

Hot Flashes

Fairfax County Retired Employees Association

March 2020

Chairman's Message

We've made it through February. Spring will be here soon! Now it's time to dust off winter's cobwebs and venture out into the sunlight. Here's what your Board of Directors has planned for 2020:



- Wednesday, May 6th, 10 AM: FCREA's annual meeting, to be held in the main branch of the Credit Union, 4201 Members Way, Fairfax. Vote for the new Board members and find out what our COLA will be!

- Wednesday, May 20th, 10 AM – 2 PM: Our 9th annual Information for Seniors Fair, at American Legion Post 177 in the City of Fairfax. (This event will replace the KIT luncheon that would normally take place that day). The county's wellness program is sponsoring health screenings free of charge for all County retirees who get County health insurance coverage. Other participants will include Transportation, the Retirement Office, Benefits staff, the credit union, and the library system's Access Services Division, as well as Osher Lifelong Learning Institute, among many others. What other organizations would you like to see included? Share your suggestions with a board member or email them to FCREA99@gmail.com. Don't miss this special event!

The fair is open to everyone, not just County retirees. Invite your friends and neighbors to come with you, and share the information with your church group or community organization. The Board initiated the fair for three reasons: to provide an opportunity for our members to get their questions answered by representatives from county agencies; to give our members an opportunity to have free health screenings and get information on common medical conditions; and to provide a convenient way for all seniors to access a variety of services that might be of interest to them, such as transportation discounts.

Retirees who would like a table to sell their wares or vendors who would like to promote their products or services also are welcome to participate. Table rentals are just \$10. Email me at Pamela.Martin@fairfaxcounty.gov if you are interested.

I have two other items of interest to share:

- Next Mark (formerly Fairfax County) Federal Credit Union's annual meeting will be March 24th at 11 AM in the Members Way branch. Why not come out and thank the Board of Directors and CEO Joe Thomas for the Credit Union's continued generous support of the Fairfax County Retired Employees Association? An added incentive – many members who attend often win a door prize (hint, hint)!
- The next National Prescription Drug Take-Back Day will be April 25th. National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs and vape devices. Collection sites will be open from 10 AM until 2 PM. You can find a nearby collection site at www.DEATakeBack.com or by calling 800-882-9539. Check DEA's Take Back Day website for more information and to find year-round collection sites near you. Permanent drug take-back boxes are located at all Fairfax County police stations, also. The stations are open to the public 24-7. If you have questions, please contact the Property and Evidence Section Monday through Friday, 8 AM until 4 PM, at 703-246-2786.

As always, Hot Flashes Editor Chuck Higdon would appreciate your contributions to our newsletter. Have you taken a trip? Is there a book you really enjoyed? Do you have a favorite recipe? Email it to Chuck FCREA99@gmail.com, or snail mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure that Chuck gets it.

Don't forget our Keep-In-Touch lunches on the third Wednesday of the month! Friends and family are always welcome, also. There is more information on KIT lunches below in this newsletter. Come join us at the next Keep-In-Touch lunch on March 18th.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Retirees Share



In this section, we ask retirees to share their retirement stories. Please send them to FCREA and as space is available and relevant, they will be published.

Our thanks to Carol Bracey for the following:

Nova Scotia is one of the most scenic and hospitable places I have ever visited. Last June, my husband, Johnel, my sister, Lima and I flew from D.C. to Halifax, Nova Scotia, where we rented a car and set off on a 10-day sightseeing journey. We took off from Halifax, the provincial capital and maritime port, with its historical fort-The Citadel- on a hilltop. Along with the waterfront park, flower gardens, universities and art centers in Halifax, we visited the Black Cultural Center, a museum and resource center for Nova Scotia's African history.

Then, on to the picturesque Peggy's Cove named after a young shipwreck survivor who married a resident of the cove in the 1800's, and to the charming small town of Wolfville to spend 2 nights.

Wolfville is alive with wineries, distilleries, restaurants, boutique hotels, and warm

townsfolk. There, we visited the Bay of Fundy (known for its high tides), toured several top-class wineries, hiked along the beautiful shore and chatted with the friendly locals.



Peggy's Cove, Nova Scotia



Carol Bracey, Johnel Bracey (my husband), and Lima Bartolo-Clayton (Carol's sister)

Our longest ride was to Baddeck on Cape Breton Island, where we set up base and took off to travel the 180-mile Cabot Trail has some of the most spectacular views I have ever seen! We went whale watching, lobster eating, and hiking through aging-friendly trails in the mountains to see more of the island's natural beauty. We planned a puffin tour, but the

weather was bad that day, and we also stopped on a scenic mountain overlook to spot whales offshore with no luck. The town of Ingonish Beach on Cape Breton had the most idyllic view from the house on the lake where we stayed. We realized that 5 days on Cape Breton island were not enough to see most of its spell-binding beauty, and we also did not go to Prince Edward Island, but that's another trip.

Carol retired from the Health Department in 2014

Note from Board of Supervisors Chairman Jeff McKay

We know it's our world-class employees who make Fairfax County the envy of the nation. Our programs and services are unrivaled, and the work of our County team and the prior work of our retirees to deliver them are what makes me proud to serve as Chairman of the Board of Supervisors.

Over the next four years, I hope to accelerate many priorities to ensure Fairfax County remains a welcoming and inclusive community: One Fairfax.

Inclusivity affects every policy we develop in Fairfax. For retirees, this varies from ensuring access to public transportation, parks, and libraries to having enough housing that is affordable.

Below is an overview of just some of my priorities for the next four years.

Transportation: I will promote multimodal transportation. Experiences need to be improved for walkers, bikers and transit-riders. We also need to expand access to our public transportation and allow means to make it accessible for those unable to afford it.

Housing: Housing in Fairfax County is expensive, and everyone who needs access to affordable senior housing units should have access. We will increase funding for affordable housing and exceed past goals.

Protect the Environment: I plan to continue to protect and promote clean air, water and healthy public parks in Fairfax. Fairfax needs to lead by example by removing barriers to solar power, ramping up efforts to reduce greenhouse gas emissions and increasing Fairfax's tree canopy.

Chairman Jeff MacKay

Fairfax County Board of Supervisors



For more information on each Board member, go to [Board Members Information](#)

Fairfax County Department of Human Resources Update



EyeMed has replaced Davis Vision

During Open Enrollment, the Benefits Division announced that effective January 1, 2020, Fairfax County Government employees and retirees would have a new carrier for our vision care program. EyeMed has replaced Davis Vision providing enhanced benefits such as an allowance for both glasses and contacts in the same plan year, free anti-reflective coating, special benefits for members with diabetes, and a \$0 annual preventive exam. This change did come with a new network, EyeMed's "Insight Network." A few important reminders about our new partner:

- Enrollment in the vision care program is tied to medical plan enrollment and cannot be elected separately.
- A change in networks means your current provider may no longer be covered as in-network. Out-of-network coverage is provided and claim forms can be found on our public website.
- Costco is no longer an in-network provider but Target Optical is. And with

EyeMed's Freedom Pass program, almost any frame at Target Optical is free!

- The vision care program is for your eye refractions or general vision exams, glasses, contacts etc. This program is not for treatment of a medical condition with your eyes.
- If you are experiencing a medical condition with your eyes or see an ophthalmologist regularly for a medical condition, these visits may be covered under your medical benefit. Check with your provider. Eye refractions or regular vision exams are not covered under your medical plan.

To access your EyeMed account information, visit them at www.eyemed.com. You can log in and create a username with the last four digits of your social security number. On their site, you can access provider lists, plan information, and discount programs.

Don't have a card? No problem. Providers in the Insight Network can search for your benefits using your personal information. No card needed.

And don't forget, retiree benefit information is now available online on our public website at [County Benefits Summary](#)

Recycling

The Fairfax County Solid Waste Management Program will be sponsoring one secure document shredding event in each supervisory district per calendar year. These events are only open to Fairfax County residents along with residents of the Towns of Vienna, Herndon and Clifton and the Cities of Fairfax and Falls Church. Documents from businesses will not be accepted.

Please Note: Shredding events start at 7 a.m. and conclude at 11 a.m. All cars must be in line by 11 a.m. These are drive-through events and residents will be asked to remain in their vehicles. For everyone's safety, you will not be able to stand by and watch your paper being shredded.

For the CY2020 shredding locations and dates, accepted and prohibited items, and other information go to [Shredding](#).

Office of Elections

The Fairfax County Office of Elections needs election officers to assist voters on election day.

New election officer training classes will begin in April for the June 9, 2020 Primary.

Fairfax County is the largest voting jurisdiction in Virginia with 243 precincts countywide. It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections. Compensation begins at \$175.

If you are a registered Virginia voter, consider applying today! In particular, bilingual Vietnamese or Korean speakers are needed in Annandale, Centreville, and Falls Church.

To apply: <https://www.vote4fairfax.com/apply/>

More information: <https://www.fairfaxcounty.gov/elections/officers/new-officers>

Fairfax County Animal Shelter



The Fairfax County Animal Shelter has a great Foster Program that allows our shelter pets to spend time out of the shelter, in a loving foster family's home. Many of these pets are recovering from an illness or surgery, or are just too young to be housed in the shelter; this includes tiny neonatal kittens, sometimes with their moms, but sometimes without! Other shelter pets just need a break from the kennel. The foster period can last for a few days to a few months.



Dogs and cats, puppies and kittens, rabbits and guinea pigs, bearded dragons and hamsters – just about any pet at the shelter can go to a foster home! It is a relaxing and very beneficial experience for the pet, and a great way for the foster humans to help support the shelter. Plus, all supplies are provided by the shelter! Foster volunteers provide the love and a safe, relaxing home environment!! Please email

animalshelter@fairfaxcounty.gov if you are interested in coming on board as a foster volunteer! More information on the Foster Program and the shelter's other great programs can be found online at: www.fairfaxcounty.gov/animalshelter.

Daylight savings time. ..



NextMark Credit Union



What's going on at NextMark?

Annual Membership Meeting

Our first annual meeting as NextMark Credit Union will take place at 11am on March 24, 2020 at our Fairfax Branch (4201 Members Way). The meeting will include an overview of our financial condition in 2019 and our plans for 2020. We hope you can join us.

Explore some useful tips for filing your taxes in 2020.

Double-check your numbers. It's easy to make mistakes with numbers. You could make a calculation error, transpose a number (\$54 vs. \$45), or accidentally add or subtract a digit (\$789 vs. \$89). Double-check your work to be safe.

Watch for missing or incorrect information. Don't forget to sign your return and double check that your social security number is correct. If you want your return directly deposited into your financial institution, make sure your information is accurate.

Don't miss the deadline. April 15th is the deadline every year. If you do not file by this date, you will have to pay interest and fees. The IRS charges interest from the date it is due until the time it is paid off, and will tack on a late filing fee, as well. If you need to file a six-month extension, you have to file for it before April 15th.

Claim all your tax deductions. Do you know what purchases can be claimed on your taxes and which ones cannot? These guidelines can change from year to year, so it's important to understand the rules.

File the correct forms. The forms can be confusing, because they often have the same number with minimal differences (1040, 1040A, 1040EZ). Filing an incorrect form can delay the processing of your claim, or possibly cause you to miss out on potential tax breaks.

For more information, visit the IRS at www.irs.gov or talk to a tax professional.
Article courtesy of GreenPath Financial Wellness.

Teach your little ones to save

It's never too early to start saving for the future. Propel the future of the little ones in your life with a NextMark savings account. It's the gift that keeps on giving. Open yours today at NextMarkCU.org or stop by a branch.

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 NextMark Credit Union benefits!

Visit our website, stop by a branch or call us for details! NextMarkCU.org - 703.218.9900 opt.3. Federally Insured by NCUA. Equal Housing Lender.



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.

FCREA Board Meetings

The FCREA Board of Directors meets at 9:30am at the NextMark 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.

Dates for your 2020 Calendar

FCREA Annual Meeting -May 6, 2020
FCREA Information Fair -May 20, 2020
FCREA Holiday Luncheon -December 16, 2020

Sad News



Curtis Wayne Hoffman, July 2, 1959 - December 30, 2019. Curt was the former director of real estate services at the Fairfax County Economic Development Authority. He had 32 years of County service. [Obituary](#)

Donald Eugene Layman, age 76, passed away Monday afternoon, January 20, 2020 and was born February 19, 1943. Donald retired in 1999 as a Senior Mechanic Supervisor for Fairfax County (VA) EMTA/DVS. [Obituary](#)



Wanda Rae Baddley, August 12, 1938 - February 20, 2020. Wanda retired from the Office of the County Executive in 2009.

Visitation: Money and King Funeral Home in Vienna, on Thursday, March 05, 2020, 4:00PM - 7:00PM.

Service: Friday, March 06, 2020, 11:00AM, at the Christ Presbyterian Church, 12410 Lee Jackson Memorial Highway, Fairfax, VA

For more information: [Obituary](#)

FCREA Membership



New Members

- Amy V. Auslander, Retired from DPWES - Capital Facilities on 12/20/19
- Roger A. Barnes, Retired from Land Development Services on 12/20/19
- Joan M. Bissell, Retired from Library on 1/3/2020
- Diana Imlay, Retired from Park Authority on 12/30/2019
- Robin R. Mullet, Retiring from Health Department on 3/31/2020

- Dante P. Villacorta, Retiring from Dept. of Information Technology on 3/17/2020
- Elizabeth P. LaPilusa, Retiring from Dept. of Information Technology on 3/27/20

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 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

Fairfax County Websites of Interest

Fairfax County Retirement

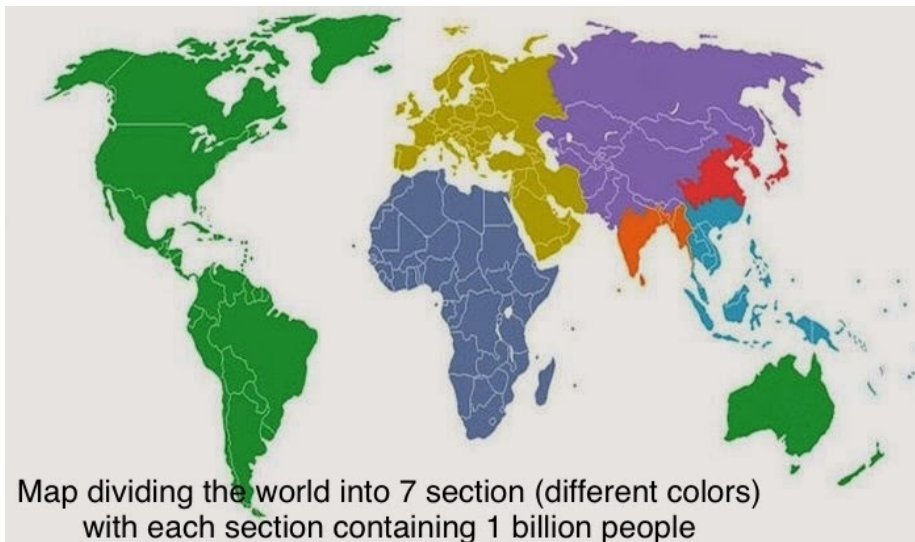
12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300
1-800-333-1633 or 703-279-8200

Fairfax County Benefits Summary - Active Employees and Retirees

Department of Human Resources Retiree Benefits list of [Who to Call Contacts](#)

Finally

Maps





**Next
Mark**
CREDIT UNION

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