

Hot Flashes

March 2023

Fairfax County Retired Employees Association

Chairman's Message

It's with great sadness that I learned of Betty Powell's passing on February 26. Betty retired from the County's Community and Recreation Services in 1993. Betty was a long-time FCREA Board member and the association's travel planner/coordinator for many years. In particular, in the pre-covid years, she organized popular annual fall trips to the Sight and Sound Theatre in Lancaster, Pa. In addition, I remember Betty and Delores Testerman selling delicious baked goods at the annual Senior Information Fair. Betty's constant smile and upbeat personality will be missed.



The services will be at [Fairfax Memorial Funeral Home](#), Braddock Road, on Friday, March 10. Visitation will be from 9 to 11 am, the service at 11, and the burial to follow.

In other news, we've been blessed with a mild winter this year. The daffodils will bloom in a few days, and they say the cherry blossoms won't be far behind! So are you ready to dust off winter's cobwebs and venture into the sunlight?

Our annual meeting will be held on May 3 via Zoom. This year's cost-of-living increase will be announced then, so tune in! Details will be shared as soon as they are available.

Editor Chuck Higdon is still looking for contributions to Hot Flashes. Why not share some of your interests or adventures 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.

Sincerely,

Pam Martin, Chairman
Fairfax County Retired Employees Association

**MEMBER SUGGESTIONS
FOR CONTENT**

We want your feedback! What topics would you like to see in future issues? How can we make this newsletter even better? Email your suggestions to FCREA99@gmail.com

Department of Human Resources

Retiree Benefits Buzz

A new health plan year kicked off on January 1, 2023, and the best way to access retiree benefit resources or to keep up with the latest news is to visit the [Retiree Benefits Page](#).

The Retiree Benefits Page includes general information on retiree programs, including health and life insurance, becoming Medicare Eligible, and details on the Retiree Benefits Academy.

In 2023, the Retiree Benefits Academy will continue to provide education on retiree benefit options, special financial sessions, and well-being workshops with LiveWell. New offerings include dental well-being, Medicare, Thriving with Arthritis, Trivia, and a retiree book club!

Find out more about the Retiree Academy on the [Resource and Video Library](#) section on the Retiree Benefits Page.

Retiree Reminders

The Benefits Division in the Department of Human Resources administers health and other benefits for employees and retirees of Fairfax County Government. Our team can assist you with verifying and updating benefit enrollments, premium and benefit deduction inquiries, and escalated service and claims concerns after connecting with vendor customer service.

Remember, for plan-specific questions regarding coverage and provider assistance; you should contact the carrier directly before contacting the Benefits team. Contact information for our medical plan vendor partners can be found below.

Cigna OAP Coinsurance Plans (90% & 80% Co-Insurance and MyChoice CDHP)	(888) 244-6224
Cigna True Choice Core Medicare Advantage PPO	(888) 281-7867
Cigna RX PDP Plan	(800) 558-9562
Kaiser Permanente HMO Plan	(301) 468-6000
Kaiser Medicare Advantage Plan	(888) 777-5536
UnitedHealthcare Group Medicare Advantage PPO	(866) 859-5402

MotivateMe 
Total Wellbeing Program for Retirees 2023 - Earn up to \$250 per year

It's a new year, so MotivateMe rewards will be distributed soon. Stay tuned to your March pension check for the inclusion of any rewards earned in 2022.

How it works:

If you subscribe to Fairfax County Government's Kaiser Permanente medical plan or the Cigna 80%, 90%, or MyChoice plan, you can earn up to \$250 in 2023 to prioritize your well-being. Schedule your annual physical and take the online health assessment through mycigna.com (Cigna members) or www.kp.org (Kaiser Permanente members) to earn \$100. Then, complete additional activities, such as preventive dental and eye exams, cancer screenings, or LiveWell webinars, to earn an additional \$150.

Medicare coverage:

Retirees who are covered by Medicare and one of the county's eligible health plans and who want to participate in MotivateMe, can send documentation of their annual physical and cancer screenings to LiveWell@fairfaxcounty.gov or mail them to Fairfax County Government – 12000 Government Center Parkway, Suite 270, Fairfax, VA 22035 c/o LiveWell. All documentation must be received by December 31 to count toward MotivateMe rewards.

Questions? Please contact the LiveWell team, located within the Benefits Division: LiveWell@fairfaxcounty.gov or call 703-324-3311 (TTY 711) and ask for a member of the LiveWell team.

For more information, go to [Motivate Me Chart](#)

Fit For Life: Retiree Fitness Classes

Join Live Well and Chuck Wright, Fitness Director in the Employee Fitness & Wellness Center, located at the Government Center, for a 4-week class series designed to help you live your best and stay strong, for all of life's seasons.

More than a workout, this class is an education. You'll enjoy a great workout combining the best body-weight exercises, fitness equipment, circuit training, and core conditioning while learning training concepts to help you stay strong, evolve your workout, and stay fit in and out of the classroom.

The class will meet every **Tuesday in April (4/4, 4/11, 4/18, 4/25) from 10 am-11 am**. Attendance at every class is encouraged but not required.

The workshops are open to all Fairfax County Government retirees and their spouses. The class is free, and you do not need to be a member of the Fitness Center to attend the workshop.

Comfortable clothes and sneakers are required. Please bring a water bottle. Locker rooms are available.

Register online through April 3 or call 703-324-3311 and ask for a member of the LiveWell team. <https://www.signupgenius.com/go/fitforlife2023>

Library

Top Library Loans of 2022; Learn About Other Items You Can Check Out

QUICK SUMMARY

- o More than 10 million book loans in 2022.
- o See the top checked-out fiction, non-fiction, and children's books of the year.
- o Learn about the "Library of Things," where you can check out many non-book items such as board games, artwork, nature backpacks, and more.

Go to: [Library](#)

Editor's Note: the top title in overall circulation for 2022 was [The Midnight Library](#) by Matt Haig, which I read last summer and would recommend.

Volunteer

Are you interested in making a difference for local children?

Assistance League of Northern Virginia is looking for additional members to help support the food, clothing, and literacy programs it offers at several Title 1 elementary schools throughout the area. In addition, the Assistance League will be starting an additional reading program at an elementary school in Reston shortly. It welcomes other participants interested in helping young students develop their reading skills.

Assistance League offers many opportunities to use your unique skills and develop new ones while making new friends among its dedicated team of caring volunteers. As a member, you can participate in hands-on events, such as packing weekend food bags, toiletries, and Hugs Pillows; weekly reading programs and periodic book fairs at the schools. Members also help with behind-the-scenes activities, such as drafting grant applications, news releases, and letters to supporters. If your background is in tech, writing, graphic design, or photography, we can use your help.

To learn more about Assistance League and its new tutoring program, email membership@alnv.org. The Assistance League will be happy to provide additional information and answer questions. In addition, you can learn more about the nonprofit organization and its philanthropic programs at www.alnv.org. The membership application form can be accessed from the Volunteer button at the top of the landing page. Join other caring volunteers to help vulnerable children develop their potential.

Volunteer Solutions offers meaningful volunteer opportunities to improve the quality of life for older adults, adults with disabilities, and family caregivers. It's a partnership between Fairfax County's Department of Family Services and Neighborhood & Community Services. Volunteers assist in one-on-one or group settings. Drivers, social visitors, grocery shoppers, and household organizers are needed. Do you have a skill to share? Fairfax County Senior Centers are looking for leaders, entertainers, and instructors in fitness, dance, the arts, music, languages, and more. Visit bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov or call 703-324-5406.

Retirement Systems

FAIRFAX COUNTY
Retirement SYSTEMS
EMPLOYEES' POLICE Officers UNIFORMED

Blockchain Investments

Over the past several weeks, media attention around blockchain technology and related investments has generated interest and questions from Fairfax County residents, retirement plan members, and beneficiaries. The following information will help clarify the Employees' (ERS) and Police Officers' (PORS) Retirement Systems' investments in blockchain technology. Link to [Article](#)

Recording of the Virtual Member Meeting on Blockchain

Thanks to all who could attend the virtual member meeting on February 16th. For those who could not participate, use the link to access the meeting recording. [Virtual Meeting Link](#)

The meeting's presentation slides are available at this [link](#).

Stay tuned for news about future virtual meetings that we will be having.

Tax Forms Have Been Mailed

Your 1099R was mailed on Friday, January 20. If you didn't receive it or need a reprint, you can get a copy from WMS, your online account. Please update your address any time you move. The post office does NOT forward tax documents.

[Change of Address Form](#)

[Web Member Services \(WMS\) login page](#)

Change in Tax Withholding

The Tax Tables changed for 2023 for both Federal and State tax withholding. As a result, you may have noticed a decrease in Federal and State tax withholding if your withholding is based on Tax Tables. However, these changes do not affect everyone.

Pay Advice Heading

The January 2023 Pay Advice file was sent to the County's print shop with an incorrect heading. The heading for all January pay advices was "**Fairfax County Benefit Restoration Fund**". It should have been "**Fairfax County Retirement Systems**". Both headings are used for various reports and statements within the Fairfax County Retirement Systems. The incorrect heading did not affect the financial content of each member's pay advice information.

MotivateMe Credit

If you participated in the MotivateMe incentive rewards program last year, your rewards will show as a credit on your March pay advice. If you have questions please contact LiveWell@fairfaxcounty.gov



Living your best life.

Referrals help us thrive.

Word-of-mouth referrals are the most significant and 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 are here to help you live a more awesome life. Learn more at <https://www.nextmarkcu.org/join-today/>

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/CTiAbkGZXOPEAg/review>.

Branch Hours & Closures

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

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

We hope to re-open the Herrity Branch shortly.

Check out our latest newsletter [here](#)

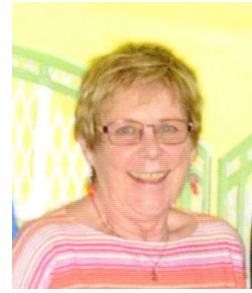
Sad News

John William Henderson Jr., age 87, of Fairfax, Virginia, passed away on Tuesday, December 27, 2022. [Obituary](#)



Stan Peikin, the husband of Dianne Peikin, passed away on July 18, 2022, at Fairfax Hospital. Dianne worked for the Fairfax County Board of Supervisors and retired in 2013. [Obituary](#)

Susan Gorby, the wife of James (Jim) Gorby, passed away on February 6, 2023, surrounded by her family. Jim retired from the Department of Vehicle Services in 2012. [Obituary](#)



Howard Leroy (Boo) Latimer was born June 28, 1944, in Rectortown, VA., and departed this life on January 13, 2023. Howard retired from the Department of Vehicle Services in 2006. [Obituary](#)



FCREA Events 2023

May 3 - Annual Meeting, 10 am, will be held via Zoom; more details as they become available.

September DTBD - Picnic, 11:30, Nottaway Park

December 20 - Holiday Luncheon, 11:30, International Country Club.

FCREA Membership

New Members

- Mildred D. Bynes, Retiring from Tax Administration on 3/10/2023
- Coday V. Cunningham, Retired from Health Dept Health Integration Team on 2/24/2023
- Jaye M. Lahlou, Retired from Libraries on 2/18/2020
- Timothy P. Manley, Retired from Community Services Board on 8/13/2014
- Ivy Richards, Retired from Economic Development Authority in 2012
- Afsaneh Tibbs, Retired from Information Technology on 11/22/2022
- Aretha D. Walker, Retired from Dept. of Human Resources on 11/30/2022
- Jack W. Weyant, Retired from Dept. of Code Compliance on 1/17/2023
- Jeanne M. Wright, Retired from Dept of Information Technology on 1/31/2023
- Antoinette (Nettie) Zappala, Retiring from Community Services Board/Emergency Services on 3/13/2023



Membership [Fact Sheet](#)
Membership [Application](#)

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 Systems](#)

[Fairfax County Retirement Web Member Services](#)

[Fairfax County Retirees Benefits](#)

Fairfax County HR [Who to Call Contacts](#)

[LiveWell 2023 Benefits Academy Catalogue](#)

Finally... Picasso

The fact that Cubism is not understood and that there are people who cannot see anything in it means nothing. I do not read English; an English book is a blank book to me. This does not mean that the English language does not exist. Why should I blame anyone but myself if I cannot understand what I know nothing about? — Pablo Picasso



The Red Armchair, Pablo Picasso, 1931



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