

# Hot Flashes

January 2022

*Fairfax County Retired Employees Association*

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## ***Chairman's Message***

Another new year, and another fresh start. As of this writing, social activities still are limited due to the omicron and delta variants of COVID. The flu is starting to spread, too. So, this might be a good time to stay home and hibernate for a month or two!

Hopefully, we will be able to safely return to our normal activities in Spring 2022:

- Our annual meeting on the first Wednesday in May, which will be May 4th.
- Our annual-unless-there's-a-pandemic Senior Information Fair two weeks later, on Wednesday, May 18th.
- FCREA's annual picnic in September.
- FCREA's annual Holiday Luncheon on December 21st, at a venue to be determined.

You should receive your 1099-R tax form from the Retirement Office by January 31st. If you moved during 2021, contact the Retirement Office at 703-279-8200 and make sure they have your correct address!

That's all for this month. Until we can get together again – wear a mask; wash your hands; keep 6 feet away from everyone else– you know the drill! Stay well!

Sincerely,  
Pam Martin, Chairman  
Fairfax County Retired Employees Association



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***Department of Human Resources***

## A few reminders from the DHR- Benefits Team....

- The best way to keep up with retiree benefit news and resources is to visit our new Retiree Benefits Page on the public site:

[www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits](http://www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits)

- If you enrolled in a new medical plan during Open Enrollment, you will receive a new medical card by mail.

- Retirees and dependents who maintained coverage in one of the following medical plans will receive new cards:

- o Cigna MyChoice CDHP Plan
- o Cigna 80% Co-Insurance Plan
- o UnitedHealthcare Group Medicare Advantage Plan

Participants in the Cigna 90% Co-Insurance Plan or enrolled with a Kaiser Permanente Plan can continue to use the same benefit cards.

- Delta Dental and EyeMed vision will not reissue cards. Should you need a replacement card, you will be able to print card through your online accounts:

- o Delta Dental plan: [www.deltadentalva.com](http://www.deltadentalva.com)
- o EyeMed Vision: [www.eyemed.com](http://www.eyemed.com)

- Annually, Cigna updates the Part D formularies based on Medicare requirements. Changes are provided in the full formulary that is mailed with renewal kits. Additionally, members also may receive a letter from Cigna Rx Medicare Part D Prescription plan. For questions regarding formulary changes with Cigna Rx Medicare Part D Prescription, please contact their customer service line at 1-800-558-9562.

Have additional benefit questions? Visit our public benefits website to access plan information and contact resources at [www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits](http://www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits)

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## **Have you heard about the new beneficiary designation process?**

As of January 4, 2021, Fairfax County Government retirees who have maintained enrollment in life insurance will be able to use the new online system to name or update their life insurance beneficiaries.

Ready Enroll is Fairfax County Government's new online beneficiary designation system. It allows you to update your life insurance beneficiaries from anywhere, at any time. Leave no doubt about who will receive this important benefit.

Note: retirees will not be able to view or confirm current beneficiary designations made previously by paper form unless the information has been updated in the new system. If you have completed a paper beneficiary form in the past, Fairfax County Government will continue to refer to this document for beneficiary designation confirmation until you have updated your designations in the new Ready Enroll system.

## **Are you ready to get started?**

- Visit the online portal at <https://standard.benselect.com/>
- Your username is your Social Security Number, without the dashes.
- Upon first login, your PIN is the last four digits of your Social Security Number followed by the last 2 digits of your birth year. You then will be prompted to change your PIN.

Example: If your Social Security Number is 123-45-6789 and you were born in 1970, your username would be 123456789 and your initial PIN would be 678970.

Contact The Standard's dedicated Account Specialist for Fairfax County Government at [Lonna.Owens@standard.com](mailto:Lonna.Owens@standard.com) or 703.324.3351 if you have questions about naming beneficiaries or any other aspect of your life insurance coverage.

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Social Security

## SCAM ALERT

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

### If you receive a call, text, or email that...



- Threatens to suspend your **Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest of legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your Social Security benefit
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**

**...it is a SCAM!**

**Do not give scammers money or personal information – Ignore Them!**

[Report a Scam](#)

*Note: According to the Social Security Administration, 53% of seniors have been targeted by scammers.*

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## *Volunteer*

### **Would you like to form a new, meaningful connection and reduce social isolation?**

Volunteer with Volunteer Solutions to help older adults, adults with disabilities, or family caregivers.

Grocery shoppers, mealtime visitors, social visitors (in-person or by phone), and drivers are needed to provide support. If you prefer group settings, activity leaders, instructors, and assistants are needed at various senior centers. Do you speak Spanish, Portuguese, Tagalog, Kurdish or Korean? You're needed, too! For more details go to [bit.ly/FXVSVOL](https://bit.ly/FXVSVOL), or email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov), or call 703-324-5406.



### *Live more awesome in 2022.*

As you set your goals for a new year, please know that NextMark continues to be your financial partner – no matter what your future may be. We are here to guide you on your financial journey, and help you accelerate NEXT.

### **Make an impact by volunteering.**

If you are interested in providing NextMark with strategic direction and leadership support, we invite you to consider one of our volunteer opportunities. Members in good standing can run for the Board of Directors, or volunteer on our Supervisory or Asset Liability Management (ALM) Committee. The Board ensures that NextMark operates in a safe and sound manner. The Supervisory Committee ensures that internal controls are effectively maintained and members' interests are protected. The ALM Committee works with management to set investment and loan strategies, as well as interest rates.

To obtain more information, call us at 703-218-9900 ext. 1219, and leave us a message with your name and contact information. We look forward to hearing from you.

### **Your feedback matters.**

Member feedback is very important to us and we use it as an opportunity to continue improving the way we serve you. Please take a moment to submit a Google Review. Visit <https://g.page/r/CTiAbkGZXXOPEAg/review>.

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[Click here for Branch Locations and ATMs](#)

**Online and Mobile Banking are the way to go**

Our Online and Mobile Banking options are available 24/7. If you have not done so already, we encourage you to enroll today by clicking on the “Log in” button on our website ([NextMarkCU.org](http://NextMarkCU.org)). To access mobile banking, we invite you to download our NextMark Mobile Banking App from your App Store.

**Deposit a check from the comfort & safety of your home**

Get started by downloading the NextMark Mobile Banking App from your App Store, then go to Transactions>Deposit Check and follow the instructions to take a picture and deposit your check right into your account. It’s that easy.

Check out our latest newsletter [here](#)

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***Sad News***

Otway Berryman Hill, a long-term resident of Cheverly, Maryland, passed away October 12, 2021. Otway retired from DTA in 2008.

For more info, go to [obituary](#)



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Joseph G. Stagnato, 75, passed on November 13, 2021 after a serious illness. Joe retired from DIT in 1988.

For more info, go to [obituary](#).



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***FCREA Events 2022***

May 4 - Annual Meeting

May 18 - Senior Information Fair

September - FCREA Picnic

December 21 - FCREA Holiday Luncheon

*Events are subject to cancellation depending on the Covid 19 pandemic.*

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## ***FCREA Membership***

### **New Members**

\* Toni M. Denson, Retired from Planning Commission in 2020

\* Cathy Muse, Retiring from Procurement & Material Management on 1/28/2022

\* Aida J. Plunkett, Retiring from the Health Dept on 1/03/2022

\* Bruce Ridgeway, Retired from Vehicle Services on 12/10/2021

\* Russell H. Russell, Retiring from Public Works/Wastewater Collection Division on 1/14/2022

\* Susan E. Tibbetts, Retired from Park Authority on 9/14/2021



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To Join FCREA: [membership](#)

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## ***FCREA Members Information.***

For a list of FCREA Board Members: [Board](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill or have passed away to Joyce Gerhart: 703-560-4785 or [ggerhart2@verizon.net](mailto:ggerhart2@verizon.net)

Please send address changes to Bobbie Deegan: 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

### **[FCREA Website](#)**

#### **[Fairfax County Retirement](#)**

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300  
1-800-333-1633 or 703-279-8200

Fairfax County Retirement Web Member Services: [website](#)

Fairfax County Benefits Summary - [Retirees](#)

Department of Human Resources Retiree Benefits list of [Who to Call Contacts](#)

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## **Finally...**



# 10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.



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