

Hot Flashes

March 2022

Fairfax County Retired Employees Association

Chairman's Message

We've made it through February. Spring will be here soon! I'm already seeing lots of robins looking for lunch. Now it's time to dust off winter's cobwebs and venture out into the sunlight!

Although COVID seems to be moving from a "pandemic" to an "endemic" stage (hopefully), your Board of Directors recognizes that for many of us, it still isn't safe to gather in large groups. Therefore, the Board is planning to hold our annual meeting using an online platform, such as Zoom. This year's cost-of-living increase will be announced at that time, so tune in! Details will be shared as soon as they are available.

Editor Chuck Higdon is seeking your contributions to Hot Flashes. What is of interest to you that you would like to share with your fellow retirees? Email it to Chuck 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.

Until we can get together again, stay well!

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Department of Human Resources

Benefits Reminders

Retiree Benefits Academy

New for 2022, the Benefits and LiveWell Teams are offering the Retiree Benefits Academy. This virtual educational workshop combines offerings focused on benefits education, financial programs, and health and wellbeing. For more information go to:

Fairfax County Retiree Benefits Academy Flyer

What Happened to Davis Vision?

One of the most frequent calls the Benefits Division receives from retirees is regarding our vision care plan provider and the switch from Davis Vision to EyeMed. Remember, effective January 1, 2020, the vision provider for Fairfax County Government employees, retirees, and their covered dependents became EyeMed. The announcement of this change and vendor information was included in open enrollment materials mailed to addresses of record and posted online beginning in the fall of 2019. Enrollment in the vision care program is automatic when enrolled in a county-sponsored medical plan. To keep up your benefits, visit the Retiree Benefits Page on our public website: www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits

For more information on this plan or to find an in-network provider in EyeMed's Insight Network, please visit their website at: www.eyemed.com or contact their member services line at 866-800-5457.

Correction

In the previous edition of Hot Flashes, it was noted that participants in the Cigna 80% Co-insurance Plan would receive new cards for plan year 2022. More specifically, participants in the Cigna 80% Co-insurance Plan without Medicare will receive new cards for plan year 2022. Because the only changes made to the Cigna 80% Co-insurance Plan were to the pharmacy benefit, participants with Medicare using the Cigna RX Part D Prescription Plan do not need new cards to access their medical services. Therefore, Fairfax County Government retirees and their covered family enrolled in the Cigna 80% Co-insurance Plan with Medicare will not receive new cards for plan year 2022.

The Benefits Division: How Can We Help You?

The Benefits Division in the Department of Human Resources administers the health and other benefits for employees and retirees of Fairfax County Government. Our team oversees benefit program administration for both active employees and retirees. We follow all county and federal policies and procedures to ensure the privacy and accuracy of participants' information.

Retiree programs administered by the Benefits Division include:

- Medical
- Vision
- Dental
- Life Insurance
- Deferred Compensation

Our team can assist retirees with the following concerns:

- Ensuring your address is up-to-date for benefits communications and with our vendor partners.
- Verifying benefit enrollment for you or your covered dependents
- Making benefit changes due to a qualifying event
- Answering premium and benefit deduction inquiries
- Escalating service and claims concerns after connecting with vendor customer service

If you or a family member needs assistance with one of our county-sponsored benefit plans, our [Know Who to Call Document](#) can be found on the [Retiree Benefits Page](#) on the public website along with other important information regarding retiree benefits.

It is important to note that the Benefits Division cannot share personal healthcare information or enrollment details with anyone other than the retiree and plan subscriber. To protect participants' privacy, the Benefits Division will not provide personal information with any third party. We will only share publicly-available plan information.

A retiree must provide written permission in advance before any details can be shared with a family member. Any changes requested by someone other than the retiree will only be granted after review, and approval of, a legal Power of Attorney or other legal document granting that person the right to act on the participant's behalf. These documents must be submitted to the Benefits Division. Privacy guidelines apply in all circumstances, even if both participants are current or former county employees.

Retirees and their family members can access general benefit information that is available to the public online throughout the year at:

www.fairfaxcounty.gov/hr/department-human-resources-retiree-benefits.

FY2023 Fairfax County Advertised Budget

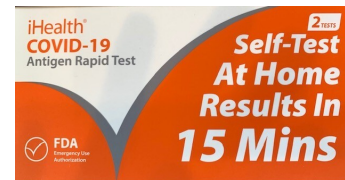
The Fairfax County Executive presented the FY2023 Advertised Budget to the Board of Supervisors on February 22nd. After numerous steps, including public hearings, the final approval will be on May 10th.

A link is provided to the pages (432 - 438) in the Advertised Budget that pertain to Employee Benefits and retirement funding. Link: [Employee Benefits & Retirement](#). (*Editor's note: Some browsers may not go to the linked pages, but instead go to the first page of the advertised budget. If this happens, scroll down to the indicated pages.*)

Another section of interest to retirees is Fund 73030, OPEB Trust. It was created to account for the cost of other post-employment benefits (OPEBs), including health care, life insurance, and other non-pension benefits offered to retirees, such as the County's retiree health benefit subsidy. For more information on this fund, go to: [OPEB Trust](#)

Covid-19 Tests

Each household in the U.S. is entitled to four **free COVID-19** at-home tests, shipped directly to your home at no cost. Order your tests now so you have them when you need them. For more information and to order, go to:



Covid Test Kits

The tests are rapid antigen "at-home" or "self" tests -not PCR tests which require a lab "drop-off." These test kits can be taken anywhere and provide results in 15 minutes.

Editor's Note: the picture is of the self-test kit we received 25 days after being ordered.

The U.S. Department of Health and Human Services, Office of the Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Individuals are using testing sites, telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 services in exchange for personal details, including Medicare information. **However, these services are unapproved and illegitimate.** For more information, go to:

Avoid Covid-19 Scams

Volunteer

New Caregiver Webinar Series 2022

The Fairfax Area Agency on Aging and the Fairfax Caregiver Seminar Consortium are pleased to announce their 2022 Caregiver Webinar Series. The webinar series is designed to support family caregivers of older adults and/or adults with a disability. The webinars will explore different caregiver topics, such as How to Advocate for your Loved One during Hospitalizations, Living Better with Parkinson's Disease, Understanding Stroke: The Basics, Caring for a Loved One with Cancer, Adult Service Options for the Aging, Supporting a Loved One living with Mental Illness, What Legal Tool is Right for Me and My Family, Medicare, and Nonpharmacological Approaches for Managing Dementia Behaviors. To register, visit: <https://bit.ly/CAREWEB1r>

Volunteer Advocates Needed!

Many residents in long-term care (LTC) facilities can sometimes feel alone, isolated, and powerless. As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. NVLTCOP serves Arlington County, City of Alexandria, Fairfax County, and Loudoun County. The NVLTCOP needs volunteers who can advocate for the rights of residents in LTC facilities and help them with concerns that they are unable to resolve alone. We seek those who are willing to complete a comprehensive initial three-day training, commit to a minimum one year of service, and who can devote at least four hours per week assisting residents at assigned facilities close to home or work.

For more information about NVLTCOP's volunteer program or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, TTY 711, contact Camden Doran by email at camden.doran@fairfaxcounty.gov, or visit [NVLTCOP website](#).

Office of Elections

Vietnamese and Korean Speakers Needed as Election Officers for the 2022 Elections

The Fairfax County Office of Elections needs additional bilingual election officers to assist voters in the June primary and November general elections.

Specifically, registered Virginia voters who speak Vietnamese and English fluently or Korean and English fluently are needed to serve in the areas of Annandale, Centreville, Chantilly, and Falls Church.

You will perform all regular election officer duties, including assisting most voters in English, but will be assigned to precincts with a significant number of voters who may primarily speak Vietnamese or Korean. To serve as a designated bilingual election officer, you must also complete a short oral language skills assessment.

Fairfax County is the largest voting jurisdiction in Virginia with 247 precincts countywide. It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections. Compensation begins at \$175 and training is provided online for new officers.

To apply: <https://www.vote4fairfax.com/apply/> (be sure to indicate if you speak Vietnamese or Korean)

More information: [Office of Elections](#)



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.

Referrals help us thrive.

Word-of-mouth referrals are the biggest and most impactful compliments you can give us. Share the benefits of NextMark with your children and grandchildren and teach them the value of cooperative banking. The future of NextMark relies on educating our younger generations that banking with us is easy, accessible, and rewarding.

From college to retirement, we're your financial partner and we are here to help you live a more awesome life. Learn more at [NextMark join today](#).

Mark your Calendar for our Annual Meeting.

Our annual meeting will be held at 12 noon on April 26th. To promote a comfortable environment for all attendees, we will offer the option to attend virtually if preferred. More details to come.

Explore Volunteer Opportunities at NextMark.

If you are interested in helping NextMark navigate to the next level by providing leadership support, we invite you to consider one of our volunteer opportunities. Members in good standing can run for a position on the Board of Directors, or volunteer on our Supervisory or Asset Liability Management (ALM) Committee. If you don't know much about the credit union industry but have a thirst for knowledge, ask about our Associate Director positions - they are ideal for those who want to learn more about credit union operations. Visit Nextmarkcu.org/Volunteer/ for details.

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 [Review](#)

Branch Hours & Closures

Our priority continues to be the health and safety of our members, our employees, and the community we serve. We continue to update operating procedures based on CDC guidelines and recommendations in order to maintain a safe branch environment for our staff and visitors.

[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). 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](#)

Sad News

Lois Marie Scott "Boomba" Smith, passed away on April 10, 2020. Lois retired from Community Services in 1997. [Obituary](#)



Bobby Gene Smith, husband of Lois Smith (see above), passed away on October 15, 2021. Bobby retired from the Division of Solid Waste in 1999. [Obituary](#)

Jane Marie Peterson, who retired from the Department of Finance in 1981, died at the age of 97 on January 25, 2022. Jane was a frequent attendee at FCREA luncheons and other retiree functions. [Obituary](#)



Barbara J. Lippa of Fairfax County, VA, passed from this life quietly on May 2, 2020. Barbara retired from the Planning Commission in 2013. [Obituary](#)



FCREA Events 2022

May 4 - Annual Meeting
May 18 - Senior Information Fair
September - FCREA Picnic
December 21 - FCREA Holiday Luncheon

Depending on the pandemic, all events are subject to cancellation.

FCREA Membership

* David Nichols, Retired from Land Development Services/Site Development and Inspections Division on 12/17/21
* Leo J. Ratchford, Retiring from DPWES on 3/01/22
* Tom Rose, Retired from Information Technology on 12/21/18
* Beth H. Shubert, Retired from DPWES on 12/17/21



Join FCREA: [membership](#)

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

Please send address changes to Bobbie Deegan: 301-937-7070 or 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

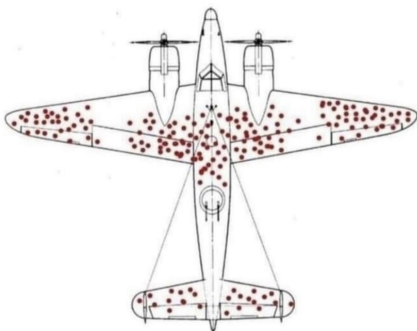
Fairfax County Retirement Web Member Services: [website](#)

Fairfax County Benefits Summary - [Retirees](#)

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

Finally... Food for Thought

During World War II, fighter planes would come back from battle with bullet holes. The Allies found the areas that were most commonly hit by enemy fire. They sought to strengthen the most commonly damaged parts of the planes to reduce the number that was shot down.



A mathematician, Abraham Wald, pointed out that perhaps there was another way to look at the data. Perhaps the reason certain areas of the planes weren't covered in bullet holes was that planes that were shot in those areas did not return. This insight led to the armour being re-enforced on the parts of the plane where there were no bullet holes.

The story behind the data is arguably more important than the data itself. Or more precisely, the reason behind why we are missing certain pieces of data may be more meaningful than the data we have.



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