

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

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

Chairman's Message

I hope everyone has been enjoying the summer! Fall will soon be upon us. Be sure to put our annual picnic on your calendar. We will get together at Nottoway Park on September 5th. Bring a dish to share.

The Board of Directors welcomed two new Board members at our July meeting - Joyce Gerhart and Chuck Higdon. Chuck was elected secretary. The other officers will continue in office for another year.

IMPORTANT – While details are not yet available, the County has selected a new health care provider to serve its employees and retirees. **If you have County health care coverage, it will be very important for you to attend one of the briefings during open enrollment.** The County will mail information to all retirees affected by the change, and we will put information on our website, retiredfairfaxcounty.com, as it becomes available.

Reminder – at the annual meeting, members passed a motion to change the Association's fiscal year to January 1 through December 31. (The association had been operating on a July 1 –June 30 fiscal year). To implement this change, the expiration date for annual members has been extended to December 31, 2013. Those members who have already paid their July 2013 dues will be credited for the following year. Current members will be mailed new membership cards shortly. The membership cards for annual members will reflect their new expiration date. Lifetime members will receive permanent (one-time) membership cards, since lifetime memberships do not expire.

Special thanks to Joi Kudirka for maintaining our website. We want it to reflect YOUR interests, so please share your ideas on things you would like to see on it! Email your information/articles to FairfaxHotFlashes@yahoo.com.

See you at lunch on August 19!

Sincerely,

Pam Martin, Chairman

Fairfax County Retired Employees Association

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August 2013

Annual Picnic

Be There or Be Square!!!

September 5, 2013

11:30 AM

Rain or Shine

Nottoway Park

**Bring a dish and there will be a
basket for donations.**

50/50 Raffle



Change of Address

Please notify the Retirement Office and the Credit Union of any change of address.

Please notify the FCREA of any email or home change of address as well at fairfaxhotflashes@yahoo.com.

CIGNA FOR 2014

Cigna will now be the county's only self-insured plan vendor. The fully insured Kaiser Permanente plan will continue to be available. The county will no longer have a contract with CareFirst beginning in 2014.

Consolidating to a single vendor allows the county to capitalize on opportunities to enhance wellness offerings, streamline communications and collect better data for future plan decisions. "We want to provide programs that promote the health and wellness of employees and retirees while balancing the ever-increasing costs of health care," explains Cathy Spage, assistant director of HR.

Employees and retirees who are currently enrolled through CareFirst will find that 98 percent of the doctors and facilities in that network are also included in the Cigna network. Cigna has committed to actively recruit the remaining 2 percent of doctors and facilities.

DHR is encouraging anyone who has CareFirst to check with CIGNA to see if their doctor or facility is participating. This can be done on-line by clicking on this link: www.cigna.com and then click on "Find a Doctor". If you are searching for a specific provider: Select Search Type: "Person by Name", type in the provider's name, type in the providers address and click on SEARCH.

If your provider is not found in the CIGNA OAP Network, then you can refer your provider to be recruited for the network by calling HR Central at 703-324-3311.



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.

Welcome New Members!

- **Sandy Benfit, DPSM**
- **Ken Disselkoen, Svc Bd**
- **Sandy Haun, DFS**
- **MaryHelmantoler, Library**
- **Linda Mellott, DTA**
- **Joseph Mersereau**
- **Cathy Pumphrey, Svc Bd**
- **Luz Rivera, DFS**
- **Jessica Strother, DPWES**

Lifetime Learning Institute of Northern Virginia

Affiliated with Northern Virginia Community College, the Lifetime Learning Institute of Northern Virginia (LLI) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired), who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers. Benefits of membership include a monthly newsletter, participation in courses and special interest groups, day and overnight trips, an overseas study/travel program, and social events. Classes are scheduled throughout the year on weekdays between 10 a.m. and 3 p.m. on the NVCC Annandale Campus and off campus in churches, community centers, public libraries, and other convenient locations. Current annual dues are \$110 per person. For additional information call the LLI office at (703) 503-0600 or view the web site at <http://lli.nova.org/>.

Thinking of You

Speedy Recovery to:

- **Bob Martin**
- **Lila Carnevale**
- **Jean Lederer**
- **Eva Lindsey**



Condolences to:

- **The family of Dr. Richard Miller**

Retirement Annuity Pay Advices

The Retirement Administration Agency has notified all retirees that future monthly mailed pay advices will be 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**

**PRST. STD. Mail
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Permit #566**



www.fairfaxcu.org (703) 218-9900

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

Estate Planning 101:

A Free Seminar On An Important Topic

How you plan for your estate today can have a significant impact on your family's financial well-being for years to come. Learn more about this important topic at a free educational seminar on estate planning to be held by Fairfax County Federal Credit Union in conjunction with MEMBERS Trust Company.

Date: Thursday, September 19

Time: 6 p.m.

Place: Fairfax County FCU
4201 Members Way
Fairfax, VA 22030

RSVP: Please call 703-218-9900, ext. 1163, or email estateseminar@fairfaxcu.org by Thursday, Sept. 12.

Topics will include:

- Why it's important to have a will, especially if you have children
- How to protect your children in the event of your death or disability
- How to cover the skyrocketing costs of caring for elderly family members

The community is invited to attend and learn more about this important topic. If you can't attend but would like more information, please call 703-218-9900, ext. 1163, or email estateseminar@fairfaxcu.org.

