officials on the state of the County and how it effects retirees

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### **Senior Fair    Wednesday May 18th**

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 County agencies (such as the Retirement Office and DHR's Benefits staff), private insurance providers, Fairfax County Credit Union, and Fairfax County library's, 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. What organizations or services would you like to have represented?

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

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### **Board Meetings:**

The FCREA meets at the Fairfax County Credit Union ([Fairfax Branch](#)) on the third Wednesday every other month starting in January, 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

For several years I have been using a mail order prescription service and recently had a problem. It came to my attention when after several weeks of not receiving my ordered prescriptions I called the service.

It turned out they no longer provide a prescription I had been using, but did carry a viable alternative. They "faxed my doctor" for approval for the substitution. My Doctor's office did not respond and later informed me they never got the fax. **More importantly the prescription service did not notified me.** After three or four days of several phone calls to my Doctor and the provider the problem was corrected.

The moral of this story is that when using the mail order prescription service you should "stay on top of the order" and do not assume either your Doctor or your prescription provider will notify you of a problem. If you do not receive the prescription or a notification of delivery within a week or so, contact the provider. -C. Higdon



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In this section we ask retirees to share any stories, antidotes, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. Please send them to [FCREA@gmail.com](mailto:FCREA@gmail.com) and as space is available and relevant they will be published.

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

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## ***Welcome New Members***

Carol J. Esteki  
Will retire from Dept. of Family Services

Sharon M. Grigg  
Will retire from Dept. of Housing and Community Development

Rebecca Hoffman  
Will retire from Dept. of Administration for Human Services

Pamela G. Nee  
Retired from Planning and Zoning

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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

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....**

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say "you don't look that old."

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