



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MARCH 2020

## Get Rejuvenated With the ACFC!

Rejuvenate means to make young again; restore to youthful vigor, appearance. Who wouldn't want that! Stress, worries and challenges can make us feel older, tired, and lackluster. The ACFC has the services and programs that can rejuvenate your life and put you on a path to restoration. We're here with help when you need it, where you need it, to feel great! Visit the [ACFC website](#) to discover how you can get rejuvenated.



## Health and Wellness Awareness

[Brain Awareness Month](#)  
[MS Education and Awareness](#)  
[National Kidney Month](#)

[Colorectal Cancer Awareness](#)  
[National Endometriosis Awareness](#)  
[National Nutrition Month](#)

## Creating a Career Path



Do you have a plan for your professional growth? Where would you like to be in your career a month from now, a year from now? Now's the time to develop a self-assessment plan that can lead to your career growth. In this month's webinar, "**Planning for Professional Growth**," join in the discussion about the four stages of professional careers. The webinar will be available starting March 17, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

While you're at the Anthem website, visit the section under the Working tab for articles, online seminars, and content that will help you plan your future and reach your professional goals.

## Family Matters Resource Room

One of the features of the Bright Horizons services is the [Family Matters Resource Room](#). Here you will find resources on Parenting, School Success, Elder Care, and Work, Life, and Family. Many of the webinars are on-demand and can be viewed at any time. This month's featured webinar is:

- All About Evaluations (Targeted Age Range: 4-16)  
(Tuesday, March 10, 2020, 3:00 p.m. ET)

This webinar will help guide you to deciding whether you should request a special education evaluation for your child. This can be a difficult decision for parents. [Join this webinar](#) to learn more about the types of evaluations and what information they can reveal about your child.

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

Thoughts to  
Live By

MARCH: REJUVENATION

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



# Get FutureLinked!



FUTURELINK

Have you been FutureLinked? FutureLink offers free programs to CWA-represented employees to help prepare them for the next stage in their career. Whether you are looking to enhance your professional skills, learn a second language, or prepare for retirement, Futurelink can provide support in the following areas:

- Returning to school
- Personal and professional development
- Retirement
- Understanding technology
- Customer service

Take advantage of the free workshops and other educational aids such as resume writing, interviewing, and networking. Find out how FutureLink can spur your career and put you on the path to success by visiting the [ACFC website](#) and clicking on the FutureLink tab under Education.

## Connect with us!

The ACFC has a website available to ensure our members can take full advantage of the services and programs we provide. We'd like your feedback on how this website has been beneficial to you and your family.

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

All responses are anonymous and confidential.

**[ACFC SURVEY](#)**

## Monthly Website

### EatingWell

March is National Nutrition Month. It's a great time to start on a path to healthy eating. The [EatingWell](#) website is the perfect place to discover new ways to eat and stay healthy. You'll find weight loss tips, recipes, meal plans, videos, and much more. [EatingWell](#) has been at the forefront of the healthy-eating movement for more than 25 years. Their mission is to help make healthy happen every day. Recipes are rigorously tested in the EatingWell Test Kitchen to ensure they are nutritious, easy to make, and tasty. They provide the inspiration and information people need to make healthy eating a way of life. You can follow [EatingWell](#) on Facebook, Instagram, Twitter, and Pinterest, or order their magazine and books.

## EatingWell



## Zpacks



## Made in the USA

### ZPacks

If you're an adventurer who likes to hike, backpack, and camp, you know the importance of having reliable and quality gear. [ZPacks](#) makes outdoor gear that achieves that balance of weight and function. They make a selection of clothing, backpacks, shelters, sleeping bags, and accessories. Shipping is free on orders over \$100.

While you're visiting their site be sure to take a look at pictures and videos of the staff's adventures and expeditions under the [About Us](#) tab. There are also tabs for Pack Lists and Articles. There is great information for planning your adventures from experienced backpackers. They also share some of their scariest moments on the trail.

## 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

