

# Hot Flashes

January 2024

*Fairfax County Retired Employees Association*

## *Chairman's Message*

We had an excellent turnout for our Holiday Luncheon on December 20th at the International Country Club in Fairfax – 84 attendees, our largest group yet! The facility is lovely, the location is convenient, and the food is delicious. So I've already reserved it for our 2024 Holiday Luncheon next December 18th!



Many thanks to NextMark Credit Union for providing a gift for each attendee and some gift cards and White House Christmas ornaments for door prizes! We very much appreciate NextMark CEO Joe Thomas and his incredible staff members Marella and Sadaf taking time out of their busy schedules to join us for lunch. We also are grateful to everyone at NextMark for the service and support they show us retirees (and all the other credit union members) throughout the year.

A BIG thank you to all who brought individually wrapped snack items for The Lamb Center. I delivered them to the Center immediately after the luncheon, and the staff appreciated receiving our donations. High food costs continue to make it hard for many County residents to feed their families, and the snacks we contributed will provide a little extra nourishment for hungry bodies. Thank you all for your generosity.

You should receive your 1099-R tax form from the Retirement Office by January 31st. If you moved during 2023, contact the Retirement Office at 703-279-8200 to ensure they have your correct address!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## ***Not Receiving Hot Flashes?***

We occasionally receive emails from members that they are not receiving our newsletter, Hot Flashes. We publish an edition every other month (i.e., January, March, May, etc.) We also publish special editions for FCREA events and news or information from Retirement and DHR.

Our system server informs us if an email is not received (bounces), and if this continues, it places the email address in a *suppressed* file; our system will no longer send emails to these addresses until action is taken. The main reasons emails bounce are:

### **Hard Bounce:**

These email addresses are unknown, obsolete, or incorrect; messages sent to these addresses will never be delivered to the recipient. Most often, these are old and expired addresses. These contacts are immediately suppressed.

### **Soft Bounce:**

These email accounts often have full mailboxes, their domain is temporarily down, or they're currently unable to receive email. These are generally temporary issues, so our system will keep these contacts in the active audience. They'll be suppressed if they bounce several times in a row.

### **General Bounce:**

The most common form of General Bounce happens when a firewall on the recipient's server prevents the recipient from receiving email from outside their network. General Bounces usually indicate a temporary issue. They'll be suppressed if they bounce several times in a row.

Additionally, our system informs us if an email is placed in a member's junk file or if the member unsubscribes. In all cases, we "unsuppressed" the member's email address a few times, which moves it back to the active file. If it is rejected again and not a hard bounce, we send the member an email

denoting the situation.

We delete the member's email address from our file for hard bounces. The section below lists members we have "lost track of" primarily due to hard bounces.

If you stop receiving our emails, please notify us at [FCREA99@gmail.com](mailto:FCREA99@gmail.com), and we will assist in resolving the situation.

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## ***Opportunities to Help***

### **Fairfax County Office of Elections**

#### **Help needed at the polls!**

The Fairfax County Office of Elections seeks community members to serve as election officers for the March 5, 2024, Presidential Primary election. In particular, we need bilingual officers who speak Korean or Vietnamese. This is an excellent opportunity to get to know your neighbors and help your community! You will receive \$250 as a thank you for your service.

Learn more and apply at [election officers](#)

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### **Volunteer Solutions - Fairfax Area**

**Agency on Aging** offers meaningful volunteer opportunities to improve the

quality of life for older adults, adults with disabilities, and family caregivers. It's a partnership between Fairfax County's Department of Family Services and Neighborhood & Community Services. Volunteers assist in one-on-one or group settings. Drivers, social visitors, grocery shoppers, and household organizers are needed. Do you have a skill to share? Fairfax County Senior Centers are looking for leaders, entertainers, and instructors in fitness, dance, the arts, music, languages, and more. Visit [bit.ly/FXVSVOL](http://bit.ly/FXVSVOL), email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or call 703-324-5406.



## **FAIRFAX CASA (COURT APPOINTED SPECIAL ADVOCATES) NEEDS YOU!**

**We need compassionate community members like you to apply for our training and give our children a voice during their hardest moments.**

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

We invite you to visit us at [www.fairfaxcasa.org](http://www.fairfaxcasa.org) for more information and a list of information session dates!

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## Pay Advice Information

Did you receive your pay advice for December? If not, do we have your correct address?



We mail pay advice three times yearly: January, July, and December. These are the months that might see changes in your benefit payment amount. If there are changes to the tax withholding schedules, they will be effective with your January benefit payment. Remember, we can't withhold tax for any state other than Virginia, and we withhold Virginia tax only if you live in Virginia. We mail pay advice in July because that is when your COLA (cost of living adjustment) is effective. In December, there might be changes due to insurance premium changes. You pay for coverage the month before, so any increase or decrease in your monthly premium would affect your December benefit payment for coverage in January. The December pay advice also includes year-end information that might be useful to prepare your taxes. For tax questions, you should consult a tax professional.

If you need to change your address before the January pay advice is mailed, please submit a Change of Address Form before January 12, 2024. You can verify your address by logging in to your retirement account in Web Member Services (WMS). You can also print pay advice for any month from your account.

Information about your pay advice can also be found on our website Pay Advice Mail Out page.

## Tax Documents: Form 1099-R

Remember that as a retiree, you receive a 1099-R instead of a W-2 with information to file your taxes. Watch for it toward the end of January or early February. You can also print the form from your online account, accessed from our website and at this link: [Web Member Services](#).

If you have questions, contact your payroll specialist:

Last names A-G: Nydia Rivera [email: Nydia Rivera](#) 703-279-8211

Last names H-O: Dayle Bartholow [email: Dayle Bartholow](#) 703-324-2338

Last names P-Z: Yvonne Ta [email: Yvonne Ta](#) 703-324-3230



## *Happy New Year from NextMark Credit Union*

**As you embark on a new year, NextMark offers some tips to help you embrace 2024 with confidence.**

### **Protect yourself from Elderly Fraud**

Fraud targeting older adults has become an alarming issue in recent years. Scammers often prey on senior's trust, vulnerability, and lack of familiarity with modern technology to exploit them financially. Here are some strategies and tips to help protect you from becoming a victim of fraud.

1. Be aware of phishing emails that present attractive and time-sensitive offers enticing you to act. Do not reply, click on links, or open attachments in emails from those you don't know.
2. Set up strong passwords and enable 2-factor authentication whenever possible.
3. Monitor your financial statements regularly – look for unusual or unauthorized transactions and report them immediately to NextMark or your other financial institution.
4. DO NOT share your personal information with anyone, especially unsolicited.
5. Verify a caller's identity, and if unsure of the call's legitimacy, call back using the official number found on their organization's website or official documents.
6. Retrieve your mail and packages promptly – your mail can have personal information that fraudsters can steal to impersonate you.
7. Report fraud to the Federal Trade Commission: [Scam](#)

Explore more information about fraud prevention [here](#)

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### **Take advantage of extra loan savings!**

As a county retiree, NextMark is offering you additional discounts on loans. Every little bit helps in this high-rate environment. Get the details and other benefits [here](#).

### **Get paid up to 3 days early.**

Get your retirement pay up to 3 days early with NextMark's Early Pay! Early Pay allows NextMark checking account holders to receive incoming ACH payments, including direct deposits, pension payments, etc., up to 3 days earlier. If you already have a NextMark checking account, no action is required as you are automatically enrolled. If you would like to learn more about Early Pay and open a NextMark checking account, click here:

<https://www.nextmarkcu.org/early-pay/>

### **Maximize your retirement earnings with a NextMark Savings Certificate.**

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

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

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

## *Sad News*

Nelson Bernardo Gutierrez, 64, went to be with the Lord on Friday, December 8, 2023. Nelson retired from the Department of Information Technology on July 6, 2021.

[Obituary](#)



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Florence (Flo) Hoff, wife of Richard (Dick) Hoff, who retired from the Department of Environmental Management in 1996, went to be with the Lord on April 11, 2023.

## ***Events 2024***

Annual Meeting - May 1, at 10 am

Picnic - September TBD

Holiday Luncheon - December 18, at 11:30 AM

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### ***2023 Holiday Luncheon***

The 2023 FCREA Holiday Luncheon was held on December 20 at the International Country Club in Fairfax and was well attended. The food and the camaraderie made for a delightful afternoon. If you could not attend, we hope you will be able to join us next year. We have already reserved a ballroom at the International Country Club for the 2024 Holiday Luncheon, which will be on December 18, 2024!







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## Membership

### New Members

- Tom Biesiadny, Retired from Transportation on 5/05/2023
- Fatima Khaja, Retired from Management & Budget on 8/30/2022
- Cathy Lemmon, Retired from Public Works & Environmental Services on 10/12/2021
- Judy Neville, Retired from the Police Dept. on 12/01/2023
- Marion Plummer, Retired from Public Works/Solid Waste Management Program on 7/29/2022
- Nishchint Sethi, Retired from Tax Admin on 9/25/2023
- James A. Thur, Retired from the Community Services Board in October 2008
- Sandra Tomberlin, Retired from DPWES/Director's Office, HR Branch on 12/01/2023



Membership [Fact Sheet](#)  
[Membership Application](#)

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### Members, we have lost track of. ..

If anyone knows any of these members, please ask them to update their email addresses by contacting [FCREA99@gmail.com](mailto:FCREA99@gmail.com) or Bobbie Deegan: 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

- Marlys Bernal, Retired from Human Services in 2009
- Alonzo J. Bryan Jr., Retired from DTA in 2006
- Joseph Sicenavage, Retired from Parks in 2005
- Richard Derrickson, Retired from Fire and Rescue in 2003
- Daniel & Etta Harris, Retired from Police & FCPS in 2003

*Editors Note: Due to active members notifying "members we have lost track of". we have reconnected with 8 members. Our thanks to all for their assistance.*

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## ***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](mailto:ggerhart2@verizon.net)

Please send address changes to Bobbie Deegan: 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

### **FCREA Website**

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### **Fairfax County Websites with Retirees Information:**

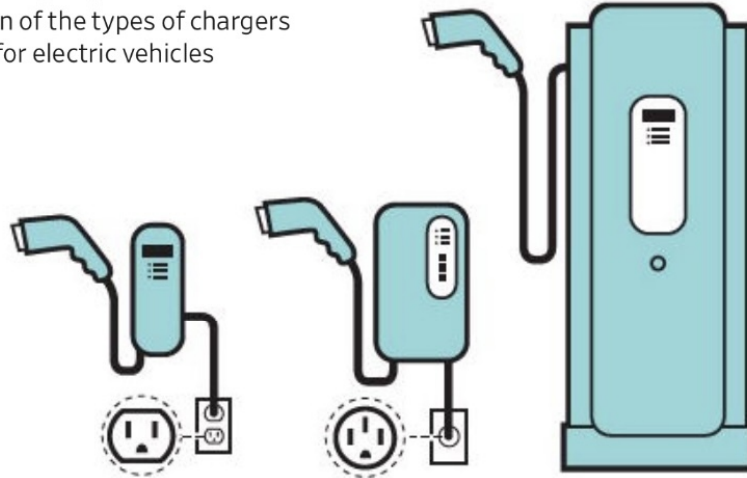
- [Retirement Systems](#)
- [Retirement Web Member Services](#)
- [Retirees Benefits](#)
- [HR- Who to Call Contacts](#)
- [Retirees Resource and Video Library](#)





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## **Finally... Chargers for Electric Vehicles**

## Powering Up

A rundown of the types of chargers available for electric vehicles



Charging options	Level 1 120 volts	Level 2 240 volts	Level 3 DC fast charging
What the charge port on the vehicle looks like	 J1772	 J1772	 CSS CHAdeMO  Tesla combo
How fast they charge	About 5 miles of driving range per 1 hour of charging*	About 25 miles per 1 hour of charging*	~100 to 200+ miles per 30 minutes of charging†
Where they may be located	<ul style="list-style-type: none"> <li>● In your house/garage</li> <li>● Possibly at your apartment/condo and workplace</li> <li>● No need to install anything</li> </ul>	<ul style="list-style-type: none"> <li>● In your house/garage‡</li> <li>● Possibly at your apartment/condo and workplace</li> <li>● At public charging stations</li> </ul>	<ul style="list-style-type: none"> <li>● At public charging stations</li> <li>● Limited availability, but becoming more common</li> </ul>

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