



ACFC CONNECTIONS

MONTHLY NEWS FOR VERIZON/CWA-REPRESENTED EMPLOYEES

Help When You Need It, Where You Need It

Welcome to the FEBRUARY 2012 EDITION of the ACFC E-NEWSLETTER

IN THIS ISSUE

THE ART OF ACTIVE LISTENING

LIFE HAPPENS

VERIZON/ANTHEM HEALTH AND WELLNESS

LISA LISTENS

LIFE HAPPENS

For some of you one of the changes you will experience this year is a new baby. It may be your first baby, an addition to your existing family, or perhaps you're adopting a child.



Under the **My Life Events** section of **Life Happens** is **Starting a Family**, where you'll find guidance and information on fertility, pregnancy, adoption, financial planning, and preparing your home for a new baby. New dads can look for tips on getting settled into fatherhood, and moms can learn about ways to transition back into work. Discover all that **Life Happens** has to offer on the **ACFC website**.

For more detailed information and resources on parenting and adoption, go to **Anthem EAP** and click on the tab for "Parenting".

"A baby in the house is a well-spring of pleasure, a messenger of peace and love, a resting place for innocence on earth, a link between angels and men." ~ Martin Fraquhar



The heart is amazing! Not only is it the core of our physical body, it is also where our emotions, feelings and passions evolve from. February has two special events that address both functions of our heart, Valentine's Day and American Heart Month. A home-cooked dinner and homemade valentine cards from the kids are "heartfelt" gifts that are both genuine and economical. If going out to celebrate is a tradition, be sure to access the **Careville Discount Center** and **Spendless** for great ideas on gifts and restaurants.

If you're sticking to your New Year's resolution to eat healthy and exercise more, then you're on the path to a healthier heart. Learn more about what you can do to strengthen and protect your heart at the **Centers for Disease Control**. On this one page you'll find articles, resources and information on a multitude of heart-related topics.

February 4, 2011 is National Wear Red Day, so wear your "red-est" red to show your support for women's heart disease awareness. This means you men too!!

"If you find it in your heart to care for somebody else, you will have succeeded." ~Maya Angelou

On February 2nd you can join thousands of people as Punxsutawney Phil makes his prediction for six more weeks of winter or an early spring as he appears at sunrise on **Groundhog Day**.



THE ART OF ACTIVE LISTENING

Are you a good listener? Are you effective at keeping the lines of communication open? We all want to think we are, but there is an art to active listening that can be beneficial to our relationships with co-workers, partners, and especially, our children. Learn the art of active listening and guidelines for healthy and successful interactions at the Anthem Webinar, **The Art of Listening and Giving Feedback**, on February 17, 2012 at 12 pm, 2 pm and 4 pm EST. A Spanish edition will be available on February 18, 2012 at 12 pm EST.

Check the **ACFC homepage** for a reminder four days prior to the webinar.

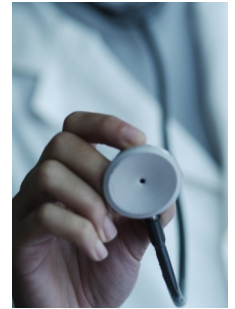


Learn active communication with your children by visiting the **ACFC website** to access this month's Active Parenting tip, and view a brief parenting video. Take advantage of the opportunity to join an Active Parenting online class, provided by the ACFC free-of-charge to you. This interactive, video-based, self-study course will show you ways to be an "active", and not a "reactive" parent.

VERIZON/ANTHEM HEALTH AND WELLNESS

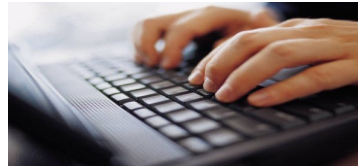
Curious to see what your odds are for being a heart disease risk? You can assess your health after answering specific online questions through one of **Anthem's Health and Wellness** tabs. Just follow these steps:

1. Go to our **ACFCcares** homepage and click on the **Anthem EAP** tab.
2. Click on the address at the bottom of the page to go to the **Anthem** homepage.
3. From there, mouse over the tab at the top "Thriving" to generate the drop down menu and click on the first option, "Health Tools".
4. Under the gray bar titled "Categories" off the right, click on the first bullet point, "Assess Your Health".
5. Four different tabs will appear, select the "Health Risks" tab.
6. Once the next page appears, scroll down to click on "Heart Disease Risk" option.



LISA LISTENS.... (and responds)

Live Homework Help is a popular service used on **ACFCcares.com**. It is a great tool to assist parents of children who get stuck on homework problems; for employees returning to school who need help in subjects they haven't been exposed to since high school, and for any of your college-age children. Once logged onto **Live Homework Help**, you will be connected to a live tutor who will assist you in arriving at the answer you need for the homework problem or question you may be stuck on.



To make it easier, this service can be accessed from a mobile device when you use a **Live Homework Help** app. You can then chat with a tutor through text messaging and share files and websites. For more information, go to **ACFCcares.com** and click on **Live Homework Help** under our **Education/Training** tab. Scroll to the bottom of the page to find more information about the app.

The ACFC Committee remains committed to finding resources and programs that will benefit you and your family. Please continue to visit ACFCcares.com to locate more tools, programs and promotions that will help with your life/work responsibilities.

Sincerely,

Your ACFC Committee:

- Elizabeth Cornwall (District 1—NJ)
- Dutchin Webster (District 2-13-MD, VA, DC, WVA)
- Lisa Fazzini-ACFC Coordinator (District 2-13-PA & DE)
- Stephen Cafiero-Verizon/HR
- John DeMent-Verizon/Local I&M Manager
- Frank Malone-Verizon/LR



QUICK LINKS

[ACFC Website](#)

[Active Parenting Online Groups](#)

[Anthem.com/EAP/Verizon](#)

[Careville](#)

[Domestic Violence Awareness](#)

[FutureLink](#)

[Live Homework Help](#)

[SpendLess](#)

[WebMD](#)

[Thinkfinity](#)

FEATURED LINKS

[Distraction.gov](#)

You are 23 times more likely to crash while texting. This is just one of the important facts you and your family will learn at [Distraction.gov](#). This website is a must for all drivers, but especially for families with teen drivers. Families of victims who have been injured or killed by distracted drivers have bravely shared their stories with videos and photos. Young drivers can "take the pledge" to not drive and text. Informing young drivers of the facts involving distracted driving is a powerful way to make them understand the dangers involved. In 2009 alone, nearly 5,500 people were killed and 450,000 were injured in distracted driving accidents. Take time today to share this invaluable website with all drivers in your household.

[National Public Radio.org](#)

Are you familiar with **National Public Radio**? This comprehensive website is the ideal way to stay informed of current events, music, movies, book reviews, and much more. Listen online to the extensive selection of programs. Get advice on car repair from Car Talk, enjoy entertaining interviews on Fresh Air, laugh with the contestants on Wait, Wait...Don't Tell Me. Keep up with the latest trends in music and listen to concerts and samples of a wide range of music you may not be familiar with. Share in the stories of Americans from all backgrounds and beliefs on StoryCorps. Take advantage of podcasts offering musical concerts and access to most of the NPR programs. Everyone will find something to enjoy at NPR!