

Hot Flashes

Fairfax County Retired Employees Association

September 2025

Message From the Chair

Labor Day is early this year! FCREA is kicking off the fall season with our annual picnic. Join your Board of Directors in Nottoway Park at 11:30 on September 17th. You will find the park's address and all the details in the article below. I hope you will be able to join us this year.

Our next event will take place on December 17th at 11:30, when we will return to the International Country Club in Fairfax for our Holiday Luncheon. Details will be provided in the November issue of *Hot Flashes*, but in the meantime, please add it to your calendar. We always have a big turnout, and it is great to catch up on the news with old friends!

Open enrollment for the County's 2026 health insurance plans will begin soon. The Benefits Division is still finalizing the details, so watch for a special issue of *Hot Flashes* in mid-October. **If you have County health insurance, watch your mail for the Open Enrollment packet sent by the Department of Human Resources!**

One last reminder - the general election to elect Virginia's next Governor, Lieutenant Governor, Attorney General, House of Delegates members, and local officials is on November 4th. If you are registered to vote in Virginia, don't forget to vote!

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

Sincerely, Pam Martin, Chairman
Fairfax County Retired Employees Association

Fairfax County Department of Human Resources



Have you moved?

Each year during our annual Open Enrollment period, retirees are allowed to review their current county-sponsored benefit enrollments and make specific adjustments, if needed.

During this important period, the Benefits Division team will mail postcards and Retiree Open Enrollment packets, while also working with our partners to keep retirees and their families informed about upcoming events and educational opportunities. To ensure you receive all communications, mailings, and announcements, please verify that we have your current contact information. To update your address with our office, please email us to request the required form at: DHRBenefitsDivision@fairfaxcounty.gov

More information on 2026 retiree benefits will be provided once they are finalized in the October timeframe. Please be on the lookout for a Hot Flashes special edition in mid-October.

Tips for taking care of your glasses



Periodically wash your frame and lenses with mild soap and water to remove dirt and oil deposits. Always dry your lenses with a clean soft cloth.

Never use household cleaners that contain ammonia or bleach. Never attempt to clean your lenses with tissues, paper towels, or other harsh cloths.

Use lens cleaning solutions to keep your glasses clean and remove smudges and fingerprints.

Keep your eyeglasses and cleaning cloth in a case when not in use

Remember that the merger between Apple FCU and NextMark was effective earlier this



year. We MUST have documentation from you confirming the update to your ABA and new account. If you have not already completed a Direct Deposit Change form, please do so and return it to your payroll specialist.

Direct Deposit – Primary account
[A007_Secondary_Deposit_Agreement_1-29-2025 F.pdf](#)

Please also remember that if you have moved, please complete and return the **[Change of Address form](#)**.

Forms and questions can be addressed to your payroll specialist depending on the first letter of your last name:

| Last Name Starts With | | |
|-----------------------|------------------------|--|
| A-K | Christina Storr Barnes | christina.storrbarnes@fairfaxcounty.gov |
| L-Z | Yvonne Ta | yvonne.ta@fairfaxcounty.gov |

Opportunities to Help

Fairfax County Office of Elections

Help needed at the polls! The Fairfax County Office of Elections is seeking community members to serve as election officers in the upcoming November 4 election. This is an excellent opportunity to get to know your neighbors and help your community! You will receive \$250 as a token of appreciation for your service.

In particular, we need bilingual officers who speak Vietnamese or Korean.

Learn more and apply at www.fairfaxcounty.gov/elections/working-polls.

**Stay Active, Stay
Connected- Explore**

Volunteering

Looking for a way to give back, stay active, or explore new interests?



The **Venture into Volunteering Fair** is the perfect place to start!

Sunday, October 5, 12–4 p.m.

Springfield Town Center, Springfield, VA 22150

Meet face-to-face with representatives from dozens of local nonprofits and government agencies offering rewarding volunteer opportunities.

Get your questions answered and find the right fit for your interests and schedule. More info: bit.ly/VOLFAIR

While you're there, explore the [Beacon 50+ Expo](#)!

Held in collaboration with this fair, this dynamic event features a wide range of exhibitors — from nonprofits and government agencies to local businesses — offering resources on retirement living, financial planning, home improvements, healthcare, travel, fitness, and more.

Free health screenings and vaccines will also be available.

There will be door prizes!

Volunteer to Teach Kids About Staying Safe

Are you available on weekdays during school hours? Do you enjoy working with kids? If so, this opportunity is for you! The Department of Family Services' **Body Safety Program** needs volunteer classroom instructors to help empower elementary students with the tools they need to prevent or interrupt child abuse. Apply online at bit.ly/BodySafeVol or contact the Body Safety staff at DFSBodySafety@FairfaxCounty.gov or [703-324-7459](tel:703-324-7459). We continuously onboard volunteers throughout the school year, but we need your help to reach our goal of 30 new volunteers! The next orientation is in person on Friday, August 8th. Si usted habla español, ¡nosotros necesitamos su ayuda! La orientación en español es el miércoles 13 de agosto.

Thank you so much for your time and consideration. We genuinely appreciate your support in helping us protect and empower children in our community.



A Time to Reflect and Protect: September is Life Insurance Awareness Month

As the days grow shorter and a familiar autumn rhythm takes hold, September presents a natural moment for reflection. Kids are back in school, summer vacations are fond memories, and we often find ourselves taking stock of what truly matters. For many of our members, this means ensuring that the people they love are cared for, no matter what the future holds.

Here at Apple Federal Credit Union, we believe a solid retirement plan is about more than just savings—it's about security and peace of mind for you and your loved ones. That's why we're taking this opportunity during **Life Insurance Awareness Month** to highlight a vital, and often overlooked, component of a comprehensive financial strategy.

While the need for life insurance may seem most pressing during your working years to replace income, it remains a powerful tool in retirement. For retirees, life insurance isn't just about income replacement; it's about protecting your financial legacy and ensuring your final wishes are honored without burdening your family.

Here are a few ways life insurance can play a critical role in your retirement plan:

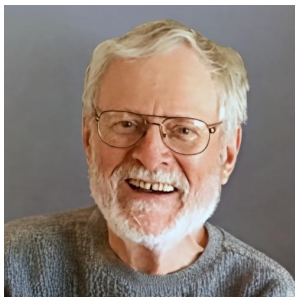
- **Covering Final Expenses:** The costs associated with funeral arrangements, medical bills, and other end-of-life expenses can be a significant and unexpected burden on your family. A small life insurance policy can provide a tax-free benefit to your beneficiaries, giving them the funds they need without dipping into your savings or their own pockets during an emotionally difficult time.
- **Protecting Your Spouse's Future:** If your retirement plan includes a pension or Social Security benefit that will be reduced or eliminated after your passing, a life insurance policy can serve as a financial bridge for your surviving spouse. The death benefit can help maintain their standard of living, cover ongoing household expenses, or pay off any remaining debts, such as a mortgage.

- **Equalizing an Inheritance:** You may want to leave an inheritance for your children or grandchildren, but have a large portion of your wealth tied up in non-liquid assets like a home or a business. Life insurance provides a direct, tax-free cash payout that can be used to balance inheritances, ensuring that your estate is distributed according to your wishes without forcing your family to sell valuable assets.
- **Leaving a Legacy:** Life insurance is a simple and powerful way to leave a lasting gift. You can name a beloved charity, your church, or a specific cause as a beneficiary. This allows you to make a significant charitable contribution that might not have been possible otherwise.

As you enjoy the fruits of your retirement, we encourage you to take this month to consider how life insurance fits into your current financial picture. Your needs change over time, and a policy that worked for you at 45 might not be the best fit at 65 or 75.

Our dedicated financial services team is here to help. We can review your existing policies and help you understand your options without pressure. It's never too late to ensure your financial plan is as strong as it can be. Visit us at [AppleFCU.org](https://applefcu.org) and click *Schedule an appointment* for a complimentary consultation with Apple Financial Services. Together, we can ensure the security and peace of mind you deserve.

Sad News



Leander "Lee" John Wick of Alexandria, Virginia, passed away on December 1, 2024. Lee retired from the Mount Vernon Center for Community Mental Health in 1996.

[Obituary](#)

FCREA

Membership

New Members

- Mary Carinci, Retired from Family Services on 7-25-25
- Elizabeth “Betsy” Layton, Retired from Juvenile & Domestic Relations District Court on 8-22-25
- Katrinka Roberts, Retired from Family Services on 7-29-25
- Kara Tufts, Retired from Family Services on 5-2-25
- Janet B. Wurie, Retiring from Sheriff’s Office/Medical Section on 9-19-25



Membership Application

Membership Facts

2025 FCREA Events

Picnic

FCREA will hold its annual picnic on Wednesday, September 17, at 11:30 at Nottoway Park, Shelter A, on Old Courthouse Road in Vienna.

FCREA will provide hot dogs, 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

FCREA Holiday Luncheon,

Date & Time: December 17 at 11:30

Location: International Country Club, Fairfax

Members Information

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... Painting a picture - Fascinating

Click on the photo below and view a YouTube video.



Editor's note: I received this video from an FCREA member who asked me to share it. In a 10-minute video, an artist paints this picture. It is different from most entries in this section, but I truly enjoyed it and think you will too.

[View as Webpage](#)

FCREA is a government of the United States of America

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