



# ACFC CONNECTIONS



September 2016

## EMPOWER YOURSELF WITH THE ACFC!

Knowledge is power! The more information you have before dealing with a life, health, or family crisis, the stronger you will be while working through a resolution. The ACFC is your knowledge source! Through this newsletter and the services, programs, and resources available on the [ACFC website](#), you can gain the knowledge you need to handle whatever life brings your way. In the next few months we will be offering surveys that we encourage you to participate in. This is the best way for us to hear from you and be sure we are always here with "help when you need it, where you need it." We also welcome your comments and feedback on the Sound Off section of our website. Just click on the tab at the top of the website page to share your thoughts with the ACFC committee.



### September Dates and Observances

[Cholesterol Education Month](#)

[Fruit and Veggie Month](#)

[Thyroid Cancer Awareness Month](#)

[National Preparedness Month](#)

[Childhood Cancer Awareness Month](#)

[Celiac Disease Awareness Month](#)

[Newborn Screening Awareness Month](#)

[Ovarian Cancer Awareness Month](#)

[Prostate Cancer Awareness Month](#)

September 5, 2016 -

September 5-11, 2016 -

September 11, 2016 -

September 18-24, 2016 -

September 21, 2016 -

September 24, 2016 -

September 28, 2016 -

[Labor Day](#)

[Suicide Prevention Week](#)

[Grandparents Day](#)

[Child Passenger Safety Week](#)

[School Backpack Awareness Day](#)

[Family Health & Fitness Day](#)

[Women's Health & Fitness Day](#)

[Healthy Aging Month](#)

[Whole Grains Month](#)

[Sepsis Awareness Month](#)

[Child Obesity Awareness Month](#)

[Atrial Fibrillation Awareness Month](#)

[Head Lice Prevention Month](#)

[Sickle Cell Awareness Month](#)

[Gynecological Cancer Awareness Month](#)

[Leukemia & Lymphoma Awareness Month](#)

[National Recovery Month](#)

[Yoga Awareness Month](#)

[Pain Awareness Month](#)

[Baby Safety Month](#)

[Mold Awareness Month](#)

[Food Safety Month](#)

[College Savings Month](#)

## CAREVILLE

Have you made a visit to Careville recently? Like all towns, Careville is always undergoing revitaliation and updating. Careville is a vitural town where you'll find beneficial information and resources for areas of your life that are important to you and your family. You can take time to visit the library, the book store, the gym, the community center, the senior center, the school, and much more. Each center in Careville includes articles, web resources, audio files, or information about ACFC available programs. Click on the Directory tab to see what topics are covered under each center. Several centers offer promotional materials that can be ordered and delivered to you. The most recent update in Careville is in the Family Life section, where new articles and information have been added. To visit Careville, click on the tab on the [ACFC website](#).

## BACK-UP CARE

Even though school is back in session, you can still find yourself in a childcare crisis. Your child wakes up with a sore throat and is unable to go to school or to day care. The Back-Up Care Advantage program can provide same-day care right in your own home. It's important to pre-register so you'll be ready to go when you need emergency care. For just \$4.00 per hour, a qualified childcare provider will arrive at your home, freeing you to go to work and not miss any more time than necessary. Back-Up Care can be used for taking care of an older child, sick spouse, or aging parent as well. Visit the [ACFC website](#) for all the details about the Back-Up Care Program. Click on the Back-Up Care tab to view the informative program overview and for information to pre-register for services.

Find out how to have your co-pay waived for the month of September by clicking [here](#).

## ANTHEM EAP

How can you talk to your kids so they will listen? This may sound impossible to a lot of parents. Don't despair! This month's Anthem webinar, "Effective Communication With Children," may be just the solution you need. You'll learn techniques that will help you communicate more effectively and avoid communication blocks that hamper conversation and increase conflict. This webinar is available on September 20, 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. Take advantage of all the parenting resources the ACFC has available to you on the [ACFC website](#).



## NOTABLE NEWS

Did you know that you can schedule an appointment for a confidential biometric wellness screening as part of Verizon's wellness program?

This company-sponsored service is offered at no cost to you, and can help you begin your quest for better health. You can schedule an appointment at a Verizon onsite event or at one of 2,200 convenient Quest Diagnostics Patient Service Centers nationwide.

To schedule your appointment:

- Go to [Verizon Enterprise](#) and sign in.
- Select MyHealthVault and click on Schedule Your Screening.
- When you arrive at the Quest Diagnostics site, select Schedule Now and follow the instructions to schedule your appointment.

After scheduling your appointment, you should receive confirmation and appointment reminder emails.

You'll also receive an email when your results are ready online. Your printed report will arrive in the mail 2-3 weeks after your screening.

For questions about your registration, contact the Participant Service Center Monday-Friday, 7 a.m.-8:30 p.m. Central or Saturday, 7:30 a.m.-4 p.m. Central at (855) 623-9355.

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

## Made in America

### Dave's Killer Bread

If you're a fan of organic, non-GMO bread, then Dave's Killer Bread will be a hit with you. The bread is packed with protein, fiber, whole grains, and **flavor**. They make nine varieties of loaf bread, as well as buns and baguettes. All of their breads feature organic ingredients. Equally important is that 1 of 3 employees at Dave's Killer Bread has a criminal background. In 2015 the [Dave's Killer Bread Foundation](#) was started with the belief that everyone deserves a second chance and that everyone is capable of greatness. Be sure to check out the wide selection of recipes available on the website. [Dave's Killer Bread](#) is available at select Costco, Target, and Walmart stores.

## App of the Month

### Plane Finder

Have you ever heard a plane flying over you and wondered where it came from and where it was going? With [Plane Finder](#) you can find, track, and explore the planes flying right over you or anywhere in the world. Click on an airplane and you'll see who the carrier is, the flight number, where the flight originated, where it's going and what its altitude is. Zoom the map in and you'll see all of the flights covering the United States and the world. Be ready to be amazed! This is a great app to use with your children to explore the world of aviation. For avid aviation buffs, there is an upgrade available for a nominal fee that offers even more options.

## Website of the Month

### Everyday Roots

Knowing what is in the products we purchase to use on our skin and bodies can be confusing and daunting. What if there were a way to use natural remedies to treat many of the health and beauty issues we face each day? [Everyday Roots](#) is your source for what you need to know to use natural, everyday products for everything from soothing sunburn pain to treating headaches or joint pain. You'll find five pages of natural cleaning solutions and helpful homemade products under the SEEDS category. Natural remedies may not be an alternative for all medical issues, but replacing chemical-laden products with natural ones whenever possible is always a good choice.

## 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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