

Hot Flashes

January 2026

Fairfax County Retired Employees Association

Message From the Chair

I want to wish everyone a happy New Year.

The FCREA holiday luncheon was very well attended. Please see the article below, which includes a link to photos. If you were unable to attend, "save the date" for next year - December 16, 2026.



We have also scheduled our annual meeting for May 6.

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Department of Human Resources, Benefits Division Reminders

As a Fairfax County Government retiree and subscriber in a county-sponsored health plan, if you have questions about your plan or concerns about a bill or claim, your first step should always be to contact the insurance carrier's customer service line. When contacting a vendor partner's customer service team, many issues, including denials related to timely filing, incomplete claim submissions, and contract and fee schedule disputes, may be quickly resolved through a real-time adjustment by providing the requested or additional information. Contact information is available on the back of your insurance card or through our Retiree Benefits Page on the county's public website:



[HR Retirees Benefits](#)

Below are snapshots on accessing our website

Tip: remember to scroll down on the website to view more options



Department Resources

[Department Homepage](#) >

Related Resources

[Health and Wellness Programs](#) >

[Current Health Plans](#) >

[Becoming Medicare Eligible](#) >

[Life Insurance](#) >

[Resource and Video Library](#) >

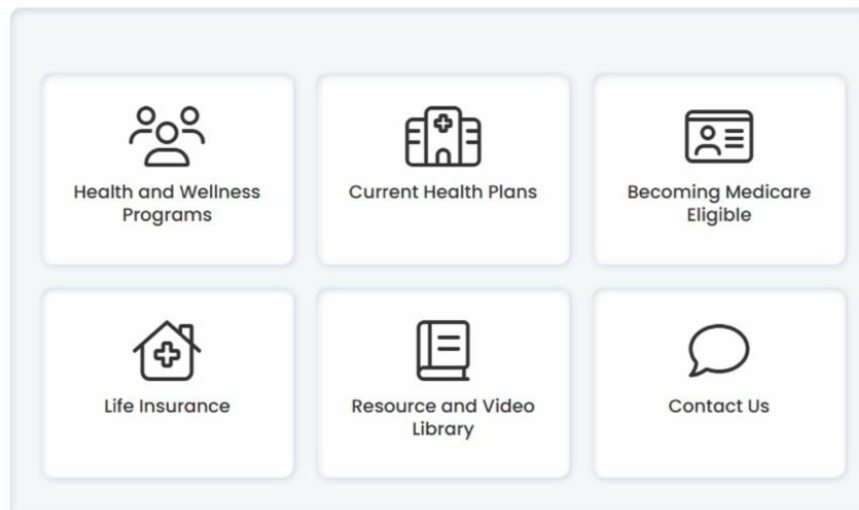
Announcements

2026 Retiree Open Enrollment (has ended)

2026 plan information and premiums are included in the Retiree Open Enrollment packets and posted to the Benefits Division in the Department of Human Resources' Retiree Benefits Page on the county's public website. [Access the Open Enrollment page here.](#)

Save a Trip!

We have transitioned to appointments only. If you need to meet with a team member in person, contact us in advance to schedule an appointment to ensure that a team member is on-site to see you. 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.



Contacting us...

The Department of Human Resources phone line has been enhanced to an automated voicemail system. The Benefits Division team can still be contacted directly through our email: DHRBenefitsDivision@fairfaxcounty.gov

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 help you verify and update benefit enrollments, premiums, and benefit deduction questions. We are also available to handle escalated service and claims concerns after retirees have contacted the vendor's customer service. Please email our team directly at DHRBenefitsDivision@fairfaxcounty.gov.

Save a Trip! To better meet retiree needs, impromptu in-person visits to the Department of Human Resources and the Benefits Division are discouraged, given the increase in our remote workforce. We have transitioned to appointments only. If you need to meet with a team member in person, please contact us in advance to schedule an appointment and ensure a team member is on-site to meet with you.

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).



Pay Advice Information

Did you receive your pay advice for December? If not, do we have your correct address? You can log in to your retirement account in [Web Member Services](#) (WMS) to check it. To change it, please submit a [Change of Address Form](#) by mail, fax, or email.

Tax Documents: Form 1099-R

We'll mail your 1099R by January 31, so look for it toward the end of January or early February. This is the tax form you receive as a retiree. It is mailed to your address of record, so please make sure we have your correct address.

Print any pay advice or 1099R

You can print statements and tax documents directly from your online account. If you need to reset your password or need help logging in to your account, please call our main number, [703-279-8200](tel:703-279-8200), and ask for Johnny Somchanmavong.

Contact Information

If you have questions about your benefit payment or changes to your direct deposit, please contact your retirement specialist:

Last Name	Name / Email Link	Phone
A-K	Christina Storr Barnes	703-324-4861
L-Z	Yvonne Ta	703-279-8230

Annual Comprehensive Financial Report (ACFR)

The ACFR is prepared every year by our accounting team. It's similar to annual reports produced by private companies, which provide information detailing the health of a company. Our ACFR includes:

- a general overview of the system;

- financial reports detailing receipts, disbursements, assets and liabilities, and how the numbers have been calculated;
- investment narratives regarding general market conditions, investment portfolio performance, and where the system's assets are invested;
- actuarial valuations; and
- various statistical data.

The ERS ACFR for the fiscal year ending June 30, 2025, is accessible from our website at Financial Publications | Retirement Systems. For any questions about the retirement system, please contact Jeff Weiler by phone, [703-279-8255](tel:703-279-8255), or email Jeffrey.Weiler@fairfaxcounty.gov.

John Yeatman - Elected Retiree Member of the Employees Retirement Board of Trustees, Chairman

For those of you who missed the wonderful Holiday luncheon at the International Golf and Country Club, this message is for you. In 2003, you elected me to serve as your representative on the Board of Trustees, and I will be forever grateful for your trust and encouragement. After nearly 23 years of service, including the last 2 years as Board Chair, I have decided to conclude my service in 2026. It is time to pass the baton, and Jeff Weiler will schedule an election to select my replacement. The election petitions will be distributed upon my formal submission of my resignation.

The term of office is 4 years or longer. (HaHa)

Merry Christmas and good health in 2026 and beyond.

John Yeatman
jmysr4692@gmail.com
[703-928-860](tel:703-928-860)

At **Divine Touch Home Health**, we believe that home is more than a place—it's where comfort, dignity, and cherished memories live. Our mission is to help you or your loved one remain safely and confidently at home, surrounded by familiarity and the people and things that matter most.

We understand that inviting someone into your home is an act of trust. That's why our caregivers are chosen not only for their skills, but for their kindness, compassion, and genuine commitment to making a difference. Each caregiver is carefully screened, highly trained, and supported by a company that is fully licensed, bonded, and insured.

Our services are designed to meet you where you are and support you in the ways that matter most. Whether you need a comforting companion, assistance with personal care, medication reminders, skilled nursing, wound care, or help managing medications alongside your doctor—we are here. Day or night, seven days a week, you can count on us. While our office hours are Monday through Friday from 9:00 a.m. to 5:00 p.m., we address urgent needs promptly.

Before beginning any service, we take the time to get to know you through an in-home assessment. This helps us understand your preferences, challenges, and goals so we can create a care plan that truly reflects you.

At Divine Touch Home Health, we don't just provide care—we bring peace of mind, comfort, and a gentle touch that feels like family.

Contact: Michelle Shalita, MSN, RN, CMSRN
Nursing Director/ Administrator
mshalita@caredivinetouch.org
[202 294 0971](tel:2022940971)

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](tel:7033245406).



 **Your Fresh Start: Financial Wellness in the New Year**

January is **National Financial Wellness Month**, and after a year of navigating ongoing economic shifts, including elevated inflation and

volatility in retirement market accounts, there's no better time for retirees to focus on their financial peace of mind. As a valued Apple Federal Credit Union community member, we understand that your focus has shifted from saving for retirement to spending it strategically.

For those of you relying on fixed income, now is the time to review your plan to ensure it can withstand current pressures.

Four Essential Wellness Checks for Retirees:

1. **Re-Assess Your Retirement Income Drawdown:** Do you know whether your Required Minimum Distributions (RMDs) and withdrawals from investment accounts are still optimized? With market fluctuations, simply pulling the same dollar amount might be too aggressive. Apple FCU is here to help you review your distribution strategy and potentially roll over old 401(k)s or other accounts into a convenient Apple FCU IRA or high-earning IRA Certificate to simplify management and provide stability.
2. **Review and Secure Your Budget:** Inflation is increasing daily expenses, including groceries and utilities. Use this month to closely track your spending. Identify areas to trim discretionary spending (e.g., travel, dining out) and ensure predictable income sources, such as Social Security, cover your essential budget. We offer free financial counseling services through trusted partners at Apple Financial Services to help you craft a sustainable, anti-inflation budget.
3. **Optimize Your Cash and Savings:** Don't let your emergency fund sit idle. Ensure your readily accessible cash is in accounts that earn a competitive rate. Apple FCU Money Market Account allows your liquid funds to earn dividends while remaining easily accessible for the unexpected.
4. **Protect Your Legacy:** Beyond budgeting, use this month to review your beneficiaries, powers of attorney, and estate planning documents. Furthermore, retirees are often targeted by scams. Apple FCU is committed to your security; we provide tools and educational alerts to help protect your accounts and identity from fraud.

Your financial wellness shouldn't be a source of stress. Let the experts at Apple FCU help you start the new year with confidence and clarity. Visit us at AppleFCU.org or pop by any branch to schedule a confidential financial review today.

2025 FCREA Holiday Luncheon

The 2025 FCREA Holiday Luncheon was held on December 17 at the The International Country Club in Fairfax was well attended, with over

90 retirees, family members, and guests. The food and the camaraderie made for a delightful afternoon.

We thank Apple Federal Credit Union for the gift bags and Michelle Nguyen of the Asian American Chamber of Commerce for tickets to the 2026 Lunar New Year at the Capital One Center. These were raffled off to raise funds for the FCREA.

If you did not attend, we hope you will join us next year. We have reserved a ballroom at the International Country Club for the 2026 Holiday Luncheon on December 16.





For additional photos go to [2025 FCREA Holiday Luncheon Photos](#)

FCREA

2026 Events

Annual Meeting - May 6, at 10 am

Picnic - September TBD

Holiday Luncheon - December 16, at 11:30 AM

Membership

[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... Dad's Jokes

- If your house feels cold, stand in the corner. It's always 90 degrees there.
- Did you hear about the kid-napping at school? It's okay, he woke up.
- What word can you make shorter by adding two letters? Short.
- Why are Christmas trees bad at knitting? They always drop their needles

[View as Webpage](#)

FCREA | Government ` | Fairfax, VA 22030 US

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