



# ACFC CONNECTIONS



February 2016

## SHARE THE LOVE WITH THE ACFC!

The ACFC loves to help its members maintain a healthy work/life balance. We have resources and support for virtually all life's challenges and obstacles. We love your stories of how we helped you overcome a financial issue, solve a caregiving dilemma, or helped your children succeed in school. The opportunities to thrive and live a more balanced, stress-free life are abundant, if you take advantage of the many services we have worked hard to make available to you. What's on your agenda for this year? Marriage, a new baby, upcoming retirement? No matter what age or stage of your journey you are at, we have something for you. Schedule a regular visit to the [ACFC website](#) to discover what we have in store for you in the coming year. We know you'll love getting the "help when you need it, where you need it" from the ACFC.



### February Dates and Observances

[American Heart Health Month](#)  
[Children's Dental Health Month](#)  
[Teen Dating Violence Awareness Month](#)  
February 1-7, 2016 -  
February 2, 2016 -  
February 5, 2016 -  
February 14-20, 2016 -  
February 14, 2016 -  
February 15, 2016 -  
February 23-March 1, 2016 -

[National Cancer Prevention Month](#)  
[Kids ENT Health Month](#)  
Burn Awareness Week  
[Groundhog Day](#)  
[Wear Red Day](#)  
[Random Acts of Kindness Week](#)  
[Valentine's Day](#) / [National Organ Donor Day](#)  
[Presidents' Day](#)  
[Eating Disorders Awareness Week](#)

## FUTURELINK

Start the New Year in 2016 with exciting workshops from FutureLink. If you haven't taken advantage of any of these workshops, put them on your to-do list today. Workshops are available through your FutureLink advisor, either on-site, online, or "live" on the Web. The workshops are split into two or three modules of 30 minutes each.

- Quick and Easy Guide to Becoming A Better Speaker
- Overcoming Fear: Become the Best You Can Be
- Don't Just Stand Still! Find Ways to Take Action
- Tips for Retirement Planning (Whenever Your Retirement May Be)
- Considering Continuing Your Education? Great! Start Here!

Go to the FutureLink website today and sign up at [www.vz-futurelink.net](http://www.vz-futurelink.net), or speak with a call center representative at 866-308-8082, option 3.

## BACK-UP CARE ADVANTAGE

You've all heard about the Back-Up Care Advantage Program by now. If you don't think this program is right for you or that it doesn't fit your schedule, here are some additional facts you may not know.

- In-home care is available 24/7
- Care is available nationwide
- The person being cared for does not have to live in your household
- Child care centers must meet Bright Horizons' stringent specifications
- There is no fee to register
- Care can be scheduled as early as one month in advance or as late as the day the service is needed
- Care is available to college students

Visit the [ACFC website](#) and click on Back-Up Care for all the details and to register.

**As of January 1, 2016, your allotted 160 hours of back-up care has started over fresh for the new year.**

## ANTHEM EAP

We all remember how it was when we first met our spouse, significant other or partner. Everything was fresh, new and exciting. So, how do you keep the flame burning and the excitement alive? You can learn how at this month's Anthem webinar, "Keeping Your Love Alive." This webinar will take place on February 16, 2016, at 12 PM and 2 PM ET. Learn the 10 relationship essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh. Register early at [Anthem.com/EAP/Verizon](http://Anthem.com/EAP/Verizon). While registering, check out the Monthly Promotion, *Beyond Date Night: Creating Ways to Connect*, for more information and tips on how to stay connected to your partner.

*"Experts on romance say for a happy marriage, there has to be more than a passionate love. For a lasting union, they insist, there must be a genuine liking for each other. Which, in my book, is a good definition for friendship." - Marilyn Monroe*

## NOTABLE NEWS



### Made in America

#### Wigwam Mills

For over 100 years, Wigwam Mills has been dedicated to enhancing the lives of their customers by producing U.S.-made winter socks, head gear, and gloves. They support wool producers in this country by sourcing their wool almost exclusively from American yarn spinners who buy from local wool growers. They lobby in Washington, DC, for programs that responsibly limit the quantity of imported products coming to the U.S. You can search their selection of products by gender, age, or sport. You'll find many of them sporting bright colors and fun designs, so your winter socks and caps won't have to be boring anymore. Winter sport enthusiasts will enjoy the biographies of well-known athletes.

Parenting isn't always easy. In fact, it can be one of the most challenging jobs you'll undertake. It is also the most rewarding and satisfying job. Just like any job, training is key to success. Parenting is no exception. The ACFC offers a variety of resources to help you be the best parent you can, and raise children who are responsible, cooperative, and confident. Parenting isn't the only influence on your children, but it's the

one you can do the most about. Whether you are a dual-parent family, a single parent, or a grandparent, learning effective parenting skills will give you confidence that you're making the right decisions where your children are concerned. Visit the [ACFC website](#) and click on Active Parenting to go to the newly updated website, where you'll learn about online classes and an online video library.

### App of the Month

#### Winter Survival App

The possibility of being stranded in severe weather is something everyone should be prepared for. This app can be as important as having a physical survival kit in your car. The app will help you call 911, notify your friends and family and store emergency contacts you may need. It will help you determine your geographic location and contact emergency services. The "gas calculator" will help you estimate how long you can run your engine on your remaining fuel and will alert you every 30 minutes to periodically turn off your engine and to check your exhaust pipe for snow buildup. These alerts are critical in helping you avoid deadly carbon monoxide poisoning. The app is available in the APP Store and Google play.

### Website of the Month

#### Bright Horizons Connections

The ACFC partners with Bright Horizons to bring you the Backup-Care Program. As a part of that service, Bright Horizons provides the Family Matters Resource Room. This interactive, informative website includes information on Parenting, School Success, Elder Care, and Work, Life and Family. You'll find a host of informative articles that will help you find the answers you need and be more comfortable with choices you make when it comes to your family. They host a series of bimonthly webinars covering a wide range of important topics. Check out their Internet radio show, *Getting In: A Conversation with College Coach*, every Thursday at 4:00 PM ET, for advice on college admission and financing.

## 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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**Elizabeth Cornwall - District 1-NJ**

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