

Hot Flashes

March 2026

Fairfax County Retired Employees Association

Message From the Chair

Dear Members,

We hope everyone got through the cold weather of the last few months, and thankfully, spring is around the corner - none too soon.

I want to remind everyone of our annual May members meeting, via Zoom on Wednesday, May 6, at 10 am. I'll make more information available via a special edition of this newsletter as soon as arrangements are finalized.

Finally, the Board is looking for members' help. The current Board Members have all served for over 10 years, and in that period, our membership has almost doubled. We need help.

We seek members who want to serve on the Board. We are looking for input on ideas on how to help our members in retirement. We need individuals with IT and writing skills to help with this newsletter. We are looking for volunteers to research and write articles on a variety of subjects of interest to retirees. *Fresh ideas are needed!*

If interested, please contact us at FCREA99@gmail.com.

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Department of Human Resources, Benefits Division Reminders



Form 1095-C

In the past, Fairfax County Government mailed individual 1095-Cs to participants offered coverage in a county-sponsored health plan during the tax year. In 2024, the rules governing this process changed, and employers are no longer required to distribute the form to covered participants. This includes employees, retirees, and COBRA participants.

As announced in our open enrollment materials, for tax year 2025 and for future years, 1095-Cs will only be available upon written request made directly to the Benefits Division in the Department of Human Resources. Please note the following:

- **A copy of your 1095-C is not required to file your taxes.**
- Participants enrolled in the county's fully insured HMO medical plan managed by **Kaiser Permanente** will receive a 1095-B directly from Kaiser.
- Participants enrolled in the county's fully insured **UnitedHealthcare Group Medicare Advantage PPO plan** will receive a 1095 form directly from Medicare.
- Copies of 2025 1095-Cs will **not be available until after March 1, 2026**. To request a copy at that time, the subscriber of coverage will need to email the Benefits Division at DHRBenefitsDivision@fairfaxcounty.gov. Requests are processed weekly, and copies will be sent directly to the county email address of active employees or mailed to the address or record for former employees, retirees, and COBRA participants.

Contacting us

The Benefits Division in the Department of Human Resources administers medical/vision, dental, life insurance, and Deferred Compensation plan benefits for employees and retirees of Fairfax County Government. Our team is available to assist you with verifying and updating benefit enrollments and with inquiries about premium and benefit deductions. We are also available for escalated service and claims concerns after retirees have connected with the vendor's customer service. Email our team directly at DHRBenefitsDivision@fairfaxcounty.gov.

Save a Trip! Retirees who have questions regarding retiree health plans and life insurance benefits, or need to make an appointment, should email our team directly at DHRBenefitsDivision@fairfaxcounty.gov or leave a voicemail with HRCentral at [703-324-3311](tel:703-324-3311).

Tax Documents: Form 1099-R



Have you received your Form 1099-R with the information you need to file your taxes? If you need a copy, you can print the form from your online account, accessible via our website at this link: [Web Member Services](#). You can also verify your mailing address. If changes are necessary, please submit a [Change of Address Form](#).

For Any Questions - Contact your payroll specialist:

Account Updates, Refunds, Income verification Last Name A-K	Christina Storr Barnes	christina.storrbarnes@fairfaxcounty.gov 703.324.4861
Account Updates, Refunds, Income verification Last Name L-Z	Yvonne Ta	yvonne.ta@fairfaxcounty.gov 703.279.8230
Deaths of Retirees, Address Changes Last Name A-K	Brittany Pistolessi	brittany.pistolessi@fairfaxcounty.gov 703.877.2887
Deaths of Retirees, Address Changes Last Name L-Z	Maria Foltz	maria.foltz@fairfaxcounty.gov 703.279.8202

MotivateMe Credit

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

Opportunities to Help

Are you passionate about Cardio, Zumba, Tai Chi, Yoga, S.A.I.L., or Line Dance? Fairfax County Senior Centers- under Neighborhood and Community Services (NCS)- are looking for volunteer instructors. Go to

bit.ly/SeniorCtrOpps for the complete list of opportunities, or bit.ly/DFS-VS to learn more about Volunteer Solutions and their partnership with NCS.

Questions? Contact VolunteerSolutions@FairfaxCounty.gov or 703-324-5406.



Scam artists have become more sophisticated, using phone calls, emails, text messages, and social media outreach to create a sense of urgency and trick people into sharing personal information or sending money.

To help residents stay ahead of these schemes, the Fairfax County Consumer Protection Commission has launched a new initiative called “**Pause. Question. Protect.**” It’s a simple, memorable reminder that you have more power than you think when faced with a suspicious request.

Top 5 Signs of a Scam

1. **Urgent pressure to act now** – Scammers use fear and speed to stop you from thinking clearly.
2. **Requests for unusual payment methods** – Gift cards, wire transfers, cryptocurrency, or prepaid cards are big red flags.
3. **Unexpected contact from a “government agency” or “your bank”** – Legitimate organizations don’t demand immediate personal information or payment.
4. **Messages asking for secrecy** – Fraudsters often tell you not to tell anyone, including family.
5. **Emotional manipulation** – Claims that a loved one is in trouble or that you’ve won a prize you never entered.

If something feels off, PAUSE, QUESTION it, and PROTECT yourself.

-From Golden Gazette. January 2026



Spring Cleaning Your Retirement Budget

Spring offers the perfect opportunity for "financial spring cleaning." For our retired County employees, managing a fixed income in 2026 requires a proactive approach to

ensure your hard-earned pension and Social Security keep pace with the world around us.

At Apple Federal Credit Union, we’ve been proud partners of Fairfax County employees for decades. We know that retirement isn’t about slowing down—it’s about having the financial security to enjoy the life you’ve built.

Audit Your "Fixed" Income

Living on a fixed income doesn't mean your budget has to be stagnant. With the cost of utilities and groceries remaining a topic of conversation, spring is an ideal time to conduct a quick efficiency audit:

- **Maximize Every Dollar:** If your monthly pension is sitting in a low-interest account, you might be missing out. Consider an **Apple FCU Money Market account**. It offers the flexibility of a checking account but with higher dividend rates, helping your liquid cash work harder against inflation.
- **The "Certificate" Advantage:** With 2026 market trends providing steady returns for savers, rolling a portion of your savings into an **Apple FCU Certificate** can provide a guaranteed, predictable income stream that complements your monthly retirement checks.

Protecting Your Nest Egg

Spring is, unfortunately, a high season for financial "pests"—scammers who often target retirees during the lead-up to Tax Day. Financial wellness in retirement is as much about protection as it is about growth.

- **Security Check-Up:** Ensure your account alerts are active in the Apple FCU Mobile App. We provide real-time notifications for any unusual activity, giving you peace of mind that your retirement funds are guarded 24/7.
- **Digital Organization:** Reduce paper clutter and the risk of mail theft by switching to eStatements. It's a small "spring cleaning" step that significantly boosts your identity protection.

We're Here for You

Whether you're a long-time member or haven't checked in with us lately, we invite you to visit our Fairfax- Members Way, Fairfax Corner, or any of our other 20 branch locations. Our team can help you review your accounts to ensure you're utilizing every benefit and high-yield option available to you.

Let's make sure your financial foundation is as strong and vibrant as a Virginia spring morning.

Quick March To-Do List:

- **Update Your Beneficiaries:** Ensure your Apple FCU and Fairfax County retirement accounts reflect your current wishes.
- **Review Subscription Services:** Use this month to cancel any recurring charges for services you no longer use.
- **Consult a Professional:** Schedule an appointment with an Apple FCU representative to fine-tune your 2026 budget.

Sad News

Verdia L. Haywood passed away on February 6, 2026, at the age of 77. He served as the Deputy County Executive for Human Services — a role he would hold with distinction for more than three decades, until he retired in 2010.

[Obituary](#)



Michael Robert Frey, a longtime public servant, passed away on February 16, 2026. Michael became the inaugural Sully District Supervisor when the district was created in 1991. He went on to serve six consecutive terms, holding office until 2015.

[Obituary](#)

Nancy Satsuki Arnold was born on December 14, 1949, in Hilo, Hawaii. She died May 9, 2024, in Haymarket, Virginia, of natural causes at the age of 75. Nancy retired from the Community Services Board in 2009.

[Obituary](#)



FCREA

2026 Events

Annual Meeting - May 6, at 10 am

Picnic - September TBD

Holiday Luncheon - December 16, at 11:30 AM

New Members

- Shanise Allen, Retired from Housing & Community Development on 2/27/2026
- Toni Clemons-Porter, Retiring from Housing & Community Development on 3/02/2026



- Douglas Loescher, Retiring from Planning & Development on 3/06/2026
- Laura McKlveen, Retired from Police on 12/31/2025
- John Rex Peters, Retired from Housing & Community Development on 6/06/2025
- Jean-Marc Poirier, Retired from Tax Administration on 7/14/2025
- Margaret Travers, Retired from Family Services on 12/26/2025
- Yan Zhang, Retired from Public Works & Environmental Services/Capital Facilities on 1/02/2026

Membership Application

Membership Facts

FCREA Board Members

FCREA retirees are asked to forward 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

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

FCREA Website

Fairfax County Websites with Retirees Information:

[Retirement Systems](#)

[Retirement Web Member Services](#)

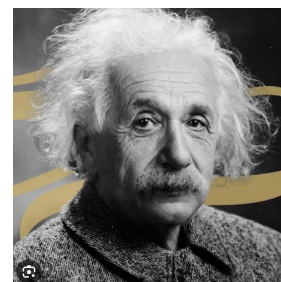
[Retirees Benefits](#)

[HR- Who to Call Contacts](#) (go to [Know Who to Call](#) link)

[Retirees Resource and Video Library](#)

Finally... Einstein explains relativity

Professor Einstein's secretary was so burdened with inquiries as to the meaning of "relativity" that the professor decided to help her out. He told her to answer these inquiries as follows: "When you sit with a nice girl for two hours, you think it's only a minute, but when you sit on a hot stove for a minute, you think it's two hours. **That's relativity.**"



Such a simple explanation from a brilliant man.

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