

HOT FLASHES

Fairfax County Retired Employees Association

September 2015



Chairman's Message

So how was your summer? A few of our fellow retirees share their adventures in this issue of Hot Flashes. I hope your summer was relaxing, because we have a busy fall ahead of us!

There are going to be some significant changes in Fairfax County's health plans next year. So if you have County health insurance, it is very, very important that you attend one of the County's insurance briefings before you select what coverage you want. The briefing dates tailored for retirees are listed in this newsletter. Additional dates for employees and retirees will be announced soon. Please make sure you attend a session!

Our annual picnic will be on Thursday, September 10th at 11:30 at Nottoway Park on Old Courthouse Road in Vienna. Hotdogs and drinks will be provided by FCREA. Bring a side dish to share, and come enjoy a beautiful fall day with your friends!

We already have a date for our holiday luncheon, too! It will be on December 16, so save that date! Details will be in the November issue of Hot Flashes.

With this issue, Board Secretary Chuck Higdon is taking over as editor of Hot Flashes. Thank you, Chuck!! He will continue to use Mad Mimi to create Hot Flashes and distribute it electronically to our members. For those of you who have a subscription to receive Hot Flashes in the mail, Chuck has found a way to convert the Mad Mimi file to a PDF format, which will make it easier to print and mail. A special thank you for that, Chuck!

The association lost two longtime members this summer – Nadine Hickey and Lila Carnevale. Nadine was a charter member of the Fairfax County Retired Employees Association. Lila was not only an active member of the retirees association, but she was the Board Member Emeritus for Fairfax County Federal Credit Union. Both ladies were very caring and very giving people who lived life to the max. They were wonderful role models for us “younger folks,” and they will be greatly missed by their many friends.

That's it for now. See you at the Keep in Touch luncheons on September 16th and October 21st at the Old Country Buffet in Fair City Mall, 9650 Main Street, Fairfax.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

2016 Open Enrollment meeting Schedule and Medicare-eligible Retiree Prescription Drug Plan Benefit Change

Open Enrollment Retiree Meeting Schedule

Annual Open Enrollment Period

Thursday, October 1 thru Thursday, October 22, 2015

Monday, October 5, 2015 9:00 am – 2:00 pm

Retiree Benefit Mg and Health Fair

Screenings & Flu Shot Clinic

Government Center Board Room & Forum&

12000 Government Center Parkway

Fairfax, VA 22025

Wednesday, October 7, 2015 7:00 pm – 9:00 PM

Retiree Benefit Meeting
ACCA Child Development Center
7200 Columbia Pike
Annandale, VA

Tuesday, October 13, 2015 1:00 pm – 3:00 pm

Retiree Benefit Meeting
Sherwood Regional Library
2501 Sherwood Hall Lane
Alexandria, VA

Wednesday, October 21, 2015 1:00 pm – 3:00 pm

Retiree Benefit Meeting
Centreville Regional Library
14200 St. German Drive
Centreville, VA

Important Information about Retiree 2016 Prescription Drug Benefits

Note that beginning January 1, 2016, some retirees will receive their comprehensive prescription drug benefits through a County-sponsored Medicare Part D plan called [Cigna-HealthSpring Rx \(PDP\) Employer Prescription Drug Plan](#). This only affects Medicare-eligible retirees and dependents, age 65 and older, who are currently enrolled in one of Cigna's retiree medical plans.

Affected retirees should have received a letter from the County's HR department, dated July 20, 2015, announcing this change. The County has also scheduled two meetings to provide additional information: These two meetings are **targeted specifically for age 65 and older Medicare eligible retirees and their dependents**: Also, on Monday, August 24th, the County mailed an Introductory Guide with an overview of changes to affected retirees. Please look for it, review it carefully and bring any questions to the September 15th meeting.

Group Medicare Part D Information Meeting
Tuesday, September 15 at 10:00 a.m.
Government Center Board Auditorium

Group Medicare Part D Transition Meeting
Monday, December 7 at 10:00 a.m.
Government Center Board Auditorium

All affected retirees are encouraged to attend the September 15th meeting.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. – World Health Organization Constitution, 1948

Keep In Touch Luncheon

(Third Wednesday of each month 11:30 a.m.)

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. The restaurant is on the left side next to Marshall's. Lunch at the Old Country Buffet will cost **\$9.50 per person**.

Map web Link: [Old Country Buffet map link](#).

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

Save The Dates

Thursday, September 10th, 11:30 a.m: FCREA Picnic Nottoway Park. The address is : 9610 Courthouse Rd., Vienna, VA 22181; [Nottoway Park map link](#)



Wednesday, December 16th: FCREA Christmas Luncheon at The Waterford at Fair Oaks. The address is: 12025 Lee Jackson Memorial Highway, Fairfax, VA 22033; [Waterford at Fair Oaks map link](#) We know this is five months away, but please put it on your calendars!

A Note from the Editor

We wanted to thank Laurie for publishing the news letter for the last year. It was just a year ago that we had trouble with the email database; a virus infected our laptop destroying all information, we next decided to switch to this new format, (Mad Mini), and then had a personnel change. As with all new systems and processes, there were problems. Laurie helped us iron out the bugs and get us back to routinely publishing this news letter. Laurie, thank you again!

We also would like to introduce a new section: **Retirees Share A Moment**. In this new section we ask retirees to share any stories, antidotes, anniversaries, travel tips, photos, health issues, etc., that you think may be of interest to other retirees. Please send them to FCREA@gmail.com and as space is available and relevant they will be published.

Also, if anyone has any ideas or sections or issues you think would make this news letter of more interest, please share them with us.

Retirees Share A Moment

I recently visited a CVS Pharmacy to get a shingles shot as recommended by my Doctor. The CVS Pharmacist informed me that my insurance, Cigna, did not cover the \$125 cost. Incredulously, I went home and call Cigna. The Cigna rep informed "of course we cover it" and then called the CVS Pharmacy. It was straighten out, I got my shot and Cigna covered the cost.

The moral is: just because you are told something is not covered by your insurance, it is often worth a follow up. -C. Higdon



Treasurer/Membership Chairman Bobbie Deegan writes, "My husband Charlie and our "unofficial daughter" Brenda went on a Mediterranean cruise. We sailed out of Barcelona, a beautiful city. The basilica Sagrada Familia was most impressive. It was started under architect Antoni Gaudi in 1882. When he died in 1926, one of his disciples took over leadership. During the Spanish Civil War in 1936, the original plans, drawings and photos were torched. Still, the workers carried on. They hope to complete it by 2030! Five generations have worked on it so far, but as Gaudi is reported to have said, "My master is not in a hurry!"

Other highlights: seeing Mount Vesuvius looming over Naples made the story of Pompeii come to life; the sense of history in the Roman Coliseum was awesome; the Sistine Chapel was overwhelmingly beautiful; the Leaning Tower of Pisa was so much fun, and there was green grass there (you don't realize how much you miss it until you are in old cities where everything is paved)! Cannes may be exciting for the Beautiful People, but it didn't show me much – just high-end shops and a seashore of concrete and rocks!

It was great to have a chance to see things I've read about. Of course, one is never there long enough to see everything you'd like to!

Welcome New Members

Lougenia Carnell, Office of Elections

Jo Ann Bakos, County Executive's Office

Joseph Bakos Jr., Dept. of Planning & Zoning

Yvonne B. Wallace, Family Services

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Joyce Gerhart

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703-273-1295

Retirement Agency

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

And Finally....

"My memory is gone, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

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