



ACFC CONNECTIONS



June 2017

EXPERIENCE THE JOY OF SUMMER WITH THE ACFC!

What a great month June is! It's a time to celebrate the outdoors, healthy eating, and special fathers in our lives. A picnic in the park, or a hike on a trail with the family is a perfect way to combine all of these. A visit to a local farmers market can be an educational experience, as well as quality time spent together. The ACFC has a vast selection of programs, services, and resources to help you and your family stay as healthy and stress-free as possible. Visit the [ACFC website](#) to discover what's in store for you!



Don't forget to apply for your \$100.00 Health and Wellness reimbursement. All applications must be mailed or emailed to Dutchin Carpenter by June 30, 2017.

June Dates and Observances

Fireworks Safety Month	Cataract Awareness Month
Myasthenia Gravis Awareness Month	Men's Health Month
National Safety Month	Home Safety Month
National Fruit & Vegetables Month	National Adopt-A-Cat Month
PTSD Awareness Month	Great Outdoors Month
Alzheimer's and Brain Awareness Month	National Aphasia Awareness Month
National Migraine and Headache Awareness Month	
June 1-7, 2017	National CPR & AED Awareness Week
June 3, 2017	National Trails Day
June 3-11, 2017	National Fishing and Boating Week
June 4, 2017	National Cancer Survivors Day
June 10, 2017	National Get Outdoors Day
June 12-18, 2017	Men's Health Week
June 14, 2017	Flag Day
June 17, 2017	National Eat Your Vegetables Day
June 18-24, 2017	Lightning Safety Awareness Week
June 18, 2017	Father's Day
June 21, 2017	Summer Solstice

COLLEGE COACH: SAVING FOR COLLEGE

College Coach® and the ACFC invite you to attend a live online webinar on Thursday, June 8, 2017, at 12:00 PM ET.

Saving for college can seem like an insurmountable task and selecting the right saving plan causes anxiety for the majority of families. This session provides an introduction to the tax-advantaged savings plans commonly used to plan for future college expenses. A College Coach expert will educate families about:

- Choosing the right savings plan
- How decisions today may impact eligibility for future financial aid
- Common strategies used to save and pay for college
- Key considerations regarding financial flexibility, control, and taxation to keep in mind

This topic is suggested for parents/guardians of newborns – 8th graders. Register for this upcoming event on the College Coach portal on the [ACFC website](#).

ANTHEM ONLINE RESOURCES

Your Anthem EAP has a number of online resources to help you with everyday challenges, such as:

- Legal and financial tools and calculators to assist with debt and credit management and life events
- Work/Life assistance including an online database for child and adult care, education options, and a library of information on topics such as consumer resources, parenting, communication, health and wellness, and balancing work and family
- Assessments and learning tools for self-development

Go to [Anthem EAP](#) and click on the About Your Services tab.

ANTHEM EAP

Staying balanced in our changing world seems like an impossible challenge. Where do you find the emotional support to help you deal with how change impacts all aspects of your life? This month's Anthem EAP webinar, "*Emotional Support: Staying Balanced in a Changing World*," will be available starting June 20, 2017. This session explores how people who know how to manage change have more successful lives.

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

Healthcare Benefits Coordinators

Need help with workers compensation cases, and/or MetLife claims? Do you have questions about medical, dental, or vision insurance? Help is available! Speak directly with one of our internal CWA/Verizon Health Care Benefits Coordinators in your area to get the answers you need.

Inés Millard-
MD/DC/ VA/ WVA-Actives
Medical, Dental, Vision, Disability and Enrollment Issues
Ines.l.millard@verizon.com

1-888-571-7218

Jodi Grant-
NJ/PA/DE -Actives
Medical, Dental, Vision, Disability and Enrollment Issues
Jodi.l.grant@verizon.com

1-888-324-4969

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



Made in America

Vermont Teddy Bear

Who doesn't love a soft, cuddly teddy bear? For 36 years now Vermont Teddy Bear has been making personalized teddy bears that become a life-long treasure. Each one of their meticulously-designed, artisan, handcrafted bears is guaranteed for a lifetime. They share an inherent corporate responsibility to give back by using 100% recycled stuffing in each bear and provide first responders with bears to give to children in crisis situations through their Little Hero Program®. Bears range from fifteen inches to six feet! Each bear is outfitted based on a selection of holidays, occasions, hobbies, or themes. You can also create a custom design for an especially unique gift.

App of the Month

American Red Cross

With warm weather here, everyone will be spending time outdoors and accidents are bound to happen. Knowing what to do quickly is important to reduce injury. The American Red Cross has the apps you need to have available in the event of an emergency. Get instant access to information on handling the most common first aid emergencies. You can also choose an emergency app for your pets and from a variety of apps specific to natural disasters. And be sure to check out the Monster Guard app for kids aged 7 - 11. This app teaches preparedness for real-life emergencies at home with the help of Maya, Chad, Olivia, and all the monsters.

All of these apps are available on the App Store and Google Play.

Website of the Month

Touchnote

Imagine the joy of sending a personalized postcard or greeting card to a family member or friend, right from your computer. It's fun and easy with Touchnote. For a small fee, you can upload an image, design a postcard or greeting card, add an address, and they will print it and mail it. There is the option to do a one-time card, or you can purchase credit packs for big savings. Choose from a variety of layouts, displaying from one photo to as many as six. You can also add a caption on the front. Products available are postcards, greeting cards, canvases, and framed photos. Use the available app to send postcards of your vacation from your mobile device and have them arrive to your friends and family before you return home.

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