



ACFC CONNECTIONS



September 2017

BE PREPARED WITH THE ACFC!

Back to school, cooler weather, Fall activities...there's so much to begin preparing for, and the ACFC has what you need to be ready! Whether you're an early holiday shopper, planning a move, buying a home, expecting a baby, or taking a trip, we have the resources and services to help you prepare and be successful. It's all here, in one convenient stop: www.ACFCcares.com. Be sure to visit us often, as the benefits and program are updated regularly.

Help When You Need It, Where You Need It! That says it all!



September Dates and Observances

Atrial Fibrillation Awareness Month	Baby Safety Month	Child Obesity Awareness Month
Childhood Cancer Awareness Month	Cholesterol Education Month	College Savings Month
Food Safety Month	Fruit and Veggie Month	
Gynecological Cancer Awareness Month		Head Lice Prevention Month
Healthy Aging Month	Leukemia & Lymphoma Awareness Month	
Mold Awareness Month	National Preparedness Month	National Recovery Month
Newborn Screening Awareness Month	Ovarian Cancer Awareness Month	Pain Awareness Month
Prostate Cancer Awareness Month	Sepsis Awareness Month	Sickle Cell Awareness Month
Thyroid Cancer Awareness Month	Whole Grains Month	Yoga Awareness Month

September 4, 2017 -

September 10-16, 2017 -

September 10, 2017 -

September 17-23, 2017 -

September 20, 2017 -

September 22, 2017 -

September 27, 2017 -

[Labor Day](#)

[Suicide Prevention Week](#)

[Grandparents Day](#)

[Child Passenger Safety Week](#)

[School Backpack Awareness Day](#)

[1st Day of Fall](#)

[Women's Health & Fitness Day](#)

BACK TO SCHOOL WITH THE ACFC!

Let the ACFC help you and your family transition back to school this year with these programs from Bright Horizons!

- **My Tutor:**
Connect to a live tutor for one-on-one help with math, science, social studies and English. My Tutor can be accessed on your desktop or mobile device for your convenience. Tutors are available 7 days a week from 2 PM to 1 AM EST.
- **Back-Up Care:**
Back-Up Care provides care for children, adults and elders. It can be used when school is closed, your child is sick, your adult relative needs care at home after surgery or illness, or to help you care for an elderly parent. You are entitled to 160 hours of care at \$2 an hour for center-based care and \$4 an hour for in-home care. Back-up Care is FREE in the month of September, so register today and schedule your care!
- **College Coach:**
College Coach helps guide families through the college process. You can receive personalized assistance for both the children and their parents, live webinars, assessments and other resources.
- **Torchlight - Special Needs Support:**
The Bright Horizons Special Needs program is a unique and free benefit that provides expert information to research, advocate for, and support your child in overcoming educational challenges. Some examples of challenges they can help you and your child with are autism, ADHD, learning disabilities, social skills, focusing in the classroom, and anxiety associated with test taking. If you feel this could benefit your child, please register for Torchlight today!



ANTHEM EAP

It seems to be getting harder every day to escape information overload and it's beginning to have an impact on all areas of our lives. Managing the enormous amount of information that is thrown at us is difficult. Anthem's webinar, "Information Overload," will help you understand what contributes to information overload and apply tips and tools for effectively managing information. The webinar will be available on demand starting September 19, 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.

And remember to stop and smell the roses!

Made in America

CBHStudio

No matter how old of a kid you are, you'll love the Little Packrats from [CBHStudio](#). Your child will feel like the coolest kid (or kid-at-heart) in the entire school (or anywhere for that matter!) with these stylish, sturdy, and easy to clean packs, totes and accessories. These CPSIA compliant totes are made with rugged zippers, heavy-duty threads, weather-resistant material and best of all come in all the colors of the rainbow. Choose from your favorite pet; dogs, cats, birds, horses, rabbits, and more. [CBHStudio](#) was founded by Cathy Berse-Hurley, who also creates the designs. As a mom herself, Cathy understands a child's desire to show off their creative and fun side. They also offer tote bags, change purses, and canvas bags.

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.

App of the Month

AllTrails

Cooler weather and changing leaf color are a perfect combination for outdoor hiking. The [AllTrails](#) app has the largest collection of detailed, hand-curated trail maps, with over 50,000 available. Each map shows the difficulty, activities available, suitability, and length. You can follow along the route as you are hiking. At home or on the road, find your perfect hike, bike ride, or trail run by length, rating, and difficulty level. Filter by dog or kid-friendly trails, or find trails with great views. Be sure to record your hiking history as you explore each map. The [AllTrails](#) app is available on the App Store and Google play.

Website of the Month

BestReviews

Have you ever wondered if you're making the right choice on your purchases? How can you know an item is the best value for your money? With [BestReviews](#), you'll find the information you need to make purchases with confidence. They test and compare hundreds of items and publish their results so you can make a sound purchasing decision on everything from personal care items to tools. They purchase items, just as you would, as then subject them to independent tests and evaluations. Goods are never received directly from a manufacturer. After all the poking and prodding to test the merchandise, they donate it to a charitable organization. So next time you're ready to go shopping, check out [BestReviews](#) before you go.

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