

HOT FLASHES

Fairfax County Retired Employees Association

July 2019

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 1st was very well attended. Everyone seems to find the Fairfax County Federal Credit Union a very convenient location to get together, and I thank them for their continued hospitality. At the meeting, John Yeatman announced that the FY2019 cost-of-living adjustment will be 1.6% for retirees in all three County retirement systems, effective July 1, 2019. Susan Kirkman from the Department of Human Resources does not expect a lot of changes in the health insurance offerings this year, which is good news.



Senior Information Fair healthy cooking demonstration

The Information for Seniors Fair on May 15th went well, also. It was a beautiful day! The Department of Human Resources again provided funds for the Virginia Hospital Center to give free health screenings for County retirees. New this year: an hour-long tai chi class presented by Manifest from Kaiser Permanente and a healthy cooking demonstration by Chef Cynthia

Anderson, presented in partnership with the American Heart Association and Virginia Hospital Center. Chef Cynthia made chicken curry, and it was delicious! Both classes were hits with the attendees, so we hope to continue these in the future.

A number of County agencies and several vendors displayed their wares and services, and there was a bake sale table. Lucky Virginia Mahoney 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. Special thanks to Betty Powell and Marge Quick for making the goodies for the bake sale. They were delicious! 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 in September. 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 17th!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Fairfax County Department of Human Resources

REMINDER: Send A Copy of Your New Medicare Card

As you may have heard as of April 2018, The Centers for Medicare & Medicaid Services (CMS) removed Social Security Numbers (SSNs) from all Medicare cards and replaced it with a new Medicare Number. This change means that Fairfax County Government (FCG) Retirees who have maintained County health insurance and are Medicare participants must provide the FCG Benefits Division with copies of their new cards so that our records and those of Cigna and Kaiser can be updated to match CMS.



Please send a copy of your new Medicare card to the FCG Benefits Division, to the attention of Agnetta Palacios by August 31, 2019. This can be done by one of the following:

- Mail: 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035 • Fax: 703-802-8795
- Email to: Agnetta.Palacios@fairfaxcounty.gov

If you provide a phone number or e-mail address when sending a copy of Medicare card, Agnetta will confirm the receipt of your new card.

Retirees Share.....

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 Leora Willis for the following:

I retired from the county in September 2010 and Floyd retired from the federal government that July. We married September 11, 2010 and have been on one adventure after another. We cruised Alaska and Panama and had great times in Canada, Italy, Greece and Brazil.

We both enjoy baseball and quickly became Nats fans. One of our bucket list items is to travel to each MLB Park to see the Nats, if possible, take on the opponent. Thus far, we have traveled to 15 of the 30 parks; and plan to travel to Cleveland, Detroit, Baltimore and Atlanta this summer.



Floyd and Leora Wills

Retirement is great, it affords us many opportunities and allows for spontaneity!

Neither of us has looked back and we are both grateful for the security we have in retirement.



Floyd & Leora with nieces, Paula & Natalie, visiting from Costa Rico. It was their nieces first professional baseball game.

Every March we are in Myrtle Beach for 4 weeks and each fall we return for another 4 weeks. This past March we learned to play pickleball!

We enjoy spending time with our 3 year old granddaughter and look forward to welcoming her brother late summer. Thankfully, she and her parents are local so we are a phone call away should they need us. Our mothers require our support and we are grateful our schedules allow us the flexibility to assist them.

We are living our best lives' and are grateful for our many blessings."

Leora retired from DPWES in 2010

Maryland Crab Cake Recipe

Growing up in Maryland meant that I acquired a taste for Chesapeake Bay Blue Crabs, either steamed or as crab cakes. Either way they are delicious! This is a recipe from my mother:

2 lbs lump crab meat	1/2 cup of mayonnasie
3 cups of crackers, crushed	2 tablespoons of Old Bay Seasoning
1/2 cup of green onions	3/4 teaspoon of garlic powder
3/4 cup of red bell peppers	2 teaspoons of Worcestershire sauce
2 eggs	2 teaspoons of dry mustard

In a large bowl mix together all ingredients. Shape into 4 ounce cakes and heat oil in a large skillet over medium heat. When the oil is hot, place the crab cakes in the pan and fry until browned, about 4 to 5 minutes on each side. Yields 6-9 cakes. Enjoy!

Chuck Higdon

Comparison of Retirement Plans.

The Fairfax County Board of Supervisors voted to approve changes to the county retirement systems, **for employees hired on or after July 1, 2019 only.**

These changes include eliminating the pre-Social Security Supplement from the Employees' and Uniformed systems and eliminating the one-time 3 percent calculated retirement annuity increase for all three plans. Changes also include the addition of a cost-neutral Early Age Option for employees who retire prior to full retirement age under Social Security.

The changes are intended to improve the system's long-term sustainability. Please note, this does not effect current retirees, but many may find it of interest.

[Comparison of Employee's Retirement System Plans](#)

[Comparison of Police Retirement System Plans](#)

[Comparison of Uniformed Retirement System Plans](#)

Retiree Wellbeing Events



All retirees and their spouses are invited to join LiveWell for a series of workshops geared towards maintaining a healthy and active lifestyle.

These events will take place throughout the year and will include seminars, exercise demonstrations and health screenings. Registration is required for both workshops and screenings. Space is limited. Contact [LiveWell](#) with questions.

Upcoming events include:

Back to Balance: July 16, 10 am - 12 pm at the ACCA-CDC in Annandale ([Location](#))

* [Back Screenings](#): 10 am - 11 am: Screenings will be conducted that will assess range of motions, neural functions, and overall strength.

* [Back to Balance Workshop](#): 11 am - 12 pm: This workshop will include a discussion and an interactive exercise class designed to help you improve your balance and prevent falls.

Bone Builders: September 26: 9:30 am-11:30 am at the Government Center, Fitness Center

* [Bone Density Screenings](#): 9:30 am - 10:30 am: Utilizes ultrasound technology to calculate bone density at the heel site.

* [Bone Builders Workshop](#): 10:30 am - 11:30 am: This interactive fitness class will offer participants information on how to build muscular strength and bone density.

LiveWell Mission - To Cultivate a culture of wellbeing that empowers, educates and engages Fairfax County employees and retirees to make life-long choices that promote total wellbeing – physical, mental, emotional, social, spiritual and financial.

Volunteer

Election Officers Needed!

Fairfax County needs Election Officers for upcoming 2019 elections. Election Officers must be registered voters in Virginia and complete required training and forms. You may choose to accept the \$175 stipend for a full day, or volunteer your time. ***There is a particular need for Language Election Officers in certain areas of the County who speak Korean or Vietnamese.*** [Training](#) begins in September.

Videos: [Become a Fairfax County Election Officer](#), [Korean Video](#), [Vietnamese Video](#)
Audio Podcast: [“The County Conversation” About The Need for Election Officers](#)

To apply, fill and submit the online form located at www.vote4fairfax.com/apply. For more information, you can call the office at (703) 324-4735, TTY 711 or visit the Office of Elections [website](#).

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!

Volunteer Solutions

Do you know that volunteering can be good for your health? Volunteer Solutions can connect you with a wide variety of meaningful opportunities to improve the lives of older adults and adults with disabilities in Fairfax County. Do you enjoy interacting with, or leading/teaching others? Speak another language? Have a special skill/talent? Do you enjoy driving?

You can help one-on-one (Meals on Wheels, grocery shopping, social visiting, driving to medical appointments, etc.), or in many other ways at senior centers or adult day healthcare centers.

Go to bit.ly/VolunteerSolutions for more information and to sign up. Email VolunteerSolutions@FairfaxCounty.gov or call the intake line at 703-324-5406, TTY 703-449-1186 with questions.



**Are you a Fairfax
County
Government
Retiree that lives in
the Washington DC
Metropolitan area?**

We need your help!

The Benefits Division is offering a monthly workshop Planning for Retirement Part II - Benefits. In our continuous effort to better prepare active employees for their post-work life, this half-day class is open for any merit employee interested in learning more about their benefits, post-retirement. This class includes a panel discussion from Fairfax County retirees.



We are looking to build a pool of retirees who are willing to come share their experiences with some of our future retirees. We would like to have four retiree volunteers on each panel and would like to have a rotating pool to pull from. If this sounds like something you'd like to be a part of please contact Agnetta Palacios at 703-324-3336 or via email Agnetta.palacios@fairfaxcounty.gov.



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

Tips for Protecting Yourself from Summer Fraud – Courtesy of Fairfax County FCU!

Summer is a perfect time for fraudsters to take advantage of consumers who are vulnerable to fraud attempts, especially when they are exposed to attractive summer offers that are hard to pass on. Please **DO NOT** give out any personal information such as account numbers, credit & debit card numbers, social security numbers, CVVs, personal PINs, or passwords over the telephone, via email or other communication methods.

Tips to protecting yourself from summer vacation fraud:

1. Notify your financial institution of your travel plans. That way, if unusual activity is noted it will be easier to justify.
2. Monitor your accounts closely and report any unusual transactions to your financial institution immediately.
3. Keep your passwords secure and do not use obvious ones like your birthdate.

4. **DO NOT** click on special offers made through social media – it may take you to fraudulent websites.
5. Be aware of phone scams – and unless you initiated the contact, do not give out personal information over the telephone.
6. Have someone retrieve your incoming mail and packages if you are away on vacation. Package bandits are lurking in neighborhoods and looking for an opportunity to strike.
7. Be extra vigilant – the more aware you are, the less likely you are to become vulnerable to fraud.

The **Consumer Protection Agency** offers valuable resources to help consumers protect themselves from fraud. We recommend you visit their website frequently for tips and precautions. You can also visit our consumer protection page for tips on protecting yourself from fraud.

Fairfax County Federal Credit Union takes the confidentiality of personal member information very seriously and will make every effort to protect the security of our members at all times. If you do receive a call and are unsure about the solicitor, please contact us immediately at 703.218.9900 option 3 to report it.

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! 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.



Save the Dates

FCREA Picnic- September 18 at [Nottoway Park](#)
The picnic will replace the KIT September Luncheon.

FCREA Holiday Luncheon - December 18, 2019

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



New Members

- Theresa Ann Carroll, Retired from Administration for Human Services in July 2014
- Maureen Dent, Retired from Dept of Human Resources/Payroll Division on 5/31/19
- Marianne R. Gardner, Retiring from Dept. of Planning and Zoning on 8-5-19
- Barry J. Hickey, Retired from Facilities Management in March 2015
- Dora Lee, Retiring from the Public Library on Dec. 14, 2019

To Join 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 or email: 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 or email: BobbieDeegan@aol.com

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

FCREA Board Member: Randy Creller

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell

703-273-3216 or email: bpowe1@aol.com

[FCREA Website](#)

Fairfax County Websites of Interest

Fairfax County Retirement

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300
1-800-333-1633 or 703-279-8200

Fairfax County Benefits Summary - Active Employees and Retirees

And Finally ...

On Technology





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