

Hot Flashes

September 2023

Fairfax County Retired Employees Association

Great news! Fourteen retirees joined FCREA in July and August. Their names are listed later in this issue. This may be a record for two months. Welcome, all! We look forward to meeting you at one of our events. New members always help energize an organization, so please don't hesitate to share your ideas on things the retiree association might undertake.

FCREA will kick off the fall season with our 2nd "post-COVID" annual picnic. Join me and the rest of your Board of Directors in Nottoway Park at 11:30 on September 20th. You'll find the park's address and all the details in the article below. Last year's picnic was well-attended, and we had beautiful weather. I hope you will be able to join us this year.



I am also happy to announce that we will return to the International Country Club in the City of Fairfax for our Holiday Party, which will be on December 22nd. The November issue of Hot Flashes will provide all the details, but put this on your calendar. We always have a great turnout, and catching up on the news with old friends is great!

Open enrollment for the County's 2024 health insurance plans will begin October 31st. We will pass on information about retiree briefings when we receive it. If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources!

That's my news for this month. See you at the picnic!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Department of Human Resources

Retiree Flu Vaccines

Did you know that up to 70% of flu hospitalizations happen among adults 65 and older? A flu shot is the best protection against the flu's potentially serious complications.

Fairfax County Government employees and retirees have access to no-cost flu shots through the LiveWell program at sites across Fairfax County.

This fall, Health fairs will also feature benefit information and health screenings, such as non-fasting cholesterol, glucose, A1C, and blood pressure screenings.

Appointments are strongly suggested for all events. Walk-ins are welcome on a first-come, first-served basis while space and supplies last.

New for 2023 - In alignment with CDC recommendations, LiveWell will provide [high-dose flu vaccines](#) for retirees age 65 or older during the Retiree Health & Benefits Fair on November 9, 2023.

Please note: To receive the high-dose flu vaccine at the Retiree Health & Benefits Fair:

- You must be 65 or older by the vaccination date, AND you must bring proof of age (e.g., driver's license or passport).
- High-dose flu vaccines will only be available on a first-come, first-served basis, and you must select this option during the appointment registration process.
- Fairfax County Government retirees aged 65 and older may receive either the standard, quadrivalent flu vaccine or the high-dose flu vaccine. Talk with your healthcare provider about which vaccines are best for you.
- Spouses of Fairfax County Government retirees are invited to receive only the standard, quadrivalent flu vaccine. Due to the limited vaccine supply, spouses cannot receive a high-dose flu vaccine through LiveWell.

Have a healthy, happy fall!

Fairfax County Flu Vaccine Schedule 2023

Benefits Division News - Save the Date!

Health Plan Open Enrollment for Fairfax County Government Retirees

Fairfax County Government's Retiree Open Enrollment will kick off on **Monday, October 31**, and end on **Friday, November 17, 2023**.

Each year, during our annual Health Plan Open Enrollment period, retirees are given the opportunity to assess their current county-sponsored benefit enrollments and make certain adjustments. Any plan or enrollment changes will be effective January 11, 2024.

Is your address up-to-date with the Department of Human Resources Benefits Division? During this important period, the Benefits team will be mailing postcards and Retiree Open Enrollment packets and working with our partners to keep retirees and their families informed about events and educational opportunities. To ensure you do not miss out on any communications or announcements, ensure we can reach you! To update your address with us, visit our [contact information page](#) on our website.

If you are getting excited, don't worry; you don't have much longer to wait. Retiree Open Enrollment packets are scheduled to be mailed and posted to the [Retiree Benefits Page](#), along with other health plan and benefits resources, in mid-October. Specific plan details will not be released until then.

Retiree Health & Benefits Fair

On **Thursday, November 9, 2023, from 11 am to 2 pm**, the Benefits and LiveWell team, along with our vendor partners, will host an expo-style Retiree Health and Benefits Fair, which will include biometric screenings and a flu shot clinic. This event will be held in the South Atrium of the Fairfax County Government Center.

For details on the flu shot clinic and how to sign up, see "*Fairfax County Government - Employee & Retiree Flu Vaccines*" or visit the Retiree Benefits Page on the public website: [Retiree Benefits Page](#).

Opportunities to Help Others

**Explore Volunteer
Opportunities at Venture into
Volunteering - October 15,
2023**



Thinking about volunteering? Already a volunteer and looking to add something new and fulfilling?

Come to the [Venture into Volunteering Fair](#) at the Springfield Town Center on the lower level, Sunday, October 15, 2023, 12 - 4 p.m.! Representatives from county and nonprofit organizations will be there to share information about various volunteer opportunities. The Beacon 50+ Expo will be happening simultaneously on the upper level. Health screenings, flu shots, and vaccines will be offered, along with an array of information on local resources.

There will be door prizes!

Visit bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov or call 703-324-5406.

At **Fairfax CASA**, our volunteers support and advocate for newborn babies to young adults (0-21 years) involved in open child abuse and neglect cases in Fairfax County.



“CASA” stands for “Court-Appointed Special Advocates.” Please consider joining us to learn more about what it takes to be a CASA for a child in our community. YOU can help change an abused and neglected child’s story by becoming a CASA volunteer.

We hope you will take the first step by attending one of our upcoming virtual information sessions:

- September 7th @7:00PM
- September 21st @1:00PM

Please reserve your spot by emailing volunteer@casafairfax.org. For more information, we invite you to visit us at www.fairfaxcasa.org.

Are you looking for a way to give back to your community? Join the Assistance League of Northern Virginia and help children in need and their families. We have served students for more than 20 years as a chapter of the National Assistance League, helping the underserved for over 100 years.



We are seeking committed volunteers to support our various philanthropic programs. Volunteer opportunities include participating in our literacy program by providing weekly help to students at several elementary schools so they can improve their reading comprehension skills. Our volunteers form bonds with their first- through third-grade students, who are wonderfully receptive and relish having individual attention for their reading practice. Plus, the kids are so cute! As in nearly all our programs, weekly tutoring occurs during regular school hours.

Members also help with our other 'hands-on' philanthropic programs that provide elementary school students with weekend food bags, new clothing, sneakers, books, toiletries, and comfort pillows. We also need help with the many behind-the-scenes tasks that are essential to our success: publicity, marketing, tech support, and graphic design, to name just a few.

We invite you to use this link: www.alnv.org to learn more about the Assistance League of Northern Virginia and see how you can help with these important programs. The membership form is under the 'Become a Member' tab. Send any questions to: membership@alnv.org.

Elections

Election Officers Needed for the General Election - Nov 7th

Fairfax County Office of Elections needs election officers countywide for the November 7th General Election and the 2024 elections. Compensation begins at \$250, and training is provided online and in-person for new officers. More information on serving as a Fairfax County election officer can be found [here](#). Apply today.

There is also a need for bilingual election officers. The Election Office is seeking Virginia voters who speak Vietnamese and English or Korean and English to serve in the Annandale, Centreville, Chantilly, and Falls Church areas. You must complete a short oral language skills assessment to serve as a designated bilingual election officer. More information on serving as a language election officer can be found [here](#).

Please click [here](#) for voter information on the upcoming General Election.

**Get Your Golden Ticket for
Older Adult Programs and
Services**



Did you know that Fairfax County has many resources for older adults?

Sign up for the [free Golden Gazette](#) monthly newsletter to learn about programs and services concerning older adults and caregivers. The publication is available in print, online, and via email. And be sure to follow us on Facebook at [Fairfax County 50+](#)!

Change in Tax Withholding

In January, there were changes to both the Federal and Virginia tax withholding tables. These changes don't affect everyone, but if we adjusted the amount withheld from your benefit payment each month, it might change the amount of your tax refund or payment due for tax year 2023. Please use the following forms to make changes to your tax withholding:

Federal tax withholding form [2023 Form W-4P \(Fairfax county.gov\)](#)

Virginia tax withholding form [VA-4P 11 27 07.indd \(Fairfax county.gov\)](#)

If you have questions about completing the forms, please contact your tax advisor or financial planner. The completed forms can be returned to our office by mail or fax to 703-653-9543.

Confirm Your Address for Tax Documents

Have you moved? Are you planning to move? Please let us know your new address. Tax documents will be mailed in January, and the post office will not forward them to your new address. We need to send them to you directly. Address changes can be made by submitting a [Change of Address form](#) by mail or fax.

Our MAILING Address has Changed.

The Lee Jackson Memorial Highway was officially renamed to "Route 50" on July 5. The Retirement Office has not moved, but we are updating our forms and records to reflect the name change. Click on the county website link for more information about the name change: [Lee and Lee Jackson Memorial Highways Renamed Route 29 and Route 50 | News Center \(Fairfax county.gov\)](#)

Sign up for the retiree's newsletter:



To sign up to receive the Retirement Systems retiree newsletter, RetireMinute, view the latest issue, or access your subscriber preferences, please go to [Newsletter](#).



What's happening at NextMark?

NextMark's Fairfax Branch Remodel is complete!

The newly-designed space elevates the branch experience by allowing members to perform transactions in a self-service environment easily and conveniently. We invite you to visit the new space and tour the futuristic branch that reflects NextMark's value-centric brand and commitment to providing cutting-edge technology while ensuring the utmost convenience and accessibility.

Mark your calendars for our Community Shred Day.

Shred your documents securely and help protect yourself from fraud and identity theft.

8 am-11 am – Saturday, October 7
NextMark Fairfax Branch
4201 Members Way
Fairfax, VA 22030

The event is offered at no cost. Feel free to bring a friend. **IMPORTANT:** This is a first come, first serve event. Once the truck(s) is filled, the event will end.

Maximize your retirement earnings with a NextMark Savings Certificate.

You may miss some earning potential if you haven't checked out our savings certificates. Look over our recently-increased rates at [NextMarkCU.org/rates](https://www.nextmarkcu.org/rates) and open your certificate online today!

Don't forget our [quarterly newsletter](#). It is a great resource for current promotions and other news.

[Click here for Branch Locations and ATMs](#)

Sad News

Genevieve Rosina Lester, 80, of Fairfax, Va., passed away on December 6, 2018. Genevieve retired from the Library in 1993. *(In response to our efforts to reconnect with lost members, we were notified, sadly, of her passing.)* [Obituary](#)



Mable Frances McCarthy, 85, of Fairfax, VA. died on July 11, 2023, after a well-lived life. Mable retired from DPSM in November 2007. [Obituary](#)



FCREA

History of the FCREA

By John Yeatman

Chuck Higdon asked me to share the origin and history of the Fairfax County Retired Employees Association. I did not start the organization but served two terms as the Chairman (1999-2002).

Based on my research, the association was organized and created in 1993. Joyce Gerhart helped provide the following info:

Jake (John) Lay wrote a letter to retirees participating in the monthly KIT (Keep-In-Touch) luncheons in June 1992, soliciting interest in creating an organization representing Fairfax County Supplemental Retirement System retirees. (At that time, there were 1050 retirees in the Supplemental System. As of July 1, 2023, there are 9,671 retirees in the renamed Employees' Retirement System). The first meeting of individuals interested in participating was held on March 10, 1993. Initial members elected to the Board of Directors were:

- Jake Lay - Chairman (Communications)
- Don Smith - Vice Chair (Comprehensive Planning/Zoning)
- Ray Birch - Treasurer (Finance)
- Dolores Testerman - Secretary (Circuit Court)
- Ted Gleiter - Member (Personnel)
- Harry Hale - Member (Public Works)

Nadine Hickey - Member (Personnel)

The members of the retiree association elected the initial board members for a two-year term. The Chairman and officers were chosen/elected by the board members. I believe Don Lederer was the second chairman of the association, serving from 1995 to 1997. I retired in 1998 and agreed to serve on the Board of Directors. Upon returning from a trip to Florida, I (surprisingly) was informed that I was elected Chairman!

Initially, the association was mainly a social group. I moved the association toward a more activist role, ensuring our County benefits were preserved and then working to improve them. For example, the association successfully made its case to the Board of Supervisors to change the health insurance subsidy from \$60 for all retirees to the current stratified subsidy. The association was also responsible for changing the County Code to allow the Social Security subsidy. The revised retirement code has eliminated that subsidy for new hires.

I stepped away from the association after two terms as Chairman. In 2003, I was elected as the retiree representative to the County's Retirement Board. I have served my fellow retirees in this capacity for 20 years and am currently the Vice Chairman.

Notable retirees who have served as Chairman of the Fairfax County Retired Employees Association are:

Joe Blackwell - DTA retiree

Jim Sandifer - Finance retiree

Kay Wintermoyer- DIT retiree

Pam Martin - County Attorney retiree and current Chair

The organization is a volunteer group and only survives if folks volunteer to serve their fellow retirees. Pam Martin has served multiple terms as Chairman, as no one has volunteered to be on the Board. Pam deserves your support, and I give her great credit for carrying our organization through the pandemic.

If you are interested in serving your fellow retirees, contact Pam Martin.

Events 2023

Picnic

FCREA will hold its annual picnic on Wednesday, September 20. We will meet at 11:30 at Nottoway Park, Shelter A, on Old Courthouse Road in Vienna.



Nottoway Park, Shelter A

FCREA will provide hotdogs, plastic flatware, paper plates, and drinks. Bring a side dish to share and enjoy a beautiful fall day with your friends!

Nottoway Park
9537 Courthouse Rd.
Vienna, VA. 22181

[Directions](#)

[Shelter A location](#)

Holiday Luncheon

FCREA's annual holiday luncheon will be on Wednesday, December 22, at 11:30, at:

International Country Club
13200 Lee Jackson Memorial Hwy,
Fairfax, VA 22033 ·



This is a reminder to **Save the Date**, with more information in the FCREA November newsletter.

Membership

New Members



- Nikhil Bhushan, Retired from Information Technology on 12/22/2018
- Kingsley Brown, Retiring from Community Services Board/Assisted Community Residential Services on 9/28/2023
- Douglas W. Hatfield, Retiring from Facilities Management on 11/06/2023
- Kathleen Marvin, Retired from Family Services on 6/30/2023
- Richard McQuaid, Retiring from Community Services Board/Cornerstones Program on 10/06/2023
- Lupe R. Nabavi, Retired from Health Dept. on 8/11/2023
- Catherine Noonan, Retired from Library on 8/10/2023
- Jon H. Ronan, Retiring from Public Safety Communications Center on 11/17/2023
- Alice Rood, Retired from Family Services/Children, Youth and Families in February 2022
- Anne C. Rush, Retired from Juvenile & Domestic Relations Court/ASAP Division on 12/30/2022
- Cheryl K. Simmons, Retired from Land Development Services/Financial Management Branch on 12/02/2022
- Lynn Thompson, Retired from Family Services on 8/1/2023
- Dianne E. Tomasek, Retired from Clerk to the Board of Supervisors Office on 7/08/2019
- Bruce A. Webb, Retiring from Fire and Rescue on 10/23/2023

Membership [Fact Sheet](#)

[Membership Application](#)

Members we have lost track of. ..

Keeping our email database current is an ongoing issue. If anyone knows any of these members, please remind them to update their email address by contacting FCREA99@gmail.com or Bobbie Deegan: 301-937-7070 or BobbieDeegan@aol.com

- Jan Weng, Retired from CSB/ADS in 2012
- Asha Kapoor, Retired from DPWES in 2011
- Gary Quinn, Retired from DIT in 2011
- Ann Shifflet, Retired from Parks in 2011
- Long Xuan Trinh, Retired from DVS in 2011
- Jacqueline B. Pitkin, Retired from FMD in 2010

Members Information.

[FCREA Board Members](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill or have passed away to Joyce Gerhart: 703-560-4785 or ggerhart2@verizon.net

Please send address changes to Bobbie Deegan: 301-937-7070 or BobbieDeegan@aol.com

[FCREA Website](#)

Fairfax County Websites with Retirees Information:

[Retirement Systems](#)

[Retirement Web Member Services](#)

[Retirees Benefits](#)

[HR- Who to Call Contacts](#)

[Retirees Resource and Video Library](#)

Finally... from Charles Schulz



Be grateful for every second of every day that you spend with the people you love. Life is so very precious.



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