



ACFC CONNECTIONS



February 2017

MOVING FORWARD WITH THE ACFC

The new year is well under way and the ACFC committee is excited about the progress we have made in finding the best resources available to help you and your family be as stress-free, healthy, and happy as possible. Keep an eye out for announcements about brand new services coming your way. Our goal is to keep moving forward to offer you the best services we can assemble in one place. No matter what obstacles are in your way, we have a solution for you. Be sure to check out the [ACFC website](#) often, so you don't miss any of these exciting new programs. We are always here with the "help when you need it, where you need it."



February Dates and Observances

[American Heart Health Month](#)
[Children's Dental Health Month](#)
[Teen Dating Violence Awareness Month](#)
February 2, 2017 -
February 5, 2017 -
February 5-11, 2017 -
February 12-18, 2017 -
February 14, 2017 -
February 20, 2017 -
February 26 - March 4, 2017 -

[National Cancer Prevention Month](#)
[Kids ENT Health Month](#)

[Groundhog Day](#)
[Wear Red Day](#)
[Burn Awareness Week](#)
[Random Acts of Kindness Week](#)
[Valentine's Day](#) / [National Organ Donor Day](#)
[Presidents' Day](#)
[Eating Disorders Awareness Week](#)

FUTURELINK

As you begin a New Year, make a resolution to update your skills and education for your future. Sign up for Future Tracks with your advisor today! No matter where you are in your career development, FutureLink has something for you. It's easy, and once you complete your track you will receive a FutureLink lunch bag and a \$25.00 gift card. Go to www.vz-futurelink.net to obtain more information, or to enroll in the Future Tracks program.

ACFC SAVINGS

Have you been to the ACFC Savings Center? In the center, you'll find a multitude of ways to keep more of your dollars in your own pocket. Through the **SpendLess** program you can earn WOW points that can be used to get free stuff. All you need to do is register for the **SpendLess** program and you're on your way to discounts on travel, computers, vacations, cell phones, and much more. **Verizon Discounts** offers ACFC members discounts not available to the general public. You'll find savings on everything from mortgages and new cars, to theater tickets and books. Discover more resources for saving money and protecting your assets under the **Savings Tips** tab. The **Anthem Savings Center** offers discounts of 25-70% on items from leading name-brand retailers. Visit the [ACFC website](#) today and click on the Savings tab for all of these money-saving features.

BACK-UP CARE

You've all heard about the Back-Up Care Advantage Program by now. Here's what you need to know so you can see how this program can meet your caregiving needs.

- In-home care is available 24/7
- Care is available nationwide
- The person being cared for does not have to live in your household
- Child care centers must meet Bright Horizons' stringent specifications
- There is no fee to register
- Care can be scheduled as early as one month in advance, or as late as the day the service is needed
- Care is available to college students

Visit the [ACFC website](#) and click on Back-Up Care for all the details and to register.

ANTHEM EAP

Are you in need of a spark to your creativity? According to speaker Ken Robinson, "*Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture.*" Plan to attend this month's Anthem Webinar, "*Creativity 101,*" to learn how to tap into your own creativity and apply it in all areas of your life. This webinar will be available on demand starting February 21, 2017. Be sure to take advantage of this opportunity to move your creativity to the next level and add some excitement to your life.

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

The ACFC is proud to announce some new benefit options for their members. Soon parents will have access to services from Bright Horizons that offer support for children who need extra help. **Bright Horizons Special Needs** provides free, expert guidance to help you advocate for and support your child from birth through young adulthood. A virtual online assistant will help you navigate the hurdles you face with your child's learning, emotional, or developmental challenges.

The ACFC is also pleased to announce the return of **College Coach**. This benefit provides impartial guidance from educational experts at no cost. College Coach advisors help children of all ages achieve academic success. All College Coach advisors are former admissions and finance officers at top colleges. Individual assistance, webinars, tips and videos are just a few ways information is provided. Visit the [ACFC website](#) for all of the details.



Made in America

The Shine Project

In May, 2012, Ashley LeMieux used \$500 of her own money to purchase supplies to begin teaching struggling college students how to make handmade jewelry. Since then, The Shine Project has opened their headquarters in downtown Phoenix, where students come after school to hand-make jewelry. They are involved in everything from customer service, shipping, jewelry design, new product design, and sales. The students, who are given scholarships through the non-profit, are then given jobs so they can be mentored and guided every step of the way. Over 40 scholarships have been given since 2011. 100% of donations given go directly to the students. The project currently employs 11 inner city students, who would otherwise not have a chance to go to college.

App of the Month

Clark Howard On Demand

Clark Howard is America's consumer expert! He is known for his expertise on helping you save money in every area of your spending. Now you can get this valuable information from Clark on your mobile device.

With the Clark Howard On Demand app you can :

- Download and stream recent podcasts
- Access shopping and consumer guides on the go
- Access all of his articles, guides and video tips
- Call the live show directly from the app
- Email a question for Clark that he may answer on the air
- Use exclusive app-only content from Clark

The app is available on the App Store and Google play. Start saving today!

Website of the Month

DoSomething.org

The goal of DoSomething.org is to empower and activate young people to get involved and make a difference in the lives of those less fortunate. There is an opportunity to join in with hundreds of campaigns to create good in their community, schools, and neighborhoods. There is something for everyone, regardless of how much time they are willing to spend, or what they are passionate about. There are also opportunities to apply for a DoSomething.org college scholarship, in 3 easy steps. No essays, no GPA requirements, no recommendations, and no applications. Multiple scholarships can be applied for and can add up to big college savings. There are also paid internships available in the NYC area. Young people can find a list of crisis hotlines if they, or a friend, are having issues.

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