



# ACFC CONNECTIONS



January 2017

## START THE NEW YEAR WITH THE ACFC!

One thing that is certain in a new year is change and that applies to the ACFC also. Beth Cornwall has been a member of the ACFC committee for over 10 years and has been an influential and important part of its success. Beth worked tirelessly during recent bargaining to maintain this beneficial program and emphasize its importance to the ACFC members. Beth has now retired and is no longer a member of the committee, but I know we will all be forever grateful to her for her dedication and support. We wish her much happiness in her new adventures. We would like to welcome Dawn Bergner-Thompson as the newest member of the ACFC committee. Dawn joins our team with a great deal of enthusiasm and we all look forward to Dawn's insight and contribution to this program.



### January Dates and Observances

<u>Birth Defects Prevention Month</u>	<u>Blood Donor Month</u>
<u>Cervical Cancer Screening Month</u>	<u>Cervical Health Awareness Month</u>
<u>Family Fit Lifestyle Month</u>	<u>Glaucoma Awareness Month</u>
<u>Thyroid Awareness Month</u>	
January 1, 2017 - <u>New Year's Day</u>	
January 16-20, 2017 - <u>Healthy Weight Week</u>	
January 16, 2017 - <u>Martin Luther King Day</u>	
January 19, 2017 - <u>Women's Healthy Weight Day</u>	

## FUTURELINK

Interested in Verizon technical jobs? FutureLink offers a Ramp Qualifying Electricity Course that will help or enhance your knowledge of electricity. You have immediate access to book content with new and improved features to provide a robust course experience. Complete one or more levels. Go to [www.vz-futurelink.net](http://www.vz-futurelink.net) to visit the FutureLink Website to obtain more information or to enroll in this course. Be sure to check out all of the courses available to you.

## LIFE HAPPENS

The start of a new year brings a sense of starting fresh and leaving behind old distractions. If there are still issues looming on your horizon, maybe you can find a solution in Life Happens. Whether you are dealing with Feelings, Thoughts, Life Events, Well-Being, or Future, the tips, steps and resources available in each section can be the answer you need to move forward and enjoy a care-free new year. This valuable resource is provided free-of-charge by the ACFC and can be found under the Life Happens tab on the [ACFC website](http://www.acfc.org).

*We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.*  
~ Edith Lovejoy Pierce

## BACK-UP CARE

Along with cold weather comes colds, the flu, and sick children and relatives. When you use the Back-Up Care Advantage Program, you can have a qualified caregiver care for your ill family members for the low cost of just \$4.00 per hour for in-home care. It's important to **pre-register for the services**, so you can arrange for the care you need quickly. You can utilize up to 160 hours of care per year. For more information view the Back-Up Care Advantage Program Overview on the [ACFC website](http://www.acfc.org). This overview will explain how the program works and what benefits are available you. If you have children, or if you're caring for elderly relatives, this program is essential for your sense of well-being and sanity. It's important to know that the service is available for relatives in states other than where you reside.

## ANTHEM EAP

There are very few of you who haven't been affected by the tough economic times facing everyone today. How you respond and deal with these struggles can have a significant impact on your health, your family, and your outlook on life. This month's webinar from Anthem, "Maintaining Personal and Fiscal Resiliency During Tough Economic Times," will offer tips on how to develop a "stress plan" to visualize a more positive financial future. You'll also learn how to understand the process of prioritizing your needs and exploring the full extent of your assets.

Go to [Anthem EAP](http://www.anthem.com) 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

A new year reminder that the ACFC's Health and Wellness Taxable Reimbursement Program will be back for 2017! The ACFC will be reimbursing eligible employees for gym memberships or weight management programs up to \$100 from January - June 2017 and July - December 2017. This is the perfect opportunity to start working on that New Year resolution to be healthier and in the best shape possible in 2017. Visit the [ACFC website](#) for all of the details.

### Made in America

#### All American Clothing

In 2002, when Lawson Nikol realized the jean company he worked for had started outsourcing production to Mexico, he resigned and started his own company making quality jeans and clothing in the USA. They are so proud of the jobs they provide their U.S. workers. You'll find a vast selection of jeans, outerwear, activewear, shirts, footwear, and accessories... all made in the USA. An All American gift card is a perfect gift option. They are currently offering 15% off select items, with free shipping on orders over \$60.00. The next time you need any of these items, take time to support this company and keep America working!

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 show the employee's name.
- 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)



### App of the Month

#### Fandango

If you're heading to the movies to see one of the latest blockbusters, be sure to use [Fandango](#) to check out movie times and buy tickets online. Simply enter your city or zip code and a list of available movies and times will be displayed. You'll find movies trailers, movie news, and guides to family, holiday, and indie movies. Want to learn more about your favorite actors and actresses? Click on the tab under Experience + Explore to get all the details about your favorite stars. Gift cards are available for movies, or a dinner and movie combo. You can even create a custom design for your gift card. [Fandango](#) is available for phones, tablets, and even Roku and select TV brands. See you at the movies!

### Website of the Month

#### On Your Own

Many young people find, after leaving home and being on their own, that they aren't fully prepared to make the best decisions when it comes to their financial, personal, or professional life. How to avoid getting into debt, pay off student loans, buy health insurance, or be successful at work are just a few areas they may struggle with. The [On Your Own](#) website is the place where they can learn from the experiences of others who have been there, and done that. The goal of the site is to help young people develop and write their own money story by sharing real life stories, interviewing financial experts, and offering an array of insights, opportunities and options for making the right financial decisions for themselves.

## 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.

**Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV**

**Dawn Bergner-Thompson - District 1-NJ**

**Patrice Mears-Swift - District 2-13-DE, PA**

**Angelia Sposa - Verizon/LR**

**Jeremy Bruce - Verizon/HR**

**George Guthrie - Verizon/Area Manager Construction**