



ACFC CONNECTIONS



January 2016

HAPPY NEW YEAR FROM THE ACFC!

Each new year gives us the opportunity to start fresh, leaving our bad habits behind, making the positive changes we want to see happen in our lives. Like fresh snow, the slate is clean and untouched, waiting for us to put a new foot forward. Whether you're looking to improve your physical health, your mental health, your financial health, or your relationships, the ACFC has the answers and help you're looking for.



The Advisory Council on Family Care (ACFC) is a joint CWA and Verizon committee, bargained for to meet the individual and family needs of CWA members in the mid-Atlantic region. The committee members are made up of both union and management members who work diligently to provide you with the resources you need to make work/life balance a reality. You can show your support of the ACFC by visiting the [ACFC website](#) regularly and taking advantage of all that is offered and available. Get help when you need it, where you need it from the [ACFC!](#)

January Dates and Observances

Birth Defects Prevention Month	Blood Donor Month
Cervical Health Awareness Month	Cervical Cancer Screening Month
Glaucoma Awareness Month	Thyroid Awareness Month
Family Fit Lifestyle Month	
January 1, 2016 -	New Year's Day
January 18-22, 2016 -	Healthy Weight Week
January 18, 2016 -	Martin Luther King Day
January 23, 2016 -	Women's Healthy Weight Day

MY TUTOR

After the excitement of the holidays, your kids may find it hard to get back into their school routine. Welcome to My Tutor! Imagine a free tutoring service available 7 days a week, from 2 PM to 1 AM ET, for students of all ages and all experience levels, from kindergarten to college. Using instant messaging and white boards, tutors work one-on-one with students to help them be their best. There's even an app for that, so they can access the service from a mobile device. Find out more at the [ACFC website](#) by clicking on My Tutor from the homepage.

BACK-UP CARE ADVANTAGE

With colder weather heading this way, now is the time to prepare for backup care in the event of a school closing or a sick family member. The ACFC partners with Bright Horizons to offer members back-up care when you need to be at work and your regular care falls through. CWA members may utilize up to 160 hours of care per employee, per calendar year. The affordable rate is only \$2.00 per hour per family member for center care and \$4.00 per hour for up to 3 dependents for in-home care. Visit the [ACFC website](#) for all the details about Back-Up Care and to view an overview video that will explain what the service is and how you can use it. Even if you don't have an immediate need for the service, it's a good idea to go ahead and register so your information will be available and you can get help quickly. Visit the [ACFC website](#) and click on Back-Up Care.



ANTHEM EAP

The first resolution on most of our new year's lists is to lose weight or improve our overall health. Just as with any goal, the first step to achieving success is to make a plan.



This month's Anthem webinar, "A Healthier You," can be your first step to creating your plan for improving your overall health in the areas of nutrition, physical fitness, and mental health. Get started by joining this webinar on January 19, 2016, at 12 PM and 2 PM ET. You can register at [Anthem.com/EAP/Verizon](#). Learn more about creating a healthier you with the featured articles in the Anthem Monthly Promotion. You'll find lots of helpful information under the Thriving tab on the Anthem website. Within each category there are articles, audio files, e-learning options, handbooks, online seminars, and much more. It's like having a personal trainer right at your fingertips.

NOTABLE NEWS



January is the time of year everyone likes to make resolutions. Don't be too hard on yourself by setting unrealistic goals. The key to success is taking steps to become a happy and healthier you. One of the first steps you can take is to visit the WellConnect page under [Benefits Connections](#). There are a lot of articles, tips, success stories, and recipes to help you succeed in being the best you can be.

You can even individualize your journey by using the My Action Steps resource. To get started, search WellConnect from the homepage of the Verizon intranet. And don't forget to check out the [ACFC website](#) for more helpful resources and services.

Made in America

Socks4Life

One piece of clothing we all wear is socks, especially in the winter months. [Socks4Life](#) carries a large selection of USA-made socks. There are men's, women's and kid's casual, dress, and sports socks. Many of the socks are made for those with diabetes, neuropathy or circulation issues. These speciality socks feature extra support, comfort and improved circulation with an 11" cross stretch that aids in blood flow. Several styles include a "Made in USA" logo to show your American pride. The company offers free shipping on orders over \$45.00 or a flat rate of \$6.95. You can also save more by ordering 12 or more pairs of the same sock in the same color.

App of the Month

Perigee 7-Minute Workout

We all know the number one resolution for the new year is better fitness and health. But how do you find the time to go to the gym or work out each day? You can do a physical workout each day, using only a chair, a wall and your own body weight with the 7-Minute Workout from [Perigee](#). Based on scientific studies to provide the maximum benefit in the shortest time, this app guides you through a sequence of exercises that you can fit into any busy schedule and includes achievements to boost your motivation. The 7-Minute Workout is available in the APP Store and Google play. Additional workouts are available for purchase.

Website of the Month

Khan Academy

It's never too late to broaden your knowledge and learn new things. Knowledge is power and Khan Academy's mission is to provide a free, world-class education for anyone, anywhere. Subjects include:

- Math
- Science
- Economics and finance
- Arts and humanities
- Computer Programming
- Test Prep

You can create an account for yourself and each of your children to track progress through the content. New research shows we can take control of our ability to learn. Just like our muscles, the more you use your brain, the more it grows.

YOUR ACFC COMMITTEE

The ACFC is a joint CWA and Verizon committee negotiated especially to meet the family and daily-life needs of the CWA membership in the mid-Atlantic. The council includes employees from sectors of union and management, all dedicated to helping you and your family thrive. The ACFC is responsible for researching, developing, evaluating, funding, monitoring, deploying, and communicating programs and initiatives in all areas of your work/life balance. Visit the [ACFC website](#) often for information and updates.

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