

HOT FLASHES

Fairfax County Retired Employees Association

March 2017



Tysons Corner, 1936. For more information click on image.

Chairman's Message

We've made it through February! Spring will be here soon. Time to dust off winter's cobwebs and venture out into the sunlight. Here's what your Board of Directors has planned for 2017 so far:

Wednesday, May 3rd, 10 AM: Our annual meeting, to be held in the Government Center. Find out what our COLA will be and vote for new Board members.

Wednesday, May 17th, 10 AM – 2 PM: Our 6th annual Information for Seniors Fair. The Board initiated the Information for Seniors Fair for three reasons: to provide an opportunity for our members to get their questions answered by representatives from county agencies; to give seniors an opportunity to have free health screenings and get information on common medical conditions; and to provide a convenient way for all seniors to access a variety of services that might be of interest to them, such as transportation discounts. Retirees who would like a table to sell their wares, or vendors who would like to promote their products or services, also are welcome

to participate. Table rentals are just \$10. Email me at Pamela.Martin@fairfaxcounty.gov if you're interested.

The Info for Seniors Fair is open to everyone, not just County retirees. Invite your friends and neighbors to come with you, and share the information with your church group or community organization! The fair will be held at American Legion Post 177 in the City of Fairfax again this year. The county's wellness program is sponsoring health screenings free of charge for all attendees. Other participants will include Transportation, Retirement, Benefits staff, the credit union, and the library system's Access Services Division, as well as Osher Lifelong Learning Institute, among many others. Don't miss this special event!

Wednesday, December 20th, 11:30 AM: Our annual Holiday Luncheon. We always have a great time at this event. Why not bring a friend with you, this year?

We would like this newsletter to be a two-way communication. Tell us what you are involved in so we can share it with your fellow retirees. Have you found a restaurant you love? A great book? Gone on a trip? Have a favorite recipe? Email it to Hot Flashes editor Chuck Higdon at FCREA99@gmail.com, or mail it to Bobbie Deegan at 4316 Knott Street, Beltsville, MD 20705 and she will make sure that Chuck gets it.

See you at our Keep-In-Touch lunch on March 15th!

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

Health Care Tax Form

On March 2, Fairfax County's Department of Human Resources will mail Form 1095-C to retirees who received health care coverage from the County in 2016.

The Affordable Care Act requires employers who offer health coverage (referred to as "self-insured coverage") to send Form 1095-C to individuals they cover, with information about who was covered and when.

Much like Form W-2 and Form 1099, which include information about the income you received, Form 1095-C provides information that you may need when you file your individual income tax return. Also like Forms W-2 and 1099, Form 1095-C will be provided to the IRS by the entity that provides the form to you.

For more information, go to the [IRS Website](#)

Form 1095-C Employer-Provided Health Insurance Offer and Coverage

Department of the Treasury

Information about Form 1095-C and its separate instructions is at www.irs.gov/form1095c

Part I Employee

1 Name of employee
John Public

2 Social security number (SSN)
123456789

3 Name of employer
Vanderbilt University

4 Street address (including apartment or suite no.)
1700 E. Golf Road, Suite 1000

5 City or town
Schuylberg

6 State or province
IL

7 Street address (including room or apartment no.)
2301 Vanderbilt Place, VU Station B 356110, PMB469610

8 City or town
Nashville

9 State or province
TN

10 Country or FSA, 3724

Part II Employee Offer and Coverage

14 Offer of Coverage (enter required code)	All 12 Months	Jan	Feb
1E			
15 Employee Share of Lowest Cost Monthly Premium, for Self-Only Minimum Value Coverage	\$ \$47.00	\$	\$
16 Applicable Section 501(c)(4) State Health Plan Code, if applicable	2C		

Lines 1-13 include information about you and your employer.

Lines 14-17 include information about the coverage offered to you by your employer, the affordability of the coverage, and the reason why you were or were not offered coverage by your employer.



Volunteer Solutions

Volunteer Opportunities... . .

The **Chronic Disease Self-Management Program** ("You Can! Live Well, Virginia!") is looking for volunteers who have a background and/or interest in health to facilitate a series of workshops at various locations in Fairfax County. The series of workshops is six weeks long, with each session lasting two hours a week at various locations in Fairfax County. These

workshops help people living with chronic illnesses to: manage frustration, fatigue and pain; use medication properly; communicate effectively with loved ones and health care providers; make informed treatment decisions; adopt appropriate exercise and nutrition goals, and more. Volunteers will take a 4-day training in late summer/early fall of 2017 prior to leading a session. Paired volunteer leaders are provided with weekly scripts/lectures that address the topic for the week. For more information on this meaningful opportunity, go to <http://www.FairfaxCounty.gov/DFS/OlderAdultServices/chronic-disease.htm> and contact Colleen Turner at Colleen.Turner@FairfaxCounty.gov or 703-324-5489.

Tanya Erway, MSW
Volunteer Solutions Recruiter
Division of Adult and Aging Services

Volunteer Solutions is a participant in the FCREA Annual Senior Information Fair. We want to thank Ms. Tanya Erway and encourage any retiree with an interest in volunteering to contact Volunteer Solutions.

- The FCREA Hot Flashes Editor

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](#).



John Payne, Jr., retired from DPWES in 1979
James V Maglione, retired from DPWES in 2004
June Cook, retired from the Library in 2001
Karen M. Tallant, retired from DTA in 2001
James D. Pammel retired from DPZ in 1989

Anything you can do to help will be appreciated.

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. Prospective members should contact [Bobbie Deegan](#). An annual membership is \$5, while the cost of a lifetime membership is minimal, \$50. For a membership application [click here](#).

Please help expand our membership



New Members

- Barbara Jean Bartley – retiring from CSB in April
- Karen Goodrick – retired from Circuit Court
- Anne Hochstrasser – retiring from Neighborhood and Community Services in March
- Lewis Dean Hudson – retired from Housing
- Elizabeth (Becky) McKinney – retiring from Office of Emergency Management in March
- Kathy Somer – retired from CSB – ID Services
- Kathryn Lee Sottile – retired from Tax Administration

Retirees Share A Moment

In this section we ask retirees to share any stories, anecdotes, receipes, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. *If you send photos please identify each person in the photo, from what agency and when they retired.* Please send them to [FCREA](#) and as space is available and relevant they will be published.

For this edition of Hot Flashes, we share a favorite recipe from a regular contributor, Bobbie Deegan.

RETIREE



Share a Moment

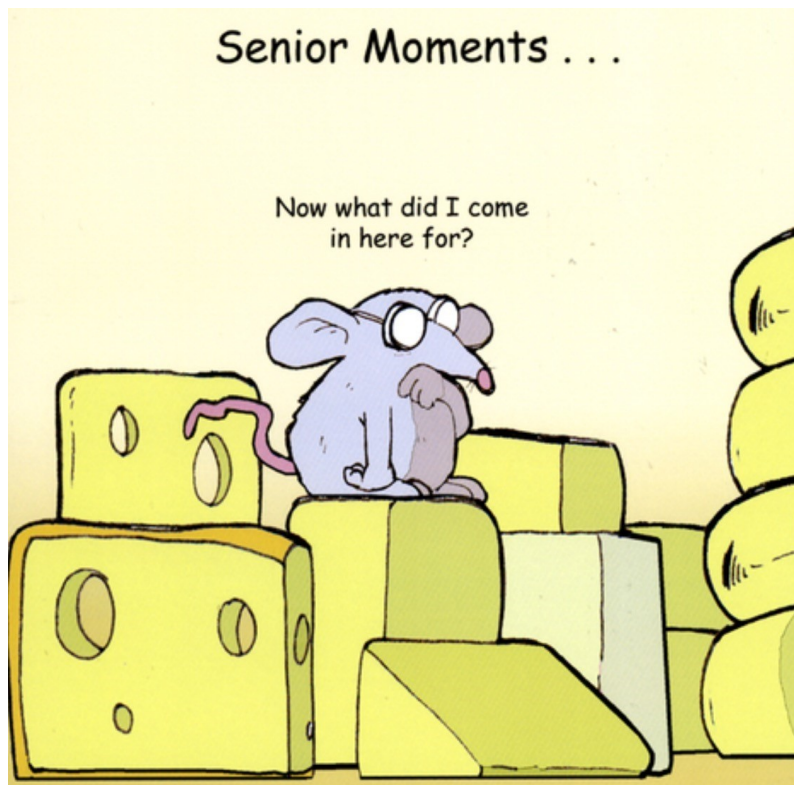
This recipe is for an old-fashioned cookie that is still one of my favorites.

SNICKERDOODLES

1 cup shortening
2-3/4 cups flour, sifted
1-1/2 cups + 2 tablespoons sugar, divided
2 teaspoons baking powder
1/2 teaspoon salt
2 eggs
2 teaspoons cinnamon

Heat oven to 400°. Mix shortening, 1-1/2 cups sugar, and eggs. Add flour, baking powder and salt to shortening mixture to form dough. Chill dough at least 1 hour.

In a small bowl, combine 2 tablespoons sugar and cinnamon. Roll chilled dough into balls the size of walnuts and then roll balls in cinnamon mixture. Place balls 2 inches apart on ungreased cookie sheet. Bake at 400° for 8 to 10 minutes, until lightly browned but still soft.



FCREA Events.....

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 each person is responsible for his/her own meals, drinks and a tip.



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

Reservations are not needed!

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.



Hold the Dates!

Wednesday, May 3, 2017, 10am

Annual Meeting at the Government Center: will announce the 2017 FC Retirees' retirement pension cola, and have presentations by Board of Supervisors Chairman Sharon Bulova and other County Staff.

There also will be FCREA Board member's elections at the annual meeting. To that end, we are looking for Fairfax County retireess who would like to volunteer to join the FCREA Board. If interested, please [email us!](#)

Wednesday, May 17, 2017, 10 - 2

Annual Senior Information Fair at the American Legion in Fairfax City

Wednesday, December 20, 2017, 11:30 to 1

2017 FCREA Holiday Luncheon

Please put these dates on your Calendar



Get Well messages for:

- Ray Birch, who retired from Finance in 1977
- Jane Peterson, who retired from Finance in 1981
- Alline Ramey, who retired from DTA in 1983
- Stan Miller, who retired from DPWES in 1995
- Dorris Medlin, who retired from Finance in 1997
- Barbara Jenkins, who retired from the County Executive's office in 2001
- Christine Malone, who retired from FCPA

We wish them only the best as they recover and return to good health!

Condolences

Paul Vincent Doyle, the husband of Mary Doyle, passed away peacefully in the company of loved ones on December 18, 2016. Mary Doyle, who retired from FCPS in 1991, had preceded Paul in death and passed away peacefully on October 3, 2012.

Movie Theater Discounts for Seniors

The FCREA would like to thank Martha Collier for gathering this information. She did a great job! As Martha wrote: "If you like sitting in a dark room full of strangers and watching make-believe for two hours, this might be helpful in finding the best "bang for your buck." Please note that admission costs are subject to change at any time.

Theater	Dates	Cost
Cinema Arts Fair City Mall 9650 Mail St, Fairfax, Va.	Senior -Wednesday all shows/all day	\$5.50
	Everyday shows at 9 a.m. and 10 a.m.	\$6.50
	All other times - Seniors	\$9.50
Manassas 4 Cinemas 8890 Mathis Ave, Manassas, VA	Tuesday & Wednesday all shows	\$5.00
Rave Fairfax Corner 11900 Palace Way, Fairfax, VA	Early Bird (show before 1 pm)	\$6.50
	Senior Monday (any show)	\$8.50
	Value Wednesday (any show)	\$5.75
Rave Cinemas Centreville 12 6201 Multiplex Dr. Centreville, VA	Value Tuesday	\$6.00
	Every day - Early Bird	\$6.50
	Senior Monday	\$8.25
Regal Fairfax Towne Centre 4110 West Ox Rd, Fairfax, VA	Value Wednesday	\$5.95
	Early Bird - 1st show of the day	\$6.45
Regal Manassas Stadium 14 11380 Bullock Dr, Manassas, VA	Value Tuesday - all shows	\$6.00
University Mall 10659 Braddock Rd. Fairfax, Va.	Value Tuesday	\$2.00 cash/ or \$2.50 credit
	Seniors all other times	\$4.00
Angelika Film Center Mosaic District 2911 District Ave, Fairfax (Merrifield Area)	Senior (60+)	\$12.00
	Baby Boomer (Thursday 55+)	\$7.00
	Coffee Club (shows before noon)	\$7.00

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

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](#)

And Finally.. On Travel



As everyone who travels knows, things will go wrong, so you learn to make the most of it and move on. These are actual complaints received by *Thomas Cook Vacations* from dissatisfied customers.

~ "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."

~"The beach was too sandy. We had to clean everything when we returned to our room."

~ "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."

~ "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."

~ "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."

~ "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."

~"We had to line up outside to catch the boat and there was no air-conditioning."

~ "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."

~ "I was bitten by a mosquito. The brochure did not mention mosquitoes."



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