



# Hot Flashes

*Fairfax County Retired Employees Association*

September 2024

---

## Chairman's Message

Where did the summer go? FCREA will kick off the fall season with our annual picnic. Join me and the rest of your Board of Directors in Nottoway Park at 11:30 on September 18th. You'll find the park's address and all the details in the article below. Last year's picnic was well-attended and we had beautiful weather. I hope you will be able to join us this year.

We will return to the International Country Club in the City of Fairfax for our Holiday Luncheon. It will be on December 18th at 11:30. Editor Chuck Higdon will provide all the details in the November issue of Hot Flashes, but in the meantime, put it on your calendar. We always have a big turn-out, and it is great to catch up on the news with old friends!

Open enrollment for the County's 2025 health insurance plans will be November 4th -November 22nd, 2024. Some good news – next year's options for health insurance plans are the same as this year's. A special in-person open enrollment briefing and benefits fair for retirees has been scheduled for Thursday, November 7th. Details are below. **If you have County health insurance, watch your mail for the health insurance information sent by the Department of Human Resources!**

Bobbie Deegan, FCREA's Treasurer and Chairman of NextMark Credit Union's Board of Directors, has shared with me that planning for the upcoming merger between NextMark and Apple Credit Union continues apace. As soon as the federal regulatory agency for credit unions, National Credit Union Administration (NCUA), approves the proposed merger, all NextMark members will have an opportunity to vote on it.

That's my news for this month. See you at the picnic!

Sincerely,  
Pam Martin, Chairman  
Fairfax County Retired Employees Association

---



## Department of Human Resources, Benefits Division Update

### **Fairfax County Government Retirees 2025 Open Enrollment – Save the Dates!**

Retiree Open Enrollment will kick off on **Monday, November 4, 2024**, and run through **Friday, November 22, 2024**. We will continue to offer the existing plan options for plan year 2025.

Retiree Open Enrollment packets should be finalized, mailed, and posted to the [Retiree Benefits Page](#) and other health plan and benefits resources in mid-October. Specific plan details and premiums will not be released until then.

During our annual Open Enrollment period, retirees have the opportunity to review their current county-sponsored benefit enrollments and make certain adjustments, if needed. Any plan or enrollment changes will be effective January 1, 2025.

### **What can retirees do to prepare?**

During this important period, the Benefits Division team will be mailing postcards and Retiree Open Enrollment packets and working with our partners to keep retirees and their families informed about events and educational opportunities. Please make sure the benefits staff can reach you to ensure you receive all communications, mailings, or announcements. If you want to update your address with them, visit the updated [contact information page](#) on their website.

### **In-Person Retiree Open Enrollment Meeting and Retiree Health & Benefits Fair**

Join HR's Benefit Staff for an in-person meeting and fair on **Thursday, November 7, 2024**.

- The meeting will begin at 9:30 am in the Board Auditorium.
- The Retiree Health & Benefits Fair will be held from 11:00 am to 2:00 pm in the South Atrium (outside suite 170) of the Fairfax County Government Center.

The Benefits and LiveWell team and our vendor partners will host an expo-style

Retiree Health and Benefits Fair, including biometric screenings and a flu shot clinic.

Please review details in our LiveWell corner of this newsletter for more information, or visit the Retiree Benefits Page on the public website at [Retiree Benefits](#).

## Flu Vaccines

For Fairfax County Government Employees & Retirees



### Fairfax County Government - Employee & Retiree Flu Vaccines

Time with grandchildren, travel, volunteering—no one has time for the flu, especially when you're retired.

**Fairfax County Government employees and retirees can access no-cost flu shots through the LiveWell program, including high-dose flu vaccines for those over 65.**

LiveWell will host a series of flu vaccination events for Fairfax County Government employees and retirees beginning September 24. Appointments are strongly suggested for all events. Walk-ins are welcome on a first-come-first-served basis while space and supplies last. Please bring an ID, such as a driver's license.

See below for a link to the full schedule.

Health fairs also will be held this fall. They will feature wellness and benefits information and health screenings, including non-fasting cholesterol, glucose, A1C, and blood pressure. Screenings will be available on a first-come, first-served basis. Appointments are not required for screenings

***Returning in 2024*** - In alignment with CDC recommendations, LiveWell will provide a limited number of **high-dose flu vaccines** for retirees 65 and older during the Retiree Health & Benefits Fair on November 7. Please note, to receive the high-dose flu vaccine at the Retiree Health & Benefits Fair:

- You must be 65 or older by the vaccination date AND bring proof of age (e.g., driver's license or passport).
- High-dose flu vaccines will be available on a first-come, first-served basis, and you must select this option during the appointment registration process.
- Individuals aged 65 and older can receive the standard or high-dose flu vaccine. Talk with your healthcare provider about the vaccine that is best for you.

We look forward to seeing you this fall. For additional information, visit the [Retiree Benefits page](#) on the Fairfax County Government website.

Have a healthy, happy fall!

## Flu Vaccine Schedule

### Confirm Your Address for Tax Documents:

Have you moved? Are you planning to move? Please let us know your new address. The post office will not forward tax documents to a new address. We need to send them to you directly. Address changes can be made by submitting a [Change of Address form](#) by mail or fax.



### Retirement Systems Contacts:

If you have questions about your retirement benefit payment, remember that you have a dedicated payroll specialist who can help:

- Last Name starts A-G: Nydia Rivera [nydia.rivera@fairfaxcounty.gov](mailto:nydia.rivera@fairfaxcounty.gov)
- Last Name starts H-O: Dayle Bartholow [dayle.bartholow@fairfaxcounty.gov](mailto:dayle.bartholow@fairfaxcounty.gov)
- Last Name starts P-Z: Yvonne Ta [yvonne.ta@fairfaxcounty.gov](mailto:yvonne.ta@fairfaxcounty.gov)

## Fairfax County Office of Election

The Office of Elections is committed to providing each citizen of Fairfax County with the opportunity to exercise their right to vote in an efficient and equitable manner in accordance with the Constitutions of the United States and the Commonwealth of Virginia, as well as the Code of Virginia.

For the November 5 general and special elections, in-person early voting will be available from **September 20 through November 2**.

For more information, go to **Voting**

## Opportunities to Help

**Have you been thinking about volunteering?** Take advantage of this *fantastic* opportunity to meet representatives from various nonprofits and local government agencies. Learn about several volunteer roles at the **Venture into Volunteering**



**Fair on Sunday, November 3, 2024, from 12-4 pm at the Springfield Town Center.** Go to [bit.ly/VOLFAIR](https://bit.ly/VOLFAIR) for more details.

Questions? Email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or call [703-324-5406](tel:703-324-5406).

This fair will take place in conjunction with the annual **Beacon 50+ Expo**. Dozens of exhibitors—including government agencies, nonprofits, and local businesses—will provide helpful information regarding retirement communities, home remodeling, financial planning, healthcare, travel, fitness, and more. Health screenings, flu shots, and other vaccines will also be offered.

It's free to attend, and giveaways and door prizes will be available!

---

## Help is needed at the polls!

The Fairfax County Office of Elections is seeking community members to serve as election officers for the November 5, 2024, election.

In particular, bilingual officers who speak Korean or Vietnamese are needed. This is a great opportunity to get to know your neighbors and help your community!

You will receive \$250 as a thank you for your service.

Learn more and apply at

<https://www.fairfaxcounty.gov/elections/officers/new-officers>.



## NextMark Intends to Merge.

As announced previously in this newsletter, NextMark Credit Union intends to merge with Apple Federal Credit Union in early 2025.

The credit union's regulator, the National Credit Union Administration (NCUA), is reviewing the proposed merger. Once the NCUA approves the application, NextMark will mail the ballots to its members for their approval of the merger.

For the most up-to-date information on the NextMark-Apple merger, please visit NextMark's website at [www.nextmarkcu.org](http://www.nextmarkcu.org).

---

## Membership

### New Members

- Sean Graham, Retiring from Community Services Board on 12/13/24
- Denise Long, Retired from Office of Clerk to the Board of Supervisors on 6/02/2019
- Susan G. Stankus, Retiring from McLean Community Center on 12/31/24
- Susan L. Walton, Retiring from Facilities Management on 10/22/24



## Membership Application

## Membership Facts

---

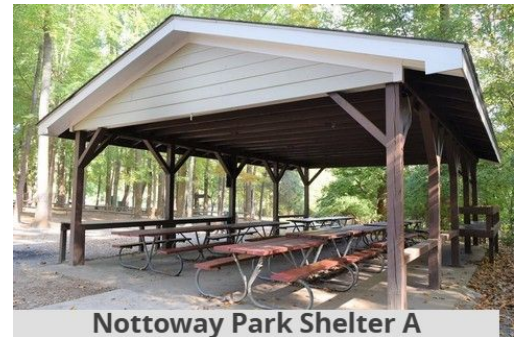
# FCREA Events

## Picnic

FCREA will hold its annual picnic on Wednesday, **September 18, at 11:30** at Nottoway Park, Shelter A, on Old Courthouse Road in Vienna.

FCREA will provide hotdogs, plastic flatware, paper plates, and drinks. Bring a side dish to share and enjoy a beautiful fall day with your friends!

Nottoway Park  
9537 Courthouse Rd.  
Vienna, VA. 22181



## Directions

## Shelter A location

---

Holiday Luncheon - December 18, at 11:30, at the International Country Club, Fairfax

---

# Members Information

## FCREA Board Members



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](tel:703-560-4785) or [ggerhart2@verizon.net](mailto:ggerhart2@verizon.net)

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

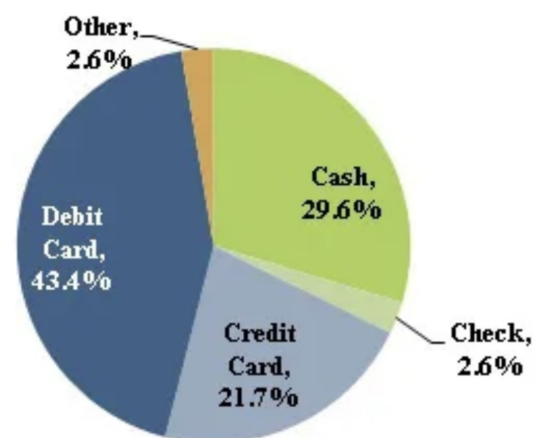
## FCREA Website

Fairfax County Websites with Retirees Information:

[Retirement Systems](#)  
[Retirement Web Member Services](#)  
[Retirees Benefits](#)  
[HR- Who to Call Contacts](#)  
[Retirees Resource and Video Library](#)

---

## Finally... Various Types of Payments



The debate between cash, credit/debit cards, and checks revolves around convenience, security, and financial management. Cash offers immediate transaction completion but lacks tracking capabilities. In contrast, credit and debit cards provide ease of use, tracking transaction ability, and rewards, but they may also encourage spending. Checks are a traditional method that is becoming increasingly obsolete.

---

[View as Webpage](#)

FCREA | Government ` | FaIRFAX, VA 22030 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!