

# ***HOT FLASHES***

Fairfax County Retired Employees Association

July 2016



*Colvin Run Mill, Great Falls - click on image for more information*

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## Chairman's Message

Can you believe it is July already? Where do the days go? Are you doing anything special this summer? Let us know and we'll share your adventures with your fellow retirees through Hot Flashes.

The 6th annual Information for Seniors Fair on May 18th was another success. Congratulations to Betty Powell, who won the 50/50 drawing, and Gina Merino, who won the bag full of goodies. On behalf of FCREA, I want to thank all the vendors who participated. I especially appreciate the efforts of Betty Powell and Dolores Testerman, who made and sold baked goods to raise funds for our treasury. Thanks also go to all our bakers who contributed goodies and to all the buyers who purchased them! I have a very special thank you for Virginia Hospital Center, whose staff provided a variety of free health screenings, and the Department of Human Resources, who paid for the hospital's services. I know everyone appreciated having that resource there.

Our next event will be our annual picnic on **September 15th** at Nottoway Park on Old Courthouse Road in Vienna. Hotdogs will be provided by FCREA. Bring a side dish to share, and come enjoy a beautiful fall day with your friends!

I want to take this opportunity to recognize Board Secretary Chuck Higdon for all the effort he puts into editing Hot Flashes. You know what the finished product looks like, and almost all of the content is through Chuck's efforts (although he would greatly appreciate contributions from our members)! But there is a lot he does "behind the scenes" to keep the technology working, too. Thank you, Chuck!!

That's it for today. See you at the Keep in Touch luncheons on July 20th and August 17th at our new meeting place, Pan Am Family Restaurant, 3051 Nutley Street, Fairfax.

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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## Election Officers Needed... and earn some extra cash!

Fairfax County needs Election Officers for upcoming elections. [Training](#) has begun for the General Election November 8th. Election Officers must be registered voters in Virginia and complete required training and forms. You may choose to accept the \$175 stipend for a full day, or volunteer your time.

View the "[Being an Election Officer](#)" video on YouTube and listen to the "Need for Election Officers" Podcast on [SoundCloud](#)

For more information, visit the Office of Elections website or call 703-324-4735, TTY 711.

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## Retirees Share A Moment

In this section we ask retirees to share any stories, anecdotes, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. Please send them to [FCREA](#) and as space is available and relevant they will be published.

RETIREES



We spent 9 days in mid-June in Iceland, the land of "fire and ice". It is located at the juncture of the North Atlantic and the Arctic oceans, and on the edge where the North American and Eurasian tectonic plates meet. Being near the arctic results in cold winters, lots of snow and many large glaciers; and, being at the intersection of the tectonic plates results in geothermal activity -over 30 active volcanos with huge lava fields. To say the least, the Icelandic topography is very unique.

We took the ring road - Route 1- all 831 miles that circle the outer edges of the entire Island. In addition to glaciers, geothermal geysers, and steam vents, we saw many wonderful waterfalls and beautiful deep fjords, went whale watching, walked on black sand beaches, visited the Blue Lagoon spa and got hooked watching Iceland play soccer in the Euro 2016 competition.

We also ate some excellent local food, drank local beers and enjoyed the companionship of our fellow travelers.

Chuck Higdon and Marilyn Tanner

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## Retirees Benefits Focus Group

The Focus Group met again in mid June. On the agenda were the following:

The **Open enrollment for 2017 will be from October 2nd to October 28**

Within the next 6 to 8 weeks, the Department of Human Resource will mail out postcards to all retirees with County health insurance asking them to watch online videos that provide information on County Health. One video will discuss the differences in the Cigna co-pay, 90% & 80% plans. Some retirees may save money by switching plans.

The Departments of Human Resources ask us to remind retirees to **open and review** the Health Care information brochures they will mail out.

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As a reminder: The Retirees Focus group was created by the FC Department of Human Resources and is chaired by John Clough, Fairfax County HR Division Director, Benefits. The purpose of this focus group is to "leverage the group's experiences to increase the effectiveness of communications between the County and retirees; to help the County keep a pulse on retirees' thinking and to be a sounding board for new ideas."

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If you have any ideas about what the County's HR Department can do to improve service or communications with retirees, please send them to [FCREA](#) or send them to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure it gets to Chuck Higdon. Your suggestions will be forwarded to the focus group.

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# County Health Benefits: Did you know?

## Employee Fitness Center

Did you know that as a Fairfax County retiree, you have access to the Employee Fitness and Wellness Center (EFWC)? The EFWC is located in the Government Center and is open to all employees and retirees of Fairfax County Government and Schools. Members may also designate one member of their household who is over the age of 18 to join.

With a mission to help Fairfax County employees and retirees create and achieve healthy lifestyles that last a lifetime, the EFWC is a well-equipped fitness space offering cardiovascular and weight training equipment along with a variety of classes for all fitness levels and personal training to fit your specific needs.

For more information on fees and scheduling, contact the EFWC at (703) 324-5590, TTY (703) 803-3353 or email Chuck Wright at [charles.wright2@fairfaxcounty.gov](mailto:charles.wright2@fairfaxcounty.gov)

## Medicare Eligibility

For our retirees who are under 65, did you know you may sign up for Medicare three months before the month you turn 65?

It is important to note that as you approach this age milestone, retirees who are covered under Fairfax County's retiree medical insurance and are 65 or older are required to apply for, and maintain, both Medicare Parts A and B. Proof of coverage must be presented to the Benefits Division prior to your Medicare eligibility date. If no proof of coverage is received, your medical coverage with Fairfax County Government will be terminated and you will be unable to enroll in the future. The process of enrolling in Medicare can be lengthy and we recommend you contact the Social Security Office as soon as your enrollment window opens.

- Lea Anderson  
Senior Benefits Specialist  
County of Fairfax – Department of Human Resources

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## FCREA Membership

Your FCREA has lost track of some lifetime members; that is, their email and or mailing addresses are no longer valid. If you are in contact with these members please ask them to provide us with their current information by emailing it to [FCREA](#) or [Bobbie Deegan](#).



Colette W. Brennan, Retired from the Park Authority  
Charles Slusser, Retired from DPWES  
Wayne Catrill, Retired from Park Authority  
D'Arcy Roper, Retired from DP&SM  
Deborah Keys. Retired from DAHS

Anything you can do to help will be appreciated.

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The FCREA continues its efforts to increase membership. We are requesting that members contact other retirees who are not members and request that they join. Prospective members should contact [Bobbie Deegan](#) The cost of a lifetime membership is minimal, only \$50.

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.

### Please help expand our membership

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### New Members

Barbara Bartley  
Will Retire from CSB in April 2017

Denise Donatelli  
Retired from Community Services Board in 2016

Joyce Ferritto  
Retired from Human Resources in 2016

M. Gail Ledford  
Will retire from Admin for Human Services in August 2016

Phyllis B. Ray  
Will retire from the Library in August 2016

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## Retirement Systems Contact Information

As retirees from Fairfax County, there are times you might need to contact our office for assistance.

For routine help with payroll questions, changes to deductions or questions related to your retiree pay, our Retiree Services Specialists assist retirees based on where their name falls in the alphabet. While a direct phone number is listed next to each name below, it's a good idea to call our main phone number, since staffing changes occur and your particular specialist could be out of the office when you call. Our main office telephone number is 703-279-8200 or 1-800-333-1633.

If your last name begins with A-G, your contact is Susan Ayres – 703-279-8211

If your last name begins with H-O, your contact is Amy Bain – 703-279-8216

If your last name begins with P-Z, your contact is Bao-Loc Nguyen – 703-279-8230

For questions related to health, dental & life insurance deductions, contact Maria Foltz – 703-279-8202. For questions related to your insurance coverage or benefits, please call HR Central at 703-324-3311.

### **Please be aware:**

In the event of a retiree's death, if that retiree did NOT choose a Joint and Last Survivor benefit for his/her spouse, any balance in the retiree's account that has not been paid in retirement benefits will be refunded to the retiree's beneficiary(ies) within 60-90 days after receipt of the retiree's death certificate. However, a retired member's contribution balance, including interest, is typically depleted within 1½ - 3 years after retirement, so it is possible that there will not be an amount payable to a retiree's beneficiary(ies), depending on how many years a member has been retired prior to his/her death.

Regardless of whether there is a balance remaining in a retiree's account, we do need to be informed of a retiree's death as soon as possible. We will request that a copy of the retiree's death certificate be faxed to our office at 703-273-3185.

In the event that the retired member elected a Joint and Last Survivor option for his/her spouse, there will be additional information needed from the surviving spouse. At this time, the Retiree Services Specialist to contact in the event of a retiree's death is Amy Bain 703-279-8216.

-Carol Patterson  
Communications Manager  
Fairfax County Retirement Systems

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## Keep In Touch Luncheon

The FCREA *Keep in Touch Luncheons* meet at the Pam Am Restaurant located in the [Pam Am Shopping Center](#) at 3051 Nutley St, Fairfax VA 22031. The restaurant provides a room for FCREA attendees. We order from a menu and will be responsible for the cost of their meals, drinks and a tip.

The *Keep In Touch Luncheon* meets the third Wednesday of every month (except May) at 11:30.

*Please call Dorris Medlin at 703-256-6379 if you plan to attend.*

**We hope you can attend.**

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## Get Well messages for:

Good News: We did not receive any names of retirees who are not feeling well.

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## FCREA Board Meetings

The FCREA Board of Directors meets at the Fairfax County Credit Union ([Fairfax Branch](#)) on the third Wednesday of every other month starting in January at 9:30 am, except May when we hold our annual meeting at the Government Center. All FCREA members are invited to attend.

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## **FCREA Officers**

Chairman:

Pam Martin  
703-323-4929

Past Chairman:

Joe Blackwell

Vice Chairman:

Joyce Gerhart

Secretary & Hot Flashes Editor:

Chuck Higdon  
FCREA99@gmail.com

Treasurer & Membership Chair:

(& send dues payments/address changes to):

Bobbie Deegan  
4316 Knott Street  
Beltsville, MD 20705  
301-937-7070  
[BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

Board Members:

Dorris Medlin  
Kay Wintermoyer

Retirement Board:

John Yeatman

Travel Coordinator:

Betty Powell

Sunshine:

Dolores Testerman  
703-273-1295

### **Fairfax County Retirement**

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

### **FCREA Website**

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## And Finally..

Q: Why do retirees smile all the time?

A: Because they can't hear a word you're saying!

Q: What is the "initial" state of retirement?

A: SS, CD's, IRA's, AARP.

Q: How do you know you're old?

A: People call at 9 p.m. and ask, "Did I wake you?"

Q: When is a retiree's bedtime?

A: Three hours after he falls asleep on the couch.

Q: Why don't retirees mind being called Seniors?

A: The term comes with a 10% discount.

Q: What do retirees call a long lunch?

A: Normal.

Q: How do you know you're old enough to retire?

A: Instead of lying about your age, you start bragging about it!



**"I do have a diversified retirement plan:  
30% hopes, 30% wishes, 40% prayers."**

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