



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

FEBRUARY 2020

Fall in Love With the ACFC!

It's natural to fall in love with anything that makes us feel good about ourselves. That's what the ACFC strives to do for you. All of the resources, programs, and services that we work hard to bring you will make you feel happier, healthier, and more balanced. Explore the [ACFC website](#) and find what makes you happy! We're here with help when you need it, where you need it, to feel great!



Health and Wellness Awareness

[American Heart Month](#)

[Children's Dental Health Month](#)

[Random Acts of Kindness](#)

[Teen Dating Violence Awareness Month](#)

Stress-Free Workplace



We all know that stress is an inevitable part of life. The workplace can be an ongoing source of stress. Learning effective ways to manage workplace stressors is important to reduce the negative effects of too much stress. In this month's webinar, "**Managing Workplace Stressors**," you will get information and strategies to address and manage professional stressors effectively. The webinar will be available starting February 18, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

For more tips and strategies to reduce workplace stress, visit [Stress in the Workplace](#). Here you will find steps to guard against too much stress, ways to improve your well-being in the workplace and how to identify stress symptoms, signs, and causes.

Bright Horizons Kid's Essentials

The Bright Horizons Special Needs program, powered by the torchlight online platform, is a unique and free benefit that provides expert information to research, advocate for, and support your child in overcoming these hurdles. Each month you can attend on-demand webinars to learn the most effective ways to advocate for your child. Webinars for this month are:

- Supporting Your Child with Reading Challenges (Tuesday, February 11, 2020, 3:00 p.m. ET)
- Education Survival Kit: What Parents Need to Know (Tuesday, February 20, 2020, 12:00 p.m. ET)

Visit the [ACFC website](#) and click on the Kid's Essentials tab to register online and see all of the scheduled 2020 on-demand webinars.

Thoughts to
Live By

FEBRUARY: LOVE

*Just in case you have forgotten today:
You matter. You are loved. You are worthy. You are magical. ~ Unknown*



Back-Up Care for the Flu

It's flu and cold season and you may find yourself in a situation where you need care for a sick child, a recovering ill relative, or your aging parent. That's where **Back-Up Care Advantage** comes in. Imagine being able to place a call in the morning and having a qualified caregiver at your, or your family member's, home so you don't have to miss work.



You may utilize up to 160 hours of care for an affordable rate of \$2 per hour for center-based child care and \$4 per hour for in-home child and/or adult/elder care. Go to the [ACFC website](#) and click on the Back-Up Care tab under Family. To learn more about how the program works, click on the Back-Up Care Advantage Program Overview to watch an informative video.

Please note: You will need your Employee ID# to register for Back-Up Care.

Your Opinion Counts

We often hear from our members that one area they would like help with is legal matters. We welcome your input into what services or resources you would like access to. Our current survey gives you the opportunity to share with us how we can help our members in this area.

Click the link below to take this survey or type [surveymonkey.com/r/ACFClegal](https://www.surveymonkey.com/r/ACFClegal) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Monthly Website

CardioSmart

The month of February is all about the heart. CardioSmart is a patient education and empowerment initiative provided by the American College of Cardiology. Their goal is to help individuals prevent, treat, and manage cardiovascular disease. You can download their medication reminder app, sign up for their monthly eNewsletter, and search for CardioSmart events in your community. The site provides an array of information, tools, and videos about types of heart disease and how you can lead a healthier life. You also have the option to set health goals and track your progress when you join CardioSmart at no charge. Maintaining a healthy heart is key to a long, fulfilling life.



Made in the USA

Famous 4th Street Cookie Co.

February is famous for being the month of Valentine's Day. Valentine's Day is famous for luscious chocolates and treats. The Famous 4th Street Cookie Co. is famous for the most delicious cookies ever. The cookies are made with only the finest premium, all-natural ingredients. There are never any preservatives, additives, artificial colors, or flavors of any kind. They were named as one of the best cookie bakeries in the nation by Food Network. Your order is baked and shipped the same day to ensure freshness. They have several locations in the Philadelphia area and one in Garnet Valley, but can ship anywhere. Be sure to check out their specials when ordering.

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 members 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

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

Shernell Saunders - Verizon Senior Manager-EEO

