



ACFC CONNECTIONS



March 2016

MARCH INTO SPRING WITH THE ACFC!

According to Punxsutawney Phil, spring will be arriving early this year. The time has come to begin spring cleaning, planning your summer garden, and making vacation plans. The ACFC is here to help you with all of your family and work/life needs. No matter your age, family structure, or years to retirement, the ACFC can help you live your life to the fullest, and plan for your family's happiness. When you visit the [ACFC website](#), be sure to click on all of the categories shown to find the many resources and services available to you. You may be surprised to find the extent of information and assistance offered; from legal help to tips for saving money, to advice for getting and staying healthy. It's all here! It's important to check back frequently to be sure you don't miss any of these beneficial programs and services.



March Dates and Observances

[American Red Cross Month](#)
[National Nutrition Month](#)
[Colorectal Cancer Awareness Month](#)
[Eye Donor Month](#)
[Credit Education Month](#)
March 2, 2016
March 6 -13, 2016
March 10, 2016
March 13, 2016
March 17, 2016
March 20-26, 2016
March 20, 2016
March 22, 2016
March 23-29, 2016
March 27, 2016

[National Kidney Month](#)
[MS Awareness Month](#)
[Brain Injury Awareness Month](#)
[Save Your Vision Month](#)
[Women's History Month](#)
[Read Across America Day](#)
[Sleep Awareness Week](#)
[World Kidney Day](#)
[Daylight Saving Time Starts](#)
[St. Patrick's Day](#)
[Poison Prevention Week](#)
[First Day of Spring](#)
[American Diabetes Alert Day](#)
[Arthritis Awareness Week](#)
[Easter](#)

FUTURELINK

ATTENTION: All CWA FutureLink Rosetta Stone language courses will be discontinued as of April 15, 2016. For more information, go to the home page of the FutureLink website at: www.vz-futurelink.net.

BACK-UP CARE ADVANTAGE

Your Back-Up Care Program is not for children only. Back-up adult care is also available in your home or the home of your adult relative. Providers can assist in caring for your family member who requires homemaker or companion services (such as household tasks, cooking, shopping and laundry) as it relates to the provision of care (such as cleaning up after lunch), personal care services (such as help with dressing and bathing), or even medical care (such as the administration of medication, dressing and wound care, and blood pressure and diabetes monitoring).

Non-medical adult care is provided by sitter companions, personal care assistants, and home health aides. Medical care is provided by certified nursing assistants (CNAs), licensed practical nurses (LPNs), or registered nurses (RNs) depending on the medical skill level needed.

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

ANTHEM EAP

In today's stress-filled world, getting a good night's sleep can be difficult. Research continues to show the role adequate sleep plays in our mental and physical well-being. This month Anthem will present a webinar titled "Let's Sleep on It" on March 1, 2016 at 12 PM and 2 PM ET. Learn about the types of sleep, steps to help you have better quality sleep, as well as myths about sleep. Be sure to also check out the new **myStrength Program!** This program offers daily tips and helps to deal with stress and anxiety. You'll find confidential resources to support you 24/7, such as:

- Videos, articles, quotes and inspiration
- Tools and exercises to help you develop a personal action plan and make healthy changes
- Online learning to handle anxiety, depression, and substance abuse
- Mood trackers to assess your progress

Register today at Anthem.com/EAP/Verizon.

NOTABLE NEWS

If a baby is a part of your new year changes, your Anthem EAP has a special little bundle just for you. The **Healthy Pregnancy** program can help you make good choices to ensure a safe delivery and a healthy child. Sign up as early as possible to get the most from the program. You can register by calling (866) 535-5321 and a registered nurse will help get you started.

Made in America

McCormick Paints

Spring is the ideal time to spruce up the house and update the paint colors on the inside and outside. For over 50 years, McCormick Paints has been manufacturing quality interior and exterior paint for the mid-Atlantic region. Their manufacturing facilities in Rockville and Frederick, Maryland, produce the highest quality paints while constantly addressing the safety of their employees and the environment. Both manufacturing plants are zero waste operations and use 100% recyclable materials whenever possible. With their online color visualizer, you can upload a picture of your home interior or exterior to try a variety of colors before making a final color decision. If one of their 27 stores isn't in your area, you can soon order paint by phone or online.

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.

With this program, you'll get:

- A toll-free number to talk to a nurse coach any time, any day.
- A welcome kit and two best-selling books.
- A screening to see if you might be at risk for depression or early delivery.
- Other useful tools to help you, your doctor and your program nurse keep track of your pregnancy and spot possible risks.

App of the Month

Fooducate

Eat better, lose weight, get healthy. These are goals we all aspire to, but we seldom stay on track to reach our goals. Fooducate empowers you to achieve your diet, health, and fitness goals using a health tracker, healthy recipes, daily tips, and a supportive community. Browse Fooducate's extensive database to find the healthiest foods at grocery store. Hundreds of products are listed by brand name, showing ingredients, nutritional information, and alternatives. You can see instantly which foods to avoid and those that are the best choice for you and your family. Use the restaurant and fast food guides for easy access to nutritional information of popular foods before you order. You'll be amazed at the information you'll find in this one app. Available in the APP Store and Google Play.

- Free phone calls with other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.



Website of the Month

Fragrant Heart

The word "mindfulness" is used a lot these days to bring awareness to the mental and physical health benefits of meditation. Research has discovered how mindfulness techniques help improve physical health in a number of ways, such as:

- helps relieve stress
- treats heart disease
- lowers blood pressure
- reduces chronic pain
- improves sleep
- alleviates gastrointestinal difficulties

For those who would like to explore meditation, Fragrant Heart offers a number of free guided audio meditations, ranging from 1½ - 25 minutes long. They also offer a free 5-day *Learn How to Meditate* course. These resources are offered free because they believe meditation is something everyone should be able to benefit from.

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