



ACFC CONNECTIONS



April 2016

START A NEW BEGINNING WITH THE ACFC!

What a glorious time of year and a wonderful time to celebrate the splendor of our earth. Everywhere you look you see bright green leaves and blossoms bursting from the trees and plants as our planet renews itself. The ACFC wants to help *you* begin a renewal, also. We provide the resources, services, and information you need to make good decisions, stay healthy, and provide the best possible care for your family. Make the [ACFC website](#) your first stop when you need help:

- caring for your family and loved ones
- planning your retirement
- making legal and financial decisions
- shopping for discounts and savings
- getting and staying healthy
- continuing your education



April Dates and Observances

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| Alcohol Awareness Month | National Donor Life Month |
| National Garden Month | Keep America Beautiful Month |
| Autism Awareness Month | Stress Awareness Month |
| Child Abuse Prevention Month | National Volunteer Month |
| Community Service Month | Distracted Driving Awareness Month |
| Irritable Bowel Syndrome Awareness Month | |
| April 1, 2016 | April Fool's Day |
| April 3-9, 2016 | Youth Violence Prevention Week |
| April 16-23, 2016 | Infant Immunization Week |
| April 18, 2016 | Tax Day |
| April 22, 2016 | Earth Day |
| April 25-29, 2016 | Every Kid Healthy Week |
| April 29, 2016 | Arbor Day |

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

Great news! Bright Horizons will waive copays for the back-up care program during the month of May 2016. Back-up care keeps your family going, no matter what the circumstance:

- Your regular caregiver is unavailable or on vacation
- You are transitioning back to work from parental leave
- Your stay-at-home spouse/partner is sick or has an appointment
- Your parent or adult loved one needs care in their home – anywhere throughout the U.S.

Take advantage of this great offer by pre-registering now by visiting the [ACFC website](#) and clicking on Back-Up Care under the FAMILY tab.



ANTHEM EAP

Historically, owning a home has been the backbone of the American dream, but many people are considering other options. Due to financial or time restrictions, many people are choosing to rent, rather than own their primary residence. The process to purchase a home has become more difficult and the price of homes can make home ownership unattainable. This month's Anthem webinar, "Home Buying 101," will explore the advantages and disadvantages of home ownership and help you determine if it's right for you. The webinar will take place on April 19, 2016 at 12 PM and 2 PM ET. Register today at Anthem.com/EAP/Verizon to reserve your place.

You'll find more home-buying tips in the Life Happens section on the [ACFC website](#). Click on Life Happens, Life Events, then Major Purchases to find links with information relating to buying, finding and selling a home.

NOTABLE NEWS

Just in time for Earth Day, Verizon is now offering Zimride by Enterprise. Zimride is an online ride-matching service that easily connects drivers and passengers heading to the same area, making it a great solution for employees to connect, form carpools, and share travel costs to and from work. Save by splitting the costs of parking permits, gas, tolls, and car maintenance—and cut down on the stress of driving, too!

Set up your own carpools to fit your commuting needs by posting a ride on Zimride. Track your commuting patterns using our handy Commute Calendar. It not only tracks what form of transportation you are using, but how many pounds of CO₂ emissions and costs you are saving.

For more information, go to: www.zimride.com/verizon.



Made in America

Badger

We've all heard about the Zika virus in the news. Now is the time to prepare for summer mosquitoes. Badger makes a full line of organic, natural body products, including deet-free anti-bug sprays, tins, and sticks. They are a small, family-owned & family-friendly company located in rural Gilsum, New Hampshire. They blend organic plant extracts, exotic oils, and butters and beeswax to make healing balms, safe mineral sunscreens, and other personal care products that work and feel remarkably good. Badger products are uniquely formulated blends of the finest organic ingredients available anywhere in the world. From baby to adult, they have something for everyone.

App of the Month

Zillow

Whether you're looking to buy or rent a home, Zillow can help you find what you're looking for. Zillow is the leading real estate and rental site with a database of over 100 million U.S. homes. You can search for available properties in the areas you have interest in and find a real estate agent to assist you. Even if you aren't in the market for a new home, you can track the market value of your own home using the Zestimate home values information. See what other homes are selling for and are valued at in your area. You'll also find helpful information on when to sell and tips for listing your home if you're thinking of relocating or making a change. Zillow is available on the APP Store, Google Play, and Amazon.

Website of the Month

Mother Earth News

If you're looking for information about how you can make your life more organic, green, and natural, then Mother Earth News is the site for you. You'll find extensive, easy-to-use information on topics such as:

- DIY projects
- Organic gardening
- Homesteading
- Natural health
- Renewable energy
- Green homes
- Nature and environment
- Green transportation

They offer free newsletters on a variety of topics that may be of interest to you, and have a magazine that you can subscribe to. Click on the Events tab to see if a Mother Earth News Fair is coming to your community.

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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