



ACFC CONNECTIONS



May 2017

RENEW YOURSELF WITH THE ACFC!

May is the time of year when flowers begin to bloom and Mother Earth begins her season of renewal. The ACFC is renewing itself also! Check out our refreshed website and discover all of the fabulous services, resources, programs, and information available to you and your family. Everything from savings and discounts, to help with your special needs children is available.



How can we help you renew yourself today? Visit the [ACFC website](#) to find the solutions you need to free yourself from the obstacles and difficulties that prevent you from beginning your own renewal. We want to make your life as care-free and enjoyable as possible. That's why we're always here with "help when you need it, where you need it!"

May Dates and Observances

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| Ultraviolet Awareness Month | Arthritis Awareness Month | Food Allergy Action Month |
| Asthma & Allergy Awareness Month | Mental Health Month | Better Sleep Month |
| Healthy Vision Month | Stroke Awareness Month | Older Americans Month |
| Osteoporosis Month | Skin Cancer Awareness Month | Clean Air Month |
| High Blood Pressure Education Month | Celiac Disease Awareness Month | Lupus Awareness Month |
| National Physical Fitness & Sports Month | Bicycle Safety Month | ALS Awareness Month |
| Huntington's Disease Awareness Month | Motorcycle Safety and Awareness Month | |

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| May 8-14, 2017 | Anxiety & Depression Awareness Week |
| May 7-13, 2017 | Children's Mental Health Week |
| May 14, 2017 | Mother's Day |
| May 14-20, 2017 | Women's Health Week |
| May 20, 2017 | Armed Forces Day |
| May 15-21, 2017 | Hurricane Preparedness Week |
| May 29, 2017 | Memorial Day |

BRIGHT HORIZONS: SPECIAL NEEDS

Does your child have difficulty focusing in school? Is he/she lagging behind developmentally or struggling with social skills? Does he have ADHD, autism, or any learning disabilities? Are you concerned about a potentially undiagnosed issue? The Bright Horizons Special Needs program, powered by the Torchlight online platform, is a unique and free benefit that provides expert information to research, advocate for, and support your child in overcoming these hurdles. Get information via the online resources, webinar series, and expert advising to help you understand and respond to your child's unique, individual needs. Register online to learn more and get started today by visiting the [ACFC website](#) and clicking on Torchlight under the Education section on the left-hand side.

You can also learn more about parenting children of all ages by enrolling in an Active Parenting Online Group. These self-paced, video-based online classes will teach you skills that will give you the confidence that you are doing the best at your other full-time job of parenting. Click on the Active Parenting tab on the [ACFC website](#).

ANTHEM LEGAL SERVICES

Identity theft is a growing concern for everyone and your Anthem EAP has what you need to be protected. You can register for a free account with Control Your ID as a part of your Verizon EAP services. Control Your ID is the only identify theft protection company recommended by the credit reporting industry. The services included are prevention, restoration, monitoring and expense reimbursement. To sign up today, go to [Anthem EAP](#) and click on the Legal/Financial/ID Monitoring Center on the right-hand side of the page.



ANTHEM EAP

Raising children, especially teens, in today's modern, high-tech society can be challenging. How can you be sure your children are protected from social media and are dealing with peer pressure in healthy ways. This month's Anthem webinar, "Raising Well-Adjusted Kids," reviews the current research and science behind raising well-adjusted kids. Learn how to foster positive mental health in your children and teens. The webinar will be available on demand beginning on May 16, 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

Another step to renewal is utilizing the ACFC's Health and Wellness Taxable Reimbursement Program. Regular exercise and weight management improve health, reduce stress, and combat obesity. The ACFC will reimburse eligible employees for gym memberships or weight management programs up to \$100 from January - June 2017 and July - December 2017. What better way to start your journey to a healthier you! Any program or fitness center in your community is eligible for reimbursement.

Made in America

Baby Eco Trends

Baby Eco Trends is a family-owned business building handcrafted furniture that will become family heirlooms. You'll find American made baby nursery furniture & children's furniture made of solid wood, sustainably grown & harvested in the USA. Along with baby and children's furniture, they offer toys, nursery art, blankets, lamps, organic mattresses, bunk beds, and Murphy beds. They carry the Gold Green America Certified Business award. Expectant parents can sign up for a gift registry; also gift cards are available. Stains, paints, finishes, hardware & fabric can be customized to create your one-of-a-kind treasure. Shipping is free for orders over \$75.

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)

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



App of the Month

Waze

Waze is the world's largest community-based traffic and navigation app. Waze features live routing based on real-time traffic & road info, plus community-reported alerts including accidents, hazards, police traps, road closures and more. Get where you're going with turn-by-turn voice-guided navigation, live maps consistently edited and updated by Waze community map editors, and automatic rerouting as conditions change on the road. You can send your ETA to friends, see friends' ETA when driving to the same destination, and find the cheapest gas station on your route. You also have the option to add voice commands to travel hands-free. Waze is available on the Google Play and the App Store.

Website of the Month

SugarScience

It's always been known that sugar leads to obesity, but more evidence is showing that too much sugar can make you seriously ill. Deciphering how much sugar is in the foods we eat is complicated by the fact that there are more than 61 names used on food labels. The American Heart Association recommends no more than 38 grams of sugar for men and 25 grams for women per day. Even healthy foods such as yogurt can exceed this amount in one serving. The information provided on the [SugarScience](#) site will help you learn the health risks of excess sugar and what steps you can take to reduce sugar intake for you and your family. The better informed you are, the more you can do eat healthier and make the changes needed to live longer.

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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