



# ACFC CONNECTIONS



November 2017

## GET READY FOR A CHANGE WITH THE ACFC!

Just as the leaves change each year, so do we. Each year brings new joys and new challenges. The goal of the ACFC is to help you deal with these changes and bring you resources to help you overcome any stumbling blocks in your path to a good life. It's important to find solutions to your issues so you can move forward and not let the past be a hindrance to a change for the better. We are proud of what we do for our members and look forward to continuing our own changes and growth so that we can serve you better. Visit the [ACFC website](#) regularly to discover what changes are in store for us all in the coming year.



### November Dates and Observances

[Adoption Awareness Month](#)

[COPD Awareness Month](#)

[Epilepsy Awareness Month](#)

[Healthy Skin Month](#)

[Lung Cancer Awareness Month](#)

[Stomach Cancer Awareness Month](#)

November 5, 2017 -

November 15, 2017 -

November 11, 2017 -

November 13-19, 2017 -

November 16, 2017 -

November 19 -25, 2017 -

November 24, 2017 -

November 23, 2017 -

[Alzheimer's Disease Awareness Month](#)

[Diabetes Awareness Month](#)

[Family Caregivers Month](#)

[Hospice/Palliative Care Month](#)

[Pancreatic Cancer Awareness Month](#)

[Daylight Savings Time Ends](#) (Turn your clocks back one hour)

[America Recycles Day](#)

[Veterans Day](#)

[U. S. Antibiotics Awareness Week](#)

[Great American Smokeout](#)

[GERD Awareness Week](#)

[National Family History Day](#)

[Thanksgiving Day](#)

## BRIGHT HORIZONS

Learn ways your Bright Horizons® benefits can help you manage your many work, family, and personal responsibilities by participating in these informative webinars available in November:

### Educational Advising -

November 2, 1:00 p.m. ET

Discover how our team of experts — former college admissions and financial aid officers from top schools — can help you and your student solve the admissions puzzle.

### Adult and Elder Care -

November 6, 1:00 p.m. ET

Is your spouse recovering from surgery? Do you need help finding a caregiver for Mom? Learn how your benefit can provide help for short-term and ongoing care needs.

### Back-Up Care for Children, Adults, and Elders -

November 7, 1:00 p.m. ET

Back-up child and adult/elder care is available whenever you need it. Join us to find out how to register and reserve care and start making your life easier today.

Don't worry if you miss these dates. The webinars will be available for several weeks after they are held. Visit the [ACFC website](#) to learn more about Bright Horizons and the programs available to you and your family.

## ANTHEM EAP

Stress is inevitable, and how you react and respond to stress can have a profound effect on your health and well-being. Keeping your body relatively calm is key to handling stress effectively. This month's webinar, "The Mind-Body Connection," will show you how to become aware of how your body feels when it's under stress and why it's so important to maintain a relaxed and calm state.

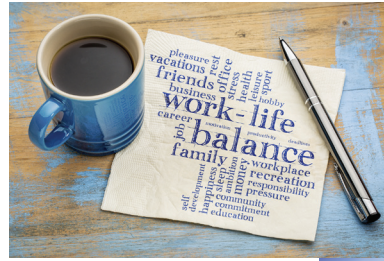
Go to [Anthem EAP](#) any time on or after November 21st and click on the webinar title under the Online Seminars section on the right-hand side of the home page to view this informative presentation.

*The greatest weapon against stress is our ability to choose one thought over another. ~ William James*

## NOTABLE NEWS

The ACFC has big plans for the coming year! We want to help you begin a path to a fresh start and provide services and resources to reduce or eliminate the obstacles that burden you and your family. Take time to explore the [ACFC website](#) to become familiar with the array of programs we have to offer. Be sure to watch for exciting new updates!

We want to hear from you so we know we are addressing what's important to you. Take advantage of the Sound Off tab on the [ACFC website](#) to share your thoughts.



### Made in America

#### Peg and Awl

Peg and Awl is a husband-and-wife team that creates handmade items using recycled materials. They gather materials from flea markets and old shops, abandoned houses, torn-down buildings, construction sites, and yard sales to construct their beautiful products. They offer a wide selection of bags, stationery, jewelry, home decor, garden items, and back-to-school accessories for all ages. You can order online or find their wares in mercantile stores in your area. Click on the Stockists tab to find the location nearest to you. These products will make great holiday gifts for the artistic members of your family. Be sure to visit Peg and Awl soon to support another small business making environmentally-friendly products in America.

### App of the Month

#### QuitGuide

November 16th is the Great American Smokeout. It's the perfect time to quit smoking and start a path to better health and a longer life. The QuitGuide app helps you understand your smoking patterns and build skills to help you become and stay smokefree.

With this app you can:

- Track craving and slips by times of day and location
- Track your mood and smoking triggers
- Stay motivated with inspirational messages
- Identify your reasons for quitting
- Get tips and distractions for dealing with cravings and bad moods
- Monitor your progress toward achieving smokefree milestones
- Create journal entries

QuitGuide is available on Google Play and on the App Store.

### Website of the Month

#### HealthyPlace

Good mental health is as important to our quality of life as physical health, but mental health can be difficult to understand and manage. Almost everyone deals with mental health issues—either for themselves, with a family member, or a friend. HealthyPlace is the largest consumer mental health site, providing trusted information on mental health disorders, from ADD/ADHD to PTSD and stress. It's a safe place where you can do research on mental health topics and find the information you are looking for. A free Mood Journal is also available where you can track your moods and feelings and how you react to them. It can help you identify factors that have a positive or negative effect on your moods and symptoms so you can concentrate on the positive and avoid the negative ones.

## 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**

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