



SPRING

Into a Future Track Plan of Action

Sign up for a Future Track with your Advisor and once you complete two assessment, two workshops and a home study or future prep course related to your Future Track plan, you are eligible to receive a FutureLink Lunch Bag and a \$25.00 Gift Card from Amazon or Barnes and Noble.

Below are the different Tracks you can choose from. Your FutureLink Advisor can help you decide which one is right for you.

- Back To School
- Career Transition & Retirement
- Personal & Professional Development
- Verizon Careers – Customer Service & Technical

Not a registered user, go to the website at www.vz-futurelink.net today to sign up or speak with a call center representative on 866-308-8082, option 3.

Already a registered user, log on to the FutureLink web site and start the process to learn more about YOU! Contact your FutureLink Advisor by calling 866-308-8082, option 2, or fill out the form below and fax to 866-219-7011 to have your FutureLink Advisor contact you.

NAME

VZ ID

WORK ADDRESS

EMAIL

PHONE NUMBER

Call 866-308-8082 or visit www.vz-futurelink.net.



SKILLS YOU NEED TO SUCCEED!

Check Out Our New FutureLink Workshop Series

- **How To Be An Influencer**
Have you found yourself in situations where you need to influence others?
- **Teamwork and Collaboration**
How can you be a strong team player and collaborator?
- **Critical Thinking and Problem Solving**
How is your critical thinking...do you ever wonder if you ask the right questions?
- **Professionalism and Work Ethic**
What is professionalism and work ethic, how does it affect you in your work and life?
- **Approach Adversity With Optimism**
Do you approach challenges in your life with optimism?

Your personal FutureLink Advisor will help you "Spring Into Action" to get the skills you need to succeed through our 5 new essential workshop series. Take the challenge and sign up today. Visit the FutureLink website homepage at www.vz-futurelink.net.

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MAY 2018

FUTURE PREP SCHEDULE

Classes are "live" on the web with the guidance of an experienced instructor and are RAMP qualifying courses upon class completion and success on a post-test, where required. These courses may help improve your Selection Classification Code in RAMP.

Customer Contact Course

Learn skills to help you handle customers more effectively. This class may also help you improve how you communicate with people and prepare you for certain Verizon secondary tests. Class meets for 2 to 2 ½ hours once a week for 5 weeks

- Mondays – May 7 through June 11, 2018 – 7:00 PM – 9:30 PM

Introduction to Telecommunications Technology Course

This class begins with the basics of electricity and progresses through topics like numbering systems and logic circuits, principles of transmission, copper media, and the basics of internet technology, to name a few. Useful discussions and illustrations make the content understandable for even non-technical students. Class meets for 2 to 2 ½ hours once a week for 7 weeks.

- Thursdays – June 21 through August 2, 2018 – 7:00 PM – 9:30 PM

Fill out the form below and fax to 866-219-7011 to sign up for either of these classes. You may also call your Home Study Coordinator on 866-308-8082 and select option 1.

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ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MAY 2018

Time to Blossom with the ACFC!

Just as the trees and flowers begin to bloom this time of year, the ACFC wants to help you look and feel your best. Imagine beginning each day with a feeling of renewal and optimism. We have services and resources to help you with every aspect of your life and solutions for whatever hinders your wellbeing. Be sure to visit the [ACFC website](#) regularly to keep in the know for new programs and benefits available to you and your family. Let us help you start every day with a feeling of confidence and joy!



Health and Wellness

[Arthritis Awareness Month](#)

[Mental Health Month](#)

[National Osteoporosis Month](#)

[Stroke Awareness Month](#)

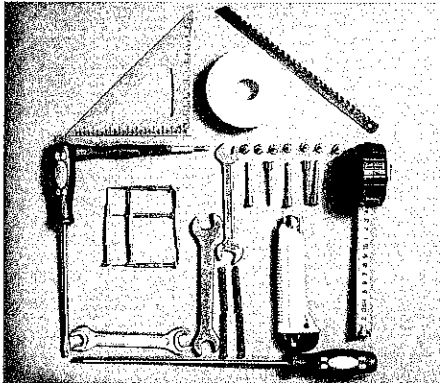
[Asthma and Allergy Awareness Month](#)

[Melanoma/Skin Cancer Detection and Prevention Month](#)

[Physical Fitness and Sports Month](#)

[Ultraviolet Awareness Month](#)

[Healthy Vision Month](#)



DIY! You can do it!

Just as you manage other aspects of your busy schedule, it's equally important to keep track of key household management items. In this month's Anthem webinar, "**DIY: Apps and Guides for Household Management**," you will get a helpful overview of these key items, as well as links to guides and apps to help you keep track of necessary tasks. Click on the webinar title under the Online Seminars section on the right-hand side of the [Anthem EAP](#) home page.



Bright Horizons

The Family Matters Resource Room from Bright Horizons provides valuable information for parents and caregivers on a variety of work, life, family, and educational topics. The Featured Resources are Parenting, School Success, Elder Care and Work, Life and Family. Visit their link from our homepage for a list of the 2018 webinars and descriptions. Webinars for May include:

- All About Individualized Education Programs (IEPs)(Tuesday, May 15, 3:00pm ET)
- Education Survival Tips for Parents (Tuesday, May 22, 3:00pm ET)
- College Test Prep: Find the Right Approach (Thursday, May 24, 3:00pm ET)

Go to the [ACFC website](#) and click on Bright Horizons Family Resource Room under Featured Programs for more information.

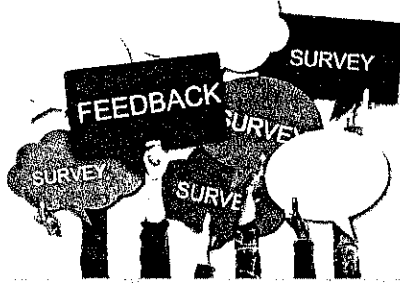
Thoughts to Live By

MAY: RENEWAL

"We must always change, renew, rejuvenate ourselves; otherwise, we harden."
—Johann Wolfgang von Goethe

Health & Wellness Reimbursement

It's that time of year again! Time 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 January - June 2018. All applications and accompanying paperwork must be postmarked on or before June 30, 2018. Be sure to include these items in your submission:



Feedback Wanted!

We welcome your opinion and feedback through the ACFC Member Survey. This is your chance to let us know how we can best serve you and your family. Click the link below to take this survey, or type [surveymonkey.com/r/ACFC218](https://www.surveymonkey.com/r/ACFC218) into any web browser. All responses are anonymous.

ACFC SURVEY

- A contract with the gym or program (If you have the same contract that was used in 2017, you do not have to send it again)
- Proof of payment up to \$100 within the applicable dates (January 1 - June 30, 2018 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.

Website of the Month

Common Sense Media

In today's digital world how can parents protect their children from inappropriate media? That's where Common Sense Media comes in. They help families make smart media choices by offering the largest, most trusted library of independent age-based and educational ratings and reviews for movies, games, apps, TV shows, websites, books, and music. Join the Parent Concerns and Parent Blog to understand and navigate the problems and possibilities of raising children in the digital age. The Family Guides section offers tips and advice on how to raise exceptional readers and includes an Essential Books Guide for children of all ages.



Made in the USA

Collared Greens

Father's Day is coming in June and Collared Greens is a great place to shop for the perfect made-in-America gift. You'll find a wide selection of shirts, pants, t-shirts and shorts. They also offer fun accessories like hats, ties, pocket squares, and belts. There are even matching father and son bow ties and neckties. Planning for an upcoming wedding? Be sure to browse their selection of neckwear and cummerbund sets for the perfect day. All products are covered by their 100%, no-questions-asked guarantee.

THE 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.

Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV

Dawn Bergner-Thompson - District 1-NJ

Julie Boden - Verizon/Area Manager/I&M Construction

Miriam Brooks - Verizon/LR

Jeremy Bruce - Verizon/HR

Patrice Mears-Swift - District 2-13-DE, PA

