

Retiree Retiree Report

January, 2007

www.fairfaxcounty.gov/retbrd/



A Quarterly Publication from the
Fairfax County Retirement Administration Agency
Designed for County Government & County School Retirees ~

Tax Preparation Help from the AARP

The AARP (American Association of Retired Persons) American Tax-Aide program has volunteers willing to help low to middle-income taxpayers prepare and file their Federal income tax returns with the Internal Revenue Service (IRS) at no cost. From February 1, 2007 through April 16, 2007, trained and certified personnel will help prepare your federal tax return. To locate an AARP site offering the Tax-Aide service, please visit their Internet site at <http://www.aarp.org/money/taxaide/taxpreparation/> and click on "Get Help With Your Tax Return". The Internet site also has information on Tax Aide schedules and additional contact information.

Important Information About AARP Tax-Aide Services

- Many AARP Tax-Aide sites are operated on an appointment basis. During tax season, check the Tax-Aide site locator for contact information and hours of operation.

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Be Safe This Winter!

Winter Preparedness Reminders

Cold Temperatures and Wind Chill

Wind chill indicates how cold people and animals feel while outside. According to the National Weather Service, wind chill is not the actual temperature, but rather how the wind and cold feels on exposed skin, based on the rate of heat loss. As the wind increases, heat is carried away from the body at a rapid pace, driving down skin temperature and eventually the body's internal temperature. Therefore, the wind makes it feel much colder than the actual outside temperature.

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Update Social Security

According to the Social Security Administration, monthly Social Security Income benefits for more than 49 million Americans have increased 3.3% in January 2007. For more information on Social Security, please visit their website at www.socialsecurity.gov.

Medicare Notes

effective January 2007

The Department of Health and Human Services (HHS) has determined **Medicare Part B** premium amounts for 2007. The standard Medicare Part B monthly premium will be increased to **\$93.50 in 2007**, an increase of \$5.00 from the 2006 premium. The deductible amount for **Part A, Medicare** in 2007 will increase to \$992 for each benefit period. The premiums paid by beneficiaries enrolled in Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment and other items.

Additional information about Medicare changes for 2007 can be found at www.medicare.gov or www.hhs.gov.

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Board Meeting Schedule for 2007

January

10	Police Officers Retirement Board	1:30 PM
18	Employees' Retirement Board	3:30 PM
24	Uniformed Retirement Board	8:30 AM

February

14	Police Officers Retirement Board	1:30 PM
22	Employees' Retirement Board	3:30 PM
28	Uniformed Retirement Board	8:30 AM

March

07	Employees' Investment Committee	3:30 PM
14	Police Officers Retirement Board	1:30 PM
22	Employees' Retirement Board	3:30 PM
28	Uniformed Retirement Board	8:30 AM

April

11	Police Officers Retirement Board	1:30 PM
19	Employees' Retirement Board	3:30 PM
25	Uniformed Retirement Board	8:30 AM

May

09	Police Officers Retirement Board	1:30 PM
17	Employees' Retirement Board	3:30 PM
23	Uniformed Retirement Board	8:30 AM

June

06	Employees' Investment Committee	3:30 PM
13	Police Officers Retirement Board	1:30 PM
21	Employees' Retirement Board	3:30 PM
27	Uniformed Retirement Board	8:30 AM

July

11	Police Officers Retirement Board	1:30 PM
19	Employees' Retirement Board	3:30 PM
25	Uniformed Retirement Board	8:30 AM

August

No Board Meetings Scheduled

September

05	Employees' Investment Committee	3:30 PM
12	Police Officers Retirement Board	1:30 PM
20	Employees' Retirement Board	3:30 PM
26	Uniformed Retirement Board	8:30 AM

October

10	Police Officers Retirement Board	1:30 PM
18	Employees' Retirement Board	3:30 PM
24	Uniformed Retirement Board	8:30 AM

November

14	Police Officers Retirement Board	1:30 PM
15	Employees' Retirement Board	3:30 PM
28	Uniformed Retirement Board	8:30 AM

December

05	Employees' Investment Committee	3:30 PM
12	Police Officers Retirement Board	1:30 PM
20	Employees' Retirement Board	3:30 PM

Winter Preparedness Tips

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If you are going to be outside,

- Dress appropriately. Air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when temperatures are not that low.
- Dress in layers to adjust to changing conditions. Avoid overdressing and overexertion.
- Wear a hat, preferably one covering your ears, because most body heat is lost through your head.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry, and to help maintain your footing in ice and snow.

Frostbite and Hypothermia

According to the National Weather Service, frostbite is damage to body tissue caused by extreme

cold. A wind chill of minus 20 degrees Fahrenheit will cause frostbite in just 30 minutes. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, earlobes or the tip of the nose. If symptoms are detected, get medical help immediately.

Hypothermia is a condition brought on when the body temperature drops below 95 degrees Fahrenheit. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Take your temperature and if it is below 95 degrees, seek medical attention immediately.

Shoveling Snow

According to the Virginia Department of Emergency Management, shoveling snow is hard on your body. Research has shown the energy used to shovel snow is similar to playing singles tennis or speed walking at 5 mph. If there is any reason that shoveling snow might be dangerous for you, such as a heart condition, consult your doctor before shoveling.

Trustee Tracking

Officers and Board Members 2007

Employees' Retirement System

Chairman - Robert Carlson
Vice Chairman - Kevin North
Treasurer - Robert Mears
Frank Alston
Randy Creller
Walter Leppin
Peter Schroth
Thomas Stanners
Gordon Trapnell
John Yeatman

Police Officers Retirement System

President - Major Josiah Moser, III
Vice President - Captain Erin Schaible
Treasurer - Robert Mears
James Dooley, Jr.
Craig Dyson
Brendan Harold
Stuart Rakoff

Uniformed Retirement System

Chairman - Vincent Bollon
Vice Chairman - Captain John Niemiec
Treasurer - Robert Mears
Charles Formeck
Frank Henry Grace, III
Kevin Kincaid
Ronald Orr
Peter Schroth

There have been two Retirement System Board elections since the last Retiree Report. **John Yeatman** was re-elected as the retiree-elected Board representative for the Employees' Retirement System and **Josiah Larry Moser, III** has been re-elected as one of the two active employee members for the Police Officers Retirement System. Both positions are four-year terms that commenced on January 1, 2007.

Tax Preparation Help

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- Some sites are staffed by bilingual volunteers; please check the site locator to see if the AARP site nearest you offers bilingual assistance should you need this service.
- For most people, it will be necessary for them to visit an AARP Tax-Aide site in person to have your tax return prepared by an AARP Tax-Aide volunteer. However, when needed, arrangements may be made to assist shut-ins and homebound disabled persons to provide counseling at special sites, such as hospitals, nursing homes, assisted living facilities, etc. To request an AARP Tax-Aide volunteer to serve a special group of persons at a specific location, send an e-mail to taxaide@aarp.org.

Tax Tip:

Avoid headaches; prepare your taxes early

- If you do not have access to e-mail, you can contact AARP Tax-Aide by phone at 1-888-AARP-NOW.
- With the help of volunteers, the AARP Tax-Aide program is the nation's largest, free, volunteer-run tax preparation and assistance service. Tax-Aide provides

free tax preparation and assistance services to millions of low to middle-income taxpayers, with special attention to those ages 60 and older. Please be aware however, if your tax return is relatively complex you may be advised to seek professional tax assistance.

- If an AARP Tax-Aide site is not available in your local area, contact the IRS directly for information about other free tax preparation assistance:
 - ~ 1-800 829-1040
 - ~ 1-800 829-4477 (*tax info and tax refund status*)
 - ~ 1-800 829-3676 (*publications information*)
- Electronic filing and online counseling is also offered by the program.

Even if you don't need assistance with your taxes, you may volunteer to help others with their tax returns. As the Tax-Aide program continues to grow, AARP is continually recruiting dedicated individuals to join their team. Many of their volunteers stay with the program year after year and some have been with the program for more than 15 years. Visit <http://www.aarp.org/money/taxaide/volunteertaxaide/> to learn more about volunteering with AARP Tax-Aide.

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~ Designed for
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Fairfax County
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10680 Main Street, Suite 280
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What's Inside?

- ✓ Social Security & Medicare Updates
- ✓ Tax Help from AARP
- ✓ Winter Preparedness

Carbon Monoxide

What You Should Know to Stay Safe

Carbon Monoxide (CO) is invisible, odorless, and tasteless toxic gas. It causes about 300 accidental fatalities in homes each year; and thousands more are treated in hospitals for CO poisoning. Symptoms of carbon monoxide poisoning exposure include: headache, fatigue, nausea, dizziness, and confused thinking (victims do not think clearly enough to get assistance). Without treatment, the victim will lose consciousness, and lose their life if not helped. Carbon monoxide is produced by incomplete combustion of fuels.

Common causes include:

- ~ Faulty gas or oil furnaces and water heaters
- ~ Cracked chimney flues
Have your chimney inspected and cleaned annually
- ~ Indoor use of charcoal grills
- ~ Use of a gas oven or range to warm a room
- ~ Running a car in an enclosed area
- ~ Closing the fireplace damper before the fire is completely out

Carbon monoxide accidents are preventable. Actions you should take to protect your family include:

- Have a qualified technician inspect your gas furnace and appliances.
- Never allow your car to run in an enclosed area, especially if it is attached to your house.
- Make sure your fireplace is in good repair and do not close the damper before the fire is out.
- Install CO alarms to give your family a warning if CO is building up in your house.

Carbon Monoxide alarms can be purchased at many local hardware stores. Ensure the alarm that you purchase has an Underwriters Laboratory (UL) label. Carbon Monoxide alarms should be located on every floor and mounted according to the manufacture's instructions. **If the alarm goes off, everyone should get out of the house at once and call 911** from a neighbor's house or cell phone. Do not ventilate your house by opening doors and windows. When fire department personnel arrive they will obtain CO readings in different areas of your home to determine the source of the leak. If you have questions about your gas furnace or appliances, contact your gas company.