



ACFC CONNECTIONS



December 2016

GET JOYFUL WITH THE ACFC!

The holidays are in full swing and it's time to celebrate the joy of family, friends, good food, and good times! Whether you're traveling out of state, celebrating at home with a large family, or just sharing a quiet dinner with close friends, the ACFC has what you need to make the most of your time and financial resources. Visit the [ACFC website](#) for discounts on travel, major purchases, gifts, and much more. Discover ways to reduce the stress of the holidays by planning now for back-up care for your children or elderly relatives. Get helpful information and advice for staying healthy and disease-free. Are you ready to share the joy of the holiday season? The ACFC wants to make sure you are, with "help when you need it, where you need it."



December Dates and Observances

Safe Toys & Gifts Month

Drunk & Drugged Driving Awareness Month

National Impaired Driving Prevention Month

December 1, 2016 - World AIDS Awareness Day

December 4-10, 2016 - National Hand Washing Awareness Week

December 4-10, 2016 - National Influenza Vaccination Week

December 24, 2016 - Hanukkah Begins

December 7, 2016 - Pearl Harbor Day

December 5-9, 2016 - Older Driver Safety Awareness Week

December 10, 2016 - Human Rights Day

December 15, 2016 - Bill of Rights Day

December 21, 2016 - First Day of Winter

December 25, 2016 - Christmas Day

December 26, 2016 - Kwanzaa Begins

December 31, 2016 - New Year's Eve

LIFE HAPPENS

Do you see some "life happenings" on your horizon for the new year? Are you thinking of moving, retiring, getting married, or adding to your family? Maybe you're just thinking of getting a pet for the first time. Whatever changes you anticipate or wish for, Life Happens can help you prepare and help you make the best choices for your situation. The Life Events section of Life Happens is an extensive resource of information, providing tips, next steps and additional resources for a wide selection of major life changes. If you're unfamiliar with Life Happens, or haven't visited it for a while, now is the perfect time to start planning for your new year. Click on the Life Happens tab on the [ACFC website](#) and begin your Personal Action Plan today.

*The good life is one inspired by love and guided by knowledge.
~ Bertrand Russell*

BACK-UP CARE



As winter quickly approaches, cold and flu season also comes into full swing. Parents know the first signs of sickness well, but it can be difficult to determine whether a child has a common cold or something more serious. The [Family Matters Resource Room](#) has tips for cold prevention and a list of symptoms that could indicate your child may have something more serious. And remember, you also have access to back-up care from Bright Horizons® when your child's regular caregiver calls in sick and you need to be at work. Get all the details and register now so you can get the care you need, when you need it by clicking on the Back-Up Care tab on the [ACFC website](#).

NOTE: Back-Up Care co-pays will be waived for the month of December.

ANTHEM EAP



Laughter really is the best medicine. It can reduce stress, anxiety, and depression. It can also strengthen your immune system and diminish pain. Laughter is good for your heart, your brain, and your muscles. Everybody needs a good laugh to be their best. Learn about the many benefits of laughter and develop an action plan for adding humor to your life in this month's Anthem webinar, "[Lighten Up With Laughter](#)." The webinar is available on demand starting December 20, 2016.

Go to [Anthem EAP](#) 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

Get ready to get shape up in the new year! The ACFC's Health and Wellness Taxable Reimbursement Program is back for 2017! The ACFC wants to help you stay healthy and fit by reimbursing eligible employees for gym memberships or weight management programs up to \$100 from January - June 2017 and July - December 2017. Visit the [ACFC website](#) for more details.

Some things to have ready when you submit your application are:

- A contract with the gym or program
- Proof of payment up to \$100 within the applicable dates
- The contract and proof of payment must have the employee's name on it
- The employee's printed and signed name on the application form
- Your Employee ID and Enterprise ID (both can be found on the Verizon eWeb)



Made in America

Merle Norman Cosmetics

With the holidays approaching, you want to look your best for parties, family gatherings, and New Year's Eve. Now is the perfect time to take advantage of the beauty services offered by your local [Merle Norman](#) studio. [Merle Norman](#) is a company for women, founded by a woman 85 years ago. The company makes award-winning makeup, skincare and perfume. They do offer products for men also. You can enjoy how-to videos and tips for ways to make the most of the makeup you wear. Visit a studio for a free skin assessment, an express facial, foundation check, or an express makeover. Some locations also offer hair salon services, ear piercing, brow services, and spa services.

App of the Month

Yummly

One of the best parts of the holidays is the food, and [Yummly](#) is the perfect app to discover recipes for any occasion. Click on any of the available categories for hundreds of recipe choices. Each recipe shows the number of ingredients, the calories, the prep time, and the number of servings. Click on the ALL TO LIST tab to add the ingredients to your shopping list. The shopping list is displayed by the department where the items will be found in the store. You can add other items you need to pick up while you're at the store. In the Settings you can choose dietary preferences, such as diets, allergies, or cuisine, and only recipes for those preferences will be displayed. It doesn't get any easier than [Yummly](#)!

Website of the Month

Money As You Grow

It's never too early to start teaching children about the importance of money management. The resources on this site will help parents get their kids off to a strong start. There are tips and activities for early childhood, middle childhood, and the teen and young adult years. Each section has activities and conversation starters geared towards that age group. There is also information on what's going on developmentally with your children at each stage. As your children grow and venture into the world, it's imperative that they understand the complex world of income, savings, taxes, interest, and credit cards. Acquiring this knowledge before they're on their own can make life much less stressful for them, and you.

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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