



# ACFC CONNECTIONS



August 2017

## TAKE AN ADVENTURE WITH THE ACFC!

Life is an adventure and the ACFC wants you to be able to enjoy every opportunity that heads your way. Whether it's financial, medical, family, or emotional issues that you face, we have the resources, services, and programs to get you the help when you need it, where you need it. The ACFC was created for the purpose of making you, our members, as happy, healthy, and stress-free as possible. What we do is an ongoing adventure to keep these services fresh, new and as relevant as we can. We hope you can experience and benefit what is available to you on a daily basis.

Take time to explore and discover all that the ACFC has available to you by visiting the [ACFC website](#) often and take this adventure to your best life along with us.



### August Dates and Observances

[Children's Eye Health and Safety Month](#)

[Happiness Happens Month](#)

[National Breastfeeding Month](#)

[National Immunization Awareness Month](#)

[Family Fun Month](#)

August 6-12, 2017 -

August 21, 2017 -

[National Farmers Market Week](#)

[Total Solar Eclipse](#)

[American Adventures Month](#)

[Water Quality Month](#)

[Back to School Month](#)

[Psoriasis Awareness Month](#)

## COLLEGE COACH

High school is the critical time to help maximize your child's potential for success in college admissions. With close to 4,000 options, complexity in admissions is at an unprecedented high. To help parents and guardians of 9th - 12th graders, College Coach is offering a webinar, "**College Admissions: The Insider's View**," on August 31, 2017 at 12:00 PM ET. Key topics that will be covered are:

- How colleges evaluate applications
- Planning the ideal high school academic program
- Putting together a strong college list
- Tips for choosing a topic and crafting a strong essay
- Valuable ideas for a successful application, including the importance of marketing the student
- Suggestions for avoiding some common application pitfalls
- How to narrow options and select the *right* college

Register for this upcoming event on the College Coach portal on the [ACFC website](#).

## BACK-UP CARE

For ACFC members with newborns or children, Back-Up Care can be a life-saver during a stressful time.

You can use back-up child care when:

- You have a new baby and need care while you transition back to a normal work schedule.
- Your child's school or center is closed for breaks, teacher in-service days or inclement weather.
- Your child is mildly ill and cannot attend their regular care program.
- You have a change in your work schedule and need in-home child care for evening and weekend hours.
- Your stay-at-home spouse is called in for jury duty or has an appointment.

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

**Your co-pay for September will be waived for all home and center-based care!**

## ANTHEM EAP

There are a number of factors that determine how we handle grief after a devastating incident. Everyone handles grief in a different way, in a personal way. Grief and loss trigger conflicting emotions that may be new to you and your loved ones. Anthem EAP will be offering a webinar, "**Bereavement: Coping with Loss**," this month to help you explore your own reactions to loss, from a death to divorce. Learn why some people are stuck in a "grief rut" as they discuss more healthy ways to grieve. This webinar will be available starting August 15, 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.

*What we have once enjoyed deeply we can never lose. All that we love deeply become a part of us. ~ Helen Keller*

## NOTABLE NEWS

Great News! The ACFC Health and Wellness Taxable Reimbursement program is available for the period of July - December 2017. The ACFC will reimburse eligible employees for gym memberships or weight management programs up to \$100. Any program or fitness center in your community is eligible for reimbursement. The application will be available on the [ACFC website](#) soon. Check back often to discover all of the services we offer to you and your family.

### Made in America

#### Walk Over Shoes

Walk Over Shoes has been making handcrafted boots, moccasins, and oxfords since 1758. They pride themselves on the quality and workmanship of every pair of shoes they make. There is a slideshow on the website showing the seven steps used to make a pair of shoes and the faces of the workers who make these shoes possible. After seeing the detailed process and dedicated faces of the workers that create your individual shoes, you will wear them with the same pride they were made with. Be sure to also watch the video of American workers making these beautiful shoes in the factory. Standard UPS Ground shipping is always free.

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

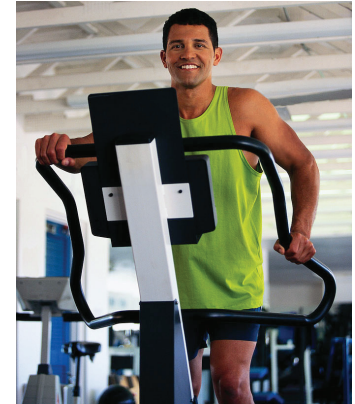
**Payouts for the January-June reimbursements will be on your August 11th paycheck.**

### App of the Month

#### Outdoor Family Fun

The goal of Outdoor Family Fun with Plum is to get your kids away from TV, mobile devices, and video games and encourage them to go outdoors to spend time with nature. Features include:

- 150+ unique missions to explore your neighborhood's plants, animals, and weather
- Hundreds of tips to help your family talk about nature and science
- New missions and achievement badges that unlock as you use the app
- Digital tools to help your family observe and interact with nature
- Daily sets of suggested missions to try
- Progress tracker to look back on missions and achievements



### Website of the Month

#### My Retirement Paycheck

There are eight aspects of your life that work together to create your retirement paycheck. Decisions that you make in each of these areas can have a substantial impact on your quality of life once you retire. This website provides insight into each of the areas and offers important information for each one. The areas covered are:

- Work
- Social Security
- Home & Mortgage
- Insurance
- Retirement Plans
- Savings & Investments
- Debt
- Fraud

The information provided on this site is easy-to-read, informative, and invaluable.

## 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**