



ACFC CONNECTIONS



November 2016

GIVE THANKS FOR THE ACFC!

November is the time of year to give thanks and the ACFC is thankful for their members and all that you bring to the workplace every day. We hope you are thankful for the services, resources, and programs we provide for you and your families. By working together, we can all enjoy healthier, fuller lives and the benefits that our collaboration creates. Take a minute to share your thoughts about the ACFC on the Sound Off board on the [ACFC website](#). We welcome your comments, suggestions, and feedback on how we can address your most pressing concerns and how the services offered have benefited you and your family members. Thank you!



November Dates and Observances

[Alzheimer's Disease Awareness Month](#)

[National Adoption Awareness Month](#)

[Lung Cancer Awareness Month](#)

[COPD Awareness Month](#)

[Healthy Skin Month](#)

[Stomach Cancer Awareness Month](#)

November 15, 2016 - [America Recycles Day](#)

November 11, 2016 - [Veterans Day](#)

November 14-20, 2016 - [Get Smart About Antibiotics Week](#)

November 16-22, 2016 - [Teens Don't Text and Drive Week](#)

November 19, 2016 - [Great American Smokeout](#)

November 20 -26, 2016 - [GERD Awareness Week](#)

November 24, 2016 - [National Family History Day](#)

November 25, 2016 - [Thanksgiving Day](#)

[National Diabetes Awareness Month](#)

[Epilepsy Awareness Month](#)

[Pancreatic Cancer Awareness Month](#)

[Family Caregivers Month](#)

[Hospice/Palliative Care Month](#)

LIFE HAPPENS

What seems like an ordinary day can become extraordinary when *life happens*. You get a phone call, a letter, or a visit that turns your world upside down. The Life Happens section on the [ACFC website](#) can help guide you through whatever life brings to your door. Choose from one of the five pathways available:

- Feelings
- Thoughts
- Life Events
- Well-Being
- Future

Within each pathway, you'll discover a Personal Action Plan with tips, next steps, and additional resources. Life Happens is a comprehensive resource that will help you with your career, family, and personal well-being. Take advantage of this in-depth library of information and tools whenever you face changes, both for the good or the bad. After all, life happens!

BACK-UP CARE

Flu season and the approaching holidays can cause disruptions in your usual arrangements for your children or elderly relatives. When sick caregivers, business trips, or school holidays come up, fill the gaps with back-up care. You can schedule care whenever you need it, including:

- Veterans Day or Election Day
- Caregiver unavailable
- Thanksgiving break
- Transitioning back to work from leave

Visit the [ACFC website](#) for all the details!

ANTHEM EAP

Are you home for the holidays, or will you be traveling to see out-of-state relatives? Don't let the stress of the holidays interfere with your enjoyment of this special time of year. Anthem's upcoming webinar, "*Making and Breaking Traditions*," explores ways to minimize the tension and increase the fun for all involved. Happy Holidays!

Go to [Anthem EAP](#) any time on or after November 15th and click on the webinar title under the Online Seminars section on the right-hand side of the home page to view this informative presentation.

NOTABLE NEWS

One thing everyone can agree on is that we all love to save money. The ACFC has a number of resources available to help you get the most for your dollars. When you visit the [ACFC website](#), be sure to explore the options under the Savings tab.

- Discounts
- Anthem Savings Center
- Saving Tips

Whether you're planning a trip, a major purchase, or just a meal out with the family, you'll find

a multitude of options that will give you the biggest bang for your buck. Be sure to sign up for the SpendLess program where you can earn WOW points to use towards future purchases. Spendless also gives you:

- More of the deepest discounts available
- Discounts from both national and local retailers
- "Just-added" offers
- New offers added regularly

- Information on how to find the least expensive gas for your car
- Discounts on child and adult care services
- Discounts on wellness services, financial services, education, and tutoring
- Special deals for parents from newborn to age six



Made in America

Nordic Ware

With only \$500 in their pockets, a few good ideas and a desire to create a business of their own, a humble kitchenware company was launched in Minneapolis, Minnesota, in 1946 by Dave and Dotty Dalquist. [Nordic Ware's](#) most famous item is the Bundt® pan, which can be found in over 70 million households. Seventy years later [Nordic Ware](#) is still proudly manufacturing the vast majority of its products in Minneapolis. Today the company makes hundreds of items, ranging from bakeware and cookware to microwave products and grilling accessories. They are still family-owned and operated, with three generations involved in the business. You'll also find hundreds of delicious recipes on the [Nordic Ware website](#).

App of the Month

REI National Parks Guide

This time of year is a spectacular time to get outdoors and visit local parks. The [REI Guide to National Parks](#) app will show you where the nearest parks are. You will find a list of the parks near you, with information about the miles of trails available and a key to the difficulty of the hike. For those wishing to venture out of state, the app shows a list of the national parks in the U.S., which can be sorted by state, name, or popularity. Even just viewing the photo gallery within each park is inspiring. You'll feel like you're right in the midst of the beauty and splendor of these national treasures. The app is available on the App Store and on Google Play. Go climb a rock!

Website of the Month

BreastHealth

[Breast Health](#) is a non-profit organization whose goal is to inform, empower, and inspire women and girls to protect their breast health. This site is all about prevention and how choices you make today can make a big difference in the future. Women and girls can learn about their risks of breast disease by taking the Hereditary Cancer Quiz. There is information on ways to eat healthy, develop healthy habits, and maintain a healthy home. This comprehensive site answers the questions women have about breast cancer prevention and is a perfect starting point for young girls just learning about their development into womanhood. The articles are laid out in an easy to access manner.

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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