



ACFC CONNECTIONS



December 2017

WRAPPING IT UP WITH THE ACFC!

It's a wrap! This year is coming to a close. December is the perfect month to reflect on who we are, where we've been, and where we want to go in the new year. It's a time to focus on family, traditions, and shared memories. We hope the ACFC has been a valuable part of your year and that we've been able to help you live a happier, healthier, and richer life. That's our mission: to help you with your work, your life, and your family responsibilities by researching, developing, evaluating, funding, monitoring, deploying, and communicating programs and services in the areas that affect your well-being. We're excited about the new year and the opportunity to continue to serve our members. Visit the [ACFC website](http://www.ACFCares.com) regularly for announcements of new programs and services coming in the new year.



December Dates and Observances

[Safe Toys & Gifts Month](#)

[Drunk & Drugged Driving Awareness Month](#)

[National Impaired Driving Prevention Month](#)

December 3-9, 2017 - [National Hand Washing Awareness Week](#)

December 3-9, 2017 - [National Influenza Vaccination Week](#)

December 12, 2017 - [Hanukkah Begins](#)

December 7, 2017 - [Pearl Harbor Day](#)

December 4-8, 2017 - [Older Driver Safety Awareness Week](#)

December 10, 2017 - [Human Rights Day](#)

December 15, 2017 - [Bill of Rights Day](#)

December 21, 2017 - [First Day of Winter](#)

December 25, 2017 - [Christmas Day](#)

December 26, 2017 - [Kwanzaa Begins](#)

December 31, 2017 - [New Year's Eve](#)

BRIGHT HORIZONS

Holiday happenings and schedules can cause a disruption in your caregiving arrangements. The Back-Up Care Advantage Program can handle all your caregiving needs for children, elderly parents or relatives, and for you! Whether your reason for needing back-up care is planned or unplanned, you can find the services you need, when you need them, where you need them. Care is available nationwide, such as when:

- Your regular caregiver or spouse is unavailable
- Your child's regular center or school is closed
- Your loved one is mildly ill or recovering from surgery
- Your adult/elder family member needs companion services
- Your adult/elder needs care after surgery or illness

The Back-Up Care Advantage provides up to 160 hours of back-up care per year with access to the following: center-based child care, in-home child care, in-home mildly ill child care, and in-home adult/elder care. Co-pay for center-based care is \$2/hour per child and co-pay for in-home care is \$4/hour. It's important to register now so you can quickly arrange care when the need arises.

Go to the [ACFC website](http://www.ACFCares.com) and click on the Back-Up Care tab to learn more about this invaluable service available to you and your family.

ANTHEM EAP

While we are all different in many ways, we are also very similar in a lot of ways. We each bring unique skills, backgrounds, and experiences to the workforce. This uniqueness can be a rich source of creativity and problem-solving. It's important to embrace our multi-cultural workplace. Learn how this can be done in this month's Anthem webinar, **"Diversity in the Workplace: Maintaining an Inclusive Environment."**

Go to [Anthem EAP](#) any time on or after December 19th 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.

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness."~ Ola Joseph

NOTABLE NEWS

As the year comes to a close, don't forget to take advantage of the ACFC's Health & Wellness Reimbursement Program! The ACFC will reimburse eligible employees for gym memberships or weight management programs up to \$100 from July-December 2017. Applications can be emailed to: Dutchin.M.Webster@verizon.com or mailed to: Dutchin Carpenter, c/o Verizon, 215 Ritchie Lane, 2nd Floor, Glen Burnie, MD 21061. All applications and accompanying paperwork must be postmarked on or before January 5th, 2018.

Be sure to include these items in your submission:

- A contract with the gym or program (If you have the same contract that was used in the first half of 2017, you do not have to send it again)
- Proof of payment up to \$100 within the applicable dates (July 1, 2017 – December 31, 2017 only)
- The contract and proof of payment must show the employee's name
- The employee's printed and signed name on the application
- The employee's Employee ID and Enterprise must be on the application (both can be found on the Verizon eWeb)

Click on the Health and Wellness Reimbursement Program tab on the [ACFC website](#) for all the details and to access the application.



Made in America

American Adorn

American Adorn manufactures a line of adorable vintage and retro children's clothing. Every product they sell is American made and they strive to be as American as possible, from their logo and web design, to the packaging materials they use. They are also a Certified Green Business, using 100% recycled shipping bags and labels. Their selection of clothing ranges from infants to size 6X for boys and girls. They also carry a line of shoes, hair accessories, swimwear, and organic clothing. Standard shipping is free on orders over \$49.00.



App of the Month

StoryCorps

We all have a story, but how often do we share our experiences with people we encounter on the street? That's the mission of StoryCorps, to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world. Now with the StoryCorps app, you can share your story with humanity. The app guides you through the interview experience from start to finish, with easy-to-use tools to help you prepare interview questions, record high-quality conversations on your mobile device, and upload the audio to the Library of Congress. Take some time to listen to the stories of others and your life will be all the richer for it.

Website of the Month

National Geographic Kids

During the winter break from school, kids can get restless and bored. National Geographic Kids is full of videos, games, experiments, photos, and facts that will keep them entertained and engaged on days they can't explore outside. They can explore the planets, learn about animals, fill their brains with fun facts, and discover far-away places. It teaches kids about the world and how it works, empowering them to succeed and to make it a better place. Science experiments, like building their own weather station or making rain clouds in a bottle, can expand their thinking and imagination.



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