



ACFC CONNECTIONS



August 2016

LIFE'S A PICNIC WITH THE ACFC!

A picnic is a great time shared with friends and family, creating memories and experiences that last a lifetime. It isn't just about the food, it's also about the connection with others. That's what the ACFC offers you. A connection to services and resources that can improve your life and make it easier for you to spend your time making memories with family and friends. When you are able to deal with the stresses and interruptions that create chaos in your life, your loved ones become a priority. Stay connected to the ACFC by visiting the [ACFC website](#) to discover what's available to you and your family that can make your *life* a picnic!



August Dates and Observances

[Children's Eye Health and Safety Month](#)
[Water Quality Month](#)
[National Breastfeeding Month](#)
[National Immunization Awareness Month](#)
[Psoriasis Awareness Month](#)
[Family Fun Month](#)
August 5-21, 2016 - [Summer Olympics](#)

FUTURELINK

GET READY FOR FUTURELINK PREP FALL 2016 CLASSES!

[Introduction to Telecommunications Technology \(online 7-week class\)](#)
Thursdays, September 8 through October 20, 2016 - 7:00 PM to 9:30 PM ET
Tuesdays, September 13 through October 25, 2016 - 7:00 PM to 9:30 PM ET

[Customer Contact \(online 5-week class\)](#)
Mondays, September 12 through October 17, 2016 - 7:30 PM to 9:30 PM ET

All classes are held in the evening, "live" on the web with the guidance of an experienced instructor, these are "qualifying" courses for RAMP.

Class seats are limited - enroll today! Visit the FutureLink site at www.vz-futurelink.net for more details, or call 866-308-8082.

ACTIVE PARENTING

Parenting...one of the most challenging, and most rewarding, jobs you'll ever have. Parenting has certainly changed over the last decade. With social media and technology advances, it is harder than ever to feel you are keeping your children safe and moving in the right direction. At Active Parenting they say the purpose of parenting is to "protect and prepare children to survive and thrive in the society in which they will live." Today's society looks much different from the one today's parents were raised in. It's more important than ever that parents develop a parenting style that gives them confidence they are making the right decisions, both for themselves and their children. Take advantage of the many programs that the ACFC has to offer parents, such as online parenting classes, an online video library and a monthly parenting tip. Click on the Active Parenting tab on the [ACFC website](#) to explore all your options.

ANTHEM EAP

The time will come for many of us when our aging parents can no longer care for themselves. This can be a difficult transition, as they have to give up some of their independence. In this month's webinar, "*Changing Relationships: You and Your Aging Parent/Relative*," you'll learn how to access care options and communicate productively with aging adults who can no longer live independently. The webinar is available on August 16, 2016 after 12 PM ET. Go to [Anthem EAP](#) and click on the webinar title under the Online Seminars section on the right-hand side of the home page.

For more resources on adult caregiving, click on [Caregivers](#) under the Aging tab on the [Anthem EAP](#) home page. Here you'll find articles, handbooks, online webinars, and more tools to help you manage your caregiving responsibilities.

NOTABLE NEWS

The **Bright Horizons Back-up Care Advantage Program®** offers the highest quality back-up care when your regular care arrangement is on holiday or just unavailable. For example, you can use back-up care when:

- School is out, but summer camp or other planned care has not yet begun.
- There are gaps between camp sessions or summer activities.
- Your regular summer care provider is ill, on vacation, or has other commitments.

- Your child is mildly ill and can't participate in camp or other group activities.

Temporary care is also available for adult/elder relatives (spouse/partner, parents, etc.)

Get the information you need to take advantage of this beneficial service by visiting the [ACFC website](#) and clicking on Back-Up Care under the Family category.

**HELP WHEN YOU NEED IT,
WHERE YOU NEED IT!**



Made in America

Carol's Vibration

During the summer it's important to protect yourself and your family from insects, especially mosquitoes. It's also important to use natural, chemical free products. Carol's Vibration has been crafting quality natural bug repellent and skin care products for over 15 years. Their products are made with organic ingredients in Nashville, TN. The green tea/wornwood bug repellent lotion bar repels ticks, mosquitoes, chiggers and other flying insects. The lotion bar makes it easy to apply and carry with you wherever you go. The repellent is also available as a spray. The products are even pet-friendly. Another important product they make is a natural, chemical-free sunscreen bar.

App of the Month

7 Minute Workout

When it comes to exercising, one of the first reasons you hear for not working out is the lack of time. With the 7 Minute Workout from Johnson & Johnson, lack of time is no longer an excuse. This extraordinary app is a complete gym in your hand, that goes with you anywhere and can be used anytime. It's like having your own personal trainer. Learn the correct way to do the exercises through videos. The only equipment needed is a wall and a chair. Use the tried-and-true standard workout, or create your own workout based on your exercise level and preferences. Record your daily activities to track your progress and see the results you've been hoping for. You even have the option to access your own music to play

Website of the Month

Clean My Space

Clean My Space is the ultimate guide to decluttering, organizing and cleaning your home. You'll find tips on cleaning with natural products, creating a cleaning routine, how to store food for the longest life, and much more. From the bathroom to the garage, and from household items to everything technological, there is a solution to every cleaning dilemma. These cleaning and decluttering tips are demonstrated on the multitude of how-to videos on the site, making it easy to follow the instructions and achieve great results. Don't miss the section on DIY products where you'll discover easy, safe ways to clean and deodorize your house with everyday items that are safer for

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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