

# Fairfax County Retired Employees Association

# HOT FLASHES

## FCREA Officers

### Chairman:

Pam Martin 703-323-4929

### Vice Chairman:

Kay Wintermoyer

### Secretary:

Chuck Higdon

### Treasurer:

Bobbie Deegan 301-937-7070

Joseph Blackwell—Immediate Past Chairman

## Board Members

Joyce Gerhart Dorris Medlin

Barbara Miskimmin

Retirement Board: John Yeatman

Travel Coordinator: Betty Powell

Rita Kayn: Editor Hot Flashes

[fairfaxhotflashes@yahoo.com](mailto:fairfaxhotflashes@yahoo.com)

## Dues Payment

Bobbie Deegan  
4316 Knott Street  
Beltsville, MD 20705

## Sunshine

Dolores Testerman 703-273-1295

## Address Changes

Rita Kayn  
10035 Glencroft Court  
Vienna, VA 22181  
703-938-1869

## Retirement Agency

10680 Main Street, Suite 280  
Fairfax, VA 22030  
1-800-333-1633 or 703-279-8200

FCREA Website: [retiredfairfaxcounty.com](http://retiredfairfaxcounty.com)

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**October 2013**

## Chairman's Message

Did you make it to our annual picnic at Nottoway Park on September 5<sup>th</sup>? It was a beautiful day and everyone had a great time. Thanks to everyone who contributed to making this such a fun event. Attendance was down compared to past years, possibly because it was so soon after Labor Day. We may move the date to the second week in September next year.

**OPEN SEASON IS HERE!** As you know, the county has selected Cigna to be its health insurance provider instead of Fair Choice. It is very important that you attend one of the information sessions to get all your questions answered and select a new plan. No one currently enrolled in a county plan will lose his or her insurance coverage, but **you do not select a new plan, the county will switch you over to the new plan it considers the closest match to your old plan, and you won't be able to change it until next year's open season.** See the article inside for details, and check the retiree association's website at [www.retiredfairfaxcounty.com](http://www.retiredfairfaxcounty.com) for links to relevant web pages.

By now, all annual members whose dues are current, and all annual and lifetime members who have paid for a hard copy of Hot Flashes, should have received their new membership and/or subscription cards in the mail. Since annual memberships and Hot Flashes subscriptions expire, you will receive new cards each year after you pay your dues and/or mailing fee. Lifetime members will receive their permanent membership cards over the next few weeks. (There are a lot more of you, so it takes awhile to address all those envelopes)! Many thanks to Joyce Gerhart for helping treasurer Bobbie Deegan with the addressing. If you have questions, please contact Bobbie at 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com).

Keep checking our website for breaking news, links to web pages of interest to our members, and current and back issues of Hot Flashes. The website gives your Board of Directors a "real time" way to share important and/or time-sensitive information, such as reminders about retiree benefit deadlines. Thank you, Joi Kudirka and Rita Kayn, for maintaining it for us.

See you at the Keep In Touch Lunches on October 16<sup>th</sup> and November 20<sup>th</sup>. We are still choosing a site for our holiday luncheon on December 18<sup>th</sup>. In the spirit of the season, we will be collecting non-perishable food items on November 20<sup>th</sup> and December 18<sup>th</sup> to share with those in need.

Sincerely,

Pam Martin, Chairman

Fairfax County Retired Employees Association

## OPEN ENROLLMENT INFORMATION

### MEETINGS

Wednesday, October 9th Presentation Only & Flu Clinic	Noon—2pm	Herrity Building Room 106 & 107
* Thursday, October 10 <sup>th</sup> Presentation Only	10 am - Noon	Centreville Regional Library Centreville, VA
Tuesday, October 15th Presentation Only	10 am - Noon	South County Government Center Conference Rm Alexandria, VA
* Wednesday, October 16 <sup>th</sup> Presentation Only	11 am—Noon	Reston-North Cameron Glen Human Services Building Reston, VA
Wednesday, October 23rd Health Fair & Presentation Flu Shot Clinic	1 pm—4 pm	Massey Building Conference Rm. 1 Fairfax, VA
Wednesday, October 24th Presentation Only	10 am—Noon	Government Center Conference Rooms 9 & 10 Fairfax, VA
* Tuesday, October 29 <sup>th</sup> Presentation Only	1 pm - 3 pm	Government Center Conference Rooms 4/5 Fairfax, VA
Wednesday, October 30th Health Fair & Presentation Flu Clinic	Noon—3pm	Pennino Building Rooms 206A & 206B Fairfax, VA
* Tuesday, November 5 <sup>th</sup> Presentation Only	10 am - Noon	Tysons-Pimmit Regional Library Falls Church, VA
Wednesday, November 6th Health Fair & Presentation	10 am—2 pm	South County Government Center—Conf. Rm. Alexandria, VA

\* Retiree Meetings—all others are for both active employees and retirees

For all health benefit information see the FCREA website at [retiredfairfaxcounty.com](http://retiredfairfaxcounty.com) or refer to the health benefit information that was recently mailed to your home.

Please remember that the Open Enrollment period is from October 7th through November 15th.



### Keep In Touch Luncheon

(Third Wednesday of each month 11:30AM)  
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. Restaurant is on left side next to Marshall's.

Lunch at the Old Country Buffet will cost **\$9.00** per person. Please call Dorris Medlin at 703-256-6379, if you plan to attend.

#### PAT DEVLIN—WRITER EXTRAORDINAIRE

Pat retired from Fire and Rescue and is now a published author. Her short story, "The Witch," has been published online at Rose Red Review. Here's the link: <http://roseredreview.org/2013-autumn-pj-devlin/>.

Another story, The Decline and Fall, was a finalist in the Saturday Evening Post Great American Fiction Contest 2013. It can be read online at: <http://saturdayeveningpost.com/2012/12/12/17/art-entertainment/contemporary-fiction-art-entertainment/decline-fall.html>.

Congratulations, Pat!



#### Save the date

Friday, November 1<sup>st</sup>, 9-3

The Fairfax Government Center

**Anne Maurer, Sharon Fadgen, Fran Millhouser (and Bill) and Ilze Long (Library retirees) will be exhibiting and selling their artistic creations! These include nature photography, casual-chic jewelry, hand-crafted knitted items, unique-handmade glass Christmas ornaments, fashions for the home, etc.**

### Welcome New Members!

- **Judith Dyer, Health**
- **Laurie Eytel, DFS**
- **Jo Ho Lee**
- **Sherry Sheth, DTA**
- **Safari Wasserman, Library**

#### Thinking of You

##### Speedy Recovery to:

- **Joe Blackwell**
- **Francis Buroker**
- **Connie Connors**
- **Millie Holdaway**
- **Shirley Walker**
- **Shirley Young**



##### Condolences to:

- **Florence Greer on the death of her sister**
- **The family of Louise Cross-Wyant**
- **The family of Norma Rivenbark**

### Retirement Annuity Pay Advices

The Retirement Administration Agency has notified all retirees that mailing monthly pay advices has been discontinued. They will keep retirees informed of any procedural or technological changes. If you have any concerns, please call their office—703-279-8200 or 1-800-333-1633.

FCREA  
10035 Glencroft Ct.  
Vienna, VA 22181

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[www.fairfaxcu.org](http://www.fairfaxcu.org) (703) 218-9900

*Serving Fairfax County Employees,  
Retirees and their families since 1958*

The advertisement for Adult Day Health Care features a photograph of an elderly couple smiling. To the right of the couple is a yellow heart with a red border containing the text: "Affordable quality care. Meaningful activities. New friendships. Peace of mind." Below the photo is a blue banner with the text "Fairfax County Health Department" and "Adult Day Health Care" in large white letters. Underneath, it lists "5 locations in Fairfax County Mon. - Fri., 7:00 a.m. - 5:30 p.m.", "Schedule a visit today. 703-750-3316 TTY 711", and "fairfaxcounty.gov/hd/ADHC". At the bottom, it says "A program of the Fairfax County Health Department." and "Call Now to Get 2 Weeks FREE!".

Imagine having peace of mind.

Affordable quality care.  
Meaningful activities.  
New friendships.  
Peace of mind.

Fairfax County  
Health Department

**Adult Day  
Health Care**

5 locations in Fairfax County  
Mon. - Fri., 7:00 a.m. - 5:30 p.m.

Schedule a visit today.  
703-750-3316 TTY 711  
[fairfaxcounty.gov/hd/ADHC](http://fairfaxcounty.gov/hd/ADHC)

A program of the Fairfax County Health Department.

**Call Now to Get 2 Weeks FREE!**