



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

APRIL 2020

Find Hope With the ACFC!

In these uncertain times, it's more important than ever to know that the ACFC is here with "help when you need it, where you need it." The Back-Up Care Advantage Program can provide the care that your family members that you need. Kids can get homework help with My Tutor and current medical information is available on WebMD. Take advantage of all the information and resources on the [ACFC website](http://www.ACFCares.com).



Health and Wellness Awareness

Alcohol Awareness
Community Service
Keep America Beautiful

Autism Awareness Month
Donate Life Month
National Garden Month

Child Abuse Prevention
Financial Literacy
Stress Awareness

Positive Parenting

Effective communication is imperative to maintain a good relationship with your children. How does this happen? This month's Anthem webinar, "*Effective Communication with Children*," will be available starting April 21, 2020. You will learn different communication styles and how to communicate effectively, starting in early childhood. Click on the webinar title under the Seminars section on the [Anthem EAP](http://www.ACFCares.com) home page to sign up today.

While you're on the [ACFC website](http://www.ACFCares.com), visit the section under the Active Parenting tab to learn about the resources available to parents such as online classes, parenting tip, and an online video library.

Bright Horizons Back-Up Care

The Back-Up Care Program provided by the ACFC has never been more important or beneficial to our members. Many of you may have relatives that you aren't able to assist and are concerned about. The Back-Up Care program can be an invaluable service for you. Back-Up Care Advantage provides Verizon CWA members with back-up child and adult/elder care. 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.

Visit the [ACFC website](http://www.ACFCares.com) and click on the Back-Up tab under Family to register and learn how to take advantage of this program.

Thoughts to
Live By

APRIL: HOPE

Once you choose hope, anything's possible.

~ Christopher Reeve



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

Legal Aid from Anthem

It's inevitable that you will have legal issues to deal with at some time. Your Anthem EAP offers a vast resource of legal help in the form of articles, resources, and legal forms. Click on **Legal** found under the **Living** tab on the Anthem EAP home page. Anthem EAP provides consultations with a legal professional. You and eligible family members can request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you. If you choose to continue working with the attorney, services are offered at a discounted rate from the attorney's usual hourly rate. Examples of services include:

- Divorce/custody
- Criminal concerns
- Civil issues
- Estate planning
- Consumer issues

Go to the ACFC website and click on Anthem EAP to learn more.

Monthly Website

Honey

We all know that sinking feeling when we purchase an item only to find it for less later. When you install Honey, owned by PayPal, on your computer or mobile device it saves you money by looking at the items in your cart on the most popular shopping websites and then searching for relevant coupon codes. If it finds any working codes, it enters them automatically, and you end up saving money without the hard work of searching for and entering them manually. Some Honey partners even include a cash-back offer. Honey coupons can also be combined with other cash-back programs like Rakuten. Honey can be installed on Chrome, Safari, Firefox, Edge and Opera browsers and a mobile APP is also available.

honey

If there's a better price, we'll find it

**THE HONEY
COUPON APP**

Never Search For Another Coupon Again!



**LUKE'S
TOY FACTORY**

Made in the USA

Luke's Toy Factory

Luke designs toys with a simple, old school wooden style. The toys are hand-crafted by a skilled wood worker using state-of-the-art manufacturing processes and materials, right here in the USA. Every material, tool and supplier they use to make the toys is American. The toys are fun to play with and educational. Think of a 3D puzzle that becomes a truck when assembled. Designed for small hands, the toys are made with a bit of wiggle room, so that kids with developing motor skills are not frustrated. The target age is 3 and up - just at the point where kids are outgrowing "baby toys." Parts from one truck can be mixed and matched with parts from other three trucks. Colors are molded in, so there's nothing to flake off and no BPA or Phthalates.

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

