



# ACFC CONNECTIONS



April 2017

## GET A FRESH START WITH THE ACFC!

Every new day brings the opportunity for a fresh start. It's a chance to let go of the past and begin a new adventure. The ACFC strives to bring you the resources to help you make the changes needed to create the life you dream of. Whether you are dealing with stress, financial burdens, caregiving responsibilities, or medical concerns, you will find services and programs that will allow you to deal with these obstacles and free up time for yourself.

We are your source for "help when you need it, where you need it!" Visit the [ACFC website](#) often to discover the fresh options we continue to add to the vast array of solutions already available to you and your family. Now is the time, today is the day, to navigate your new direction and to start fresh. The ACFC is here to make it happen.



### April Dates and Observances

<a href="#">Alcohol Awareness Month</a>	<a href="#">National Donor Life Month</a>
<a href="#">National Garden Month</a>	<a href="#">Keep America Beautiful Month</a>
<a href="#">Autism Awareness Month</a>	<a href="#">Stress Awareness Month</a>
<a href="#">Child Abuse Prevention Month</a>	<a href="#">National Volunteer Month</a>
<a href="#">Community Service Month</a>	<a href="#">Distracted Driving Awareness Month</a>
<a href="#">Irritable Bowel Syndrome Awareness Month</a>	
April 1, 2017	<a href="#">April Fool's Day</a>
April 3-7, 2017	<a href="#">Youth Violence Prevention Week</a>
April 16, 2017	<a href="#">Easter Sunday</a>
April 18, 2017	<a href="#">Tax Day</a>
April 22, 2017	<a href="#">Earth Day</a>
April 22-29, 2017	<a href="#">Infant Immunization Week</a>
April 24-28, 2017	<a href="#">Every Kid Healthy Week</a>
April 28, 2017	<a href="#">Arbor Day</a>

## COLLEGE COACH

The ACFC is pleased to be offering College Coach to its members. This is a free program that guides you and your children through the challenges of planning and applying for college. In April you can learn the importance of both the SAT and ACT, and which one your child should take. Make plans now to attend an informative webinar, "SAT & ACT: Which is Right for My Child," on Tuesday, April 18, 2017, 3:00 PM DST. Get the facts about this important decision. Learn about the tests, understand the differences, and find out how to use your child's learning style to make the most informed decision for the best possible result. You'll learn:

- Steps you and your child can take to determine the right test
- Key identifiers to help you choose
- Test dates and time line options

Learn more about the College Coach program by visiting the [ACFC website](#) and clicking on the College Coach tab.

## ANTHEM LEGAL SERVICES

As a part of your Anthem Legal/Financial benefit, each CWA-represented employee is entitled to a free hour of initial office or telephone consultation, per separate legal matter, at no cost, with a network attorney or network legal mediator. In the event that you wish to retain a participating attorney after the initial consultation, you will be provided with a preferred rate reduction of 30% from the attorney's normal hourly rate. Virtually all types of legal matters are eligible for these services. For more details or to schedule your free consultation, call your Anthem EAP at 888-441-8674.



## ANTHEM EAP

It's well known that to give the best care to others, you must first care for yourself. If you think of yourself as a vessel that gets used up, you must find ways to refill and replenish your energy supply and avoid compassion fatigue. You can learn specific strategies to reduce stress and to develop resilience in this month's Anthem webinar, "Compassion Fatigue: Increasing Resiliency," which will be available on demand starting on April 18, 2017.

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 pleased to announce the addition of a new program for parents of special needs children, ***Special and Exceptional Needs***. Brought to you by Bright Horizons, this program provides free, expert guidance on your child's unique situation to help you advocate for and support your child from birth through young adulthood. Support can be for children with learning, emotional or developmental challenges. Look to the online assistant to simplify education planning with guidance on action

plans, facilitating school communications, troubleshooting issues, organizing materials and tracking progress. Features include: a virtual binder to store school records, reports and notifications, letter-generators to ensure effective communications with school, a dynamic calendar for tracking state-specific time lines, private sharing for extended team members, and progress monitoring, all accessible via the web from a desktop or mobile device.

For more information and full details about this important new program, visit the [ACFC website](#).



### Made in America

#### Liberty Tabletop

Liberty Tabletop is the only flatware made in the USA, employing American craftsmen. All of their items are produced using the finest quality 18/10 chromium/nickel stainless steel, which offers incredible luster and enhanced resistance to staining. There are over 20 designs to choose, ranging from modern to formal. Their products are designed to last a lifetime and to become a family treasure. Along with flatware, Liberty offers a line of cookware, gift sets for babies, bridal gifts, storage cases, and handcrafted picnic baskets and cutting boards. All of these products are available online or in select stores. They believe in growing our economy, providing jobs to people in the community, and preserving the craft of flatware manufacturing and tool making.

### App of the Month

#### Rosetta Stone Kids

The Rosetta Stone® Kids app can help young children learn language skills and includes a game to learn Spanish phrases. It is an award-winning app for preschoolers (ages 3-6) that combines English reading with Spanish speaking to help make kids stronger, more confident readers. A new language brings opportunities for young children to build new reading and speaking skills. This app is a great way for kids to practice phonics and reading skills—and it supports the Common Core standards for Kindergarten. The Parents' Corner highlights the skills introduced and shows how your child is doing. The app is available on the Apple App Store and at the Amazon Appstore for Android.

### Website of the Month

#### Beyond Brilliance

Learning is a lifetime process that shouldn't end when you leave school. Beyond Brilliance offers readers the opportunity to learn how to keep learning, regardless of your age or career. It's a cookbook for learning, full of recipes for success. Become more productive, remember more, and feel more successful with these innovative ideas. Because the author believes everyone should have access to these learning techniques, the book is offered as a free download. For those who prefer a physical copy, the book can be purchased. If you send them a copy of your receipt within three months and provide a review, they will reimburse you the full cost of the book. Start your journey today to "rethink thinking and learning how to learn."

## 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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