



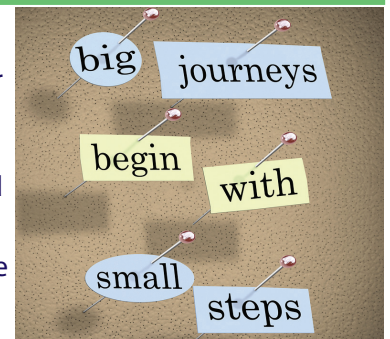
# ACFC CONNECTIONS



March 2017

## STEP IT UP WITH THE ACFC!

Spring is a time of renewal and rebirth. It's time to start getting ready for summer activities and vacations. The ACFC wants to help you put your best foot forward and be in the best shape possible. With programs like our Health and Wellness Taxable Reimbursement Program, discounts on wellness services, and healthy lifestyle promotions, we want to provide you the tools to take the steps you need to reach your goals. It's never too early or too late to start your journey by taking the small steps that lead to big changes. Make a commitment to begin today! Be sure to check out the [ACFC website](#) often for detailed information about all of the resources available to you and your family. We want to be your source for "help when you need it, where you need it."



### March Dates and Observances

<a href="#">American Red Cross Month</a>	<a href="#">National Kidney Month</a>
<a href="#">National Nutrition Month</a>	<a href="#">MS Awareness Month</a>
<a href="#">Colorectal Cancer Awareness Month</a>	<a href="#">Brain Injury Awareness Month</a>
<a href="#">Eye Donor Month</a>	<a href="#">Save Your Vision Month</a>
<a href="#">Credit Education Month</a>	<a href="#">Women's History Month</a>
<a href="#">National Endometriosis Awareness Month</a>	
March 2, 2017	<a href="#">Read Across America Day</a>
March 6-10, 2017	<a href="#">National School Breakfast Week</a>
March 9, 2017	<a href="#">World Kidney Day</a>
March 12, 2017	<a href="#">Daylight Saving Time Starts</a>
March 17, 2017	<a href="#">St. Patrick's Day</a>
March 19-25, 2017	<a href="#">Poison Prevention Week</a>
March 20, 2017	<a href="#">First Day of Spring</a>
March 28, 2017	<a href="#">American Diabetes Alert Day</a>

## FUTURELINK

FutureLink is retiring the workshops listed below. Although they will no longer be available with the Advisor on site or live on the Web, they will remain available as self-paced courses on the FutureLink web site. For more information go [www.vz-futurelink.net](http://www.vz-futurelink.net).

- CLEP Prep
- Creating An Education Plan
- Creating A PLA (Prior Learning Assessment) Profile
- Earn The College Credit That's Due You
- How To Plan For A Satisfying Retirement
- Job Search Strategies
- Strategies for Resolving Conflict Constructively

## BACK-UP CARE

In some parts of the country entire school districts have closed due to the number of ill students. What would you do if your school suddenly closed? You'd call Back-Up Care and schedule care for your children in your home or a qualified child care center. In-home care is available 24/7 and care can be scheduled as late as the day it is needed. Don't get caught unprepared! Register now for Back-Up so you will be ready for any unexpected event that disrupts your usual arrangements. It takes just minutes to avoid hours of scrambling to arrange care for your children.

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

Back-Up Care  Advantage

## ANTHEM EAP

As the song says, "You've got to accentuate the positive, eliminate the negative." We all have a choice to either be positive or negative. The choices we make can affect our outlook and the quality of our life. This month Anthem EAP wants to show you how to gain control over negative thoughts and turn them into positive ones. Starting March 21, 2017, the webinar, "Disrupting Negative Thoughts," will be available on demand. The information in this webinar will help you take a more mindful approach and experience more joy.

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

If you are experiencing financial burdens, you need to know that your Anthem EAP provides FREE financial advice for qualified ACFC members. Each member is entitled to no-cost telephone consultation with Anthem EAP's financial counselors, who are seasoned financial professionals and licensed CPAs. Topics include budgeting, college funding/student loans, divorce, insurance, retirement, financial planning, credit and debit management, mortgages and taxes.

This service is unlimited, so you can call as many times as needed to address all of your concerns. Local referrals are available for more complex financial planning issues. Anthem also has various online legal forms that you can access from their website: [www.Anthem.com/eap/verizon](http://www.Anthem.com/eap/verizon).

Visit the [ACFC website](http://www.ACFC.org) for all of the details and to learn about other financial resources available to you from the ACFC.



### Made in America

#### Sword & Plough

[Sword & Plough](http://www.swordandplough.com) is a socially conscious American manufacturer that uses military surplus to create stylish bags and re-purposed clothing. The purchase of these re-purposed bags empowers veteran employment, reduces waste, and strengthens civil-military understanding. The company provides employment for veterans and donates 10% of their profits to organizations that support veterans. They also partner with suppliers who support veterans and veteran owned businesses. Whether you need a duffel bag, a handbag, a messenger bag, or a tote bag, you'll find just what you're looking for. They also sell jewelry, wallets, and accessories. Support our veterans today!

### App of the Month

#### Nextdoor

A lot goes on in your neighborhoods that would be good to share within the community.

- Finding a lost pet
- Sharing referrals for home services
- Finding a babysitter
- Buying and selling used items
- Community events
- School updates
- Starting a neighborhood watch
- Safety issues
- Planning a community garden
- Carpooling

These are just a few of the many topics that can be shared on [Nextdoor](http://www.Nextdoor.com). Nextdoor's mission is to provide a trusted platform where neighbors work together to build stronger, safer, happier communities. The Nextdoor app is available on the App Store and on Google play.

### Website of the Month

#### iHeartDogs

If you're a dog owner, you're going to love [iHeartDogs](http://www.iHeartDogs.com). You'll find so much information about caring for your beloved pet, you won't know where to start. Best of all, every purchase made on the [iHeartDogs](http://www.iHeartDogs.com) website provides food and toys to shelter dogs. Last year over six millions meals were donated to shelters. Not only will you find products for your furry friend, you'll also find a huge selection of gifts for you, your friends, and family. Jewelry, t-shirts, socks, home goods, and totes are just a few categories of items available. You can even shop by dog breed and proudly share your love of your pet. The site also offers extensive information on dog care, behavior, training, and safety. Enjoy your adventure!

## 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](http://www.ACFC.org) 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**