



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MAY 2020

Reconnecting with the ACFC!

We've all had to keep our distance from one other lately, but that isn't the case with the ACFC. We've been here for you all this time and will continue to provide you with resources to help you navigate this unusual time. From Back-up Care to My Tutor, you'll find a solution to many of the difficulties you may be experiencing. We are always here "with help when you need it, where you need it." Visit the [ACFC website](#) to get connected and take advantage of the services, resources and programs available to you and your family. We look forward to seeing you there!



Don't forget the ACFC Health & Wellness Taxable Reimbursement is due by July 5, 2020 for the January-June 2020 time period. [Click here](#) to access the application.

Health and Wellness Awareness

[Arthritis Awareness](#)

[Celiac Awareness](#)

[Lyme Disease Awareness](#)

[Osteoporosis Prevention](#)

[Asthma and Allergy Awareness](#)

[Clean Air Month](#)

[Mental Health Month](#)

[Skin Cancer Prevention](#)

[Better Sleep Month](#)

[Blood Pressure Awareness](#)

[Older Americans Month](#)

[Stroke Awareness](#)

Aging with Grace

It's inevitable: you will get older. How you live your life now can have a direct impact on how gracefully you age and how enjoyable the golden years are. Be sure to join this month's Anthem webinar, "**Accepting Aging: Yourself and Others**," to examine "normal" age-related changes and identify ways for you to come to terms with your own aging. This webinar will be available starting May 19, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

For more ideas, information and resources for healthy aging, visit the National Council on Aging website and click on the Healthy Living tab. Start your journey today to a long and healthy life.

Online Help From My Tutor

Are you finding yourself in a situation where your children are doing school work from home and you realize that things have changed since you were in school? Don't worry! You can get your children help with My Tutor, an online tutoring service available seven days a week from 2:00 p.m. to 1:00 a.m. ET. Tutoring is offered for students of all ages, from elementary school through college. Students can connect with a live tutor for one-on-one help in math, science, social studies, and English. Adult learners can get help with business writing skills and resumes. Help is also available on mobile devices. My Tutor is an invaluable service available to ACFC members for help when you need it, where you need it.

Visit the [ACFC website](#) and click on the My Tutor tab for more information and to register for the service.

Thoughts to
Live By

Change is the only constant in life. Ones ability to adapt to those changes will determine your success in life. ~ Benjamin Franklin



Your Opinion Counts

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

Mental Health Support

If you're looking for daily tips to help deal with stress or anxiety, you can find resources and tools on myStrength, using your computer or mobile device. This online resource gives you information based on the latest research to help you and your household members handle stress and other issues. myStrength is available at no cost to you as part of your Employee Assistance Program.

Here's how to sign up for myStrength:

- Go to anthem.com/eap/Verizon and find the myStrength Center and choose the Sign-up button.
- Set up your account and unique password.
- Take the confidential Wellness Assessment and fill out the personal profile. Both take just a few minutes to complete.
- Your answers will help create your personal home page with topics and updates that interest and inspire you.
- Take myStrength with you on the go by downloading the iOS or Android app.

Monthly Website

Local Farm Markets

Now more than ever it's important to support our local farmers. One of the most common ways to purchase local produce is at community farmers markets. Local farmers bring their produce and goods to local parks and city events organized for them. Not only is this a great way to buy fresh, healthy, tastier produce, it can also become a local social event where we can visit with our neighbors and friends. This website provides information on where to find farmers markets in your area. Just click on your state, then your area and a list of markets and farms will be displayed by county. Specific information for each farm or market is shown. The site also has recipes, picking tips and preserving directions.



Made in the USA

Farm Foods Market

Ranches have been a part of our American history for many generations. Today there are still family-owned ranches where you can purchase quality meats directly. It is reassuring to know where your foods come from and what standards these ranches set for themselves. At the Farm Foods Market you can order quality beef, chicken, pork and seafood. There are even options for unusual meats such as elk, lamb, pheasant and duck. If you follow a paleo diet you will also find options for bread, cookies and sweets. Sign up for a 10% discount by entering your email. There are variety packs that contain a selection of meats at a discounted price. You can also check for ongoing promotions.

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



www.ACFCcares.com