



# ACFC CONNECTIONS



October 2017

## TURN OVER A NEW LEAF WITH THE ACFC!

Just as the leaves on the trees go through a transformation, you can also begin a new season of your life. Let the ACFC help you begin the transformation to where you want to be financially, physically, mentally, or socially. We provide the services and resources you and your family need to reach your goals and make changes to live your ideal life. Just as a leaf has to progress through changing seasons to begin fresh again, so do we. Take the opportunity to begin a new and improved course of action and get the "help when you need, where you need it," from the ACFC. Visit the [ACFC website](http://www.ACFCares.com) today and turn over your new leaf!



### October Dates and Observances

<a href="#">Adopt-A-Shelter-Dog Month</a>	<a href="#">Breast Cancer Awareness Month</a>
<a href="#">Bullying Prevention Month</a>	<a href="#">Children's Health Month</a>
<a href="#">Domestic Violence Awareness Month</a>	<a href="#">Down Syndrome Awareness Month</a>
<a href="#">Eat Better, Eat Together Month</a>	<a href="#">Eye Injury Prevention Month</a>
<a href="#">National Crime Prevention Month</a>	<a href="#">National Dental Hygiene Month</a>
<a href="#">National Vegetarian Month</a>	<a href="#">Sudden Infant Death Syndrome (SIDS) Awareness Month</a>
October 2-8, 2017 - <a href="#">Mental Health Awareness Week</a>	
October 5, 2017 - <a href="#">Depression Screening Day</a>	
October 8-14, 2017 - <a href="#">Fire Prevention Week</a>	
October 15-21, 2017 - <a href="#">Infection Prevention Week</a>	<a href="#">National Teen Driver Safety Week</a>
October 16-20, 2017 - <a href="#">School Bus Safety Week</a>	
October 23-31, 2017 - <a href="#">Red Ribbon Week</a>	
October 31, 2017 - <a href="#">Halloween</a>	

## BRIGHT HORIZONS

Bright Horizons is always ready to assist you with the Back-Up Care Advantage Program, College Coach, and Torchlight. This month they are offering two important webinars for you and your family.

### Special Education and Life After High School - Wednesday, October 18, 2017 at 12:00 PM ET —

Is your teenager on an Individualized Education Program (IEP)? Are you concerned about life after high school? Join this webinar to learn about the transition planning process. Then, gather strategies for ensuring that your child is headed for a successful, independent life after high school.

### Paying for College - Thursday, October 26, 2017 at 3:00 PM ET —

Learn from experts how to mine every financial resource, when to ask for financial aid, and what you'll need to know before writing that first tuition check. College Coach one-on-one assistance from an expert is also available.

If you are unable to attend the live webinars, they will be available on the College Coach & Torchlight websites for a limited time after they are offered. Visit the [ACFC website](http://www.ACFCares.com) to register for these webinars and learn about these invaluable programs.

## MY TUTOR

Now that school is in full swing, don't forget to take advantage of the **My Tutor** program. Your child has access to free online tutoring seven days a week, from 2:00 PM to 1:00 AM ET. Tutors are available for help with math, science, social studies and English, for students from elementary school to college. Adult learners can get help with business writing needs and resume development. **My Tutor** is available on mobile devices also, so you and your children can get help when you need it, where you need it. Visit the [ACFC website](http://www.ACFCares.com) for all the details!

## ANTHEM EAP

An active approach to well-being includes frequent movement and proper ergonomics. It's important to incorporate these into your daily work schedule to avoid health risk factors from a sedentary workday. **Anthem EAP** will teach you how to incorporate desk exercises and movement into your day during this month's webinar, "Improve Your Health with Ergonomics and Frequent Movement." The webinar will be available anytime on or after October 17th. 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. Keep moving!

## NOTABLE NEWS

If you are the parent of a baby or toddler, you're going to love the new videos from Active Parenting! In the **Active Parenting: First Five Years** series, parents will understand the ages and stages of development every young child goes through, and how to enhance your child's learning at each stage. Learn about three parenting styles, and how to use the "method of choice" to defuse power struggles. Begin building a lifelong bond with your baby or young child, and use the power of encouragement to help them

### Made in America

#### OscarMike

Oscar Mike is an American-made line of apparel and accessories that uses 100% of their proceeds to help rehabilitate injured veterans through adaptive sporting events. Their mission is to assist and promote injured veterans in staying "on the move." Through donations and the sales proceeds, they offer an outlet for an ongoing competitive lifestyle to America's veterans. Products available include hats, water bottles, t-shirts, outerwear, and headgear, just to name a few. Each month, in their **Heroes Series**, they honor a veteran who has conquered his or her disability and inspires others. Take advantage of this opportunity to support our veterans who have given so much for our country.

## 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.

learn positive behavior at an early age. Discover how to use choices and consequences to further develop positive behavior in your child. Understand the importance of taking care of yourself as well as your child. Find out six smart things you can do to help your young children get ready for school success and give them a strong start!

Click on the Active Parenting tab on the [ACFC website](#) to find out how to view these entertaining videos in the Online Video Library.

### App of the Month

#### GroupMe

Have you ever needed to text or chat with a group of friends and family members and wished there was a way to reach them all at once? Now you can create multiple "groups" that you can chat and share with all at one time. **GroupMe** is a group texting app that gives you a private chat room for you and whoever you add to your groups. The app can be used with coworkers, friends, family, sports teams, and more. Or use it to plan specific events like a night out. Available for iOS, Android, and Windows Phone. With this app you can chat with friends from your mobile phone while on the go, on your computer at the office, and on your tablet—wherever you may be. It's like having your own private Facebook.

Help when you need it,  
where you need it!



### Website of the Month

#### Road Scholar

If you love adventure, exploration, travel and learning, you will love **Road Scholar**. Here you will find unique adventures suited to all of your interests, worldwide or in your own back yard. Want to go inside the CIA, travel in Europe, or attend the Rose Parade? The expeditions available are as diverse and unique as ourselves. **Road Scholar** is not a travel agent. They are the world's largest and most creative non-profit creator of experiential learning opportunities that promote lifelong learning as a part of overall well-being. They offer 5,500 learning adventures in 150 countries and all 50 states. You can follow them on Facebook to participate in the #AgeAdventurously challenge for 2017.

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