



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JUNE 2020

Winning with the ACFC!

We all hope we are approaching the finish line to when we can return to work and a normal lifestyle. The ACFC is here to cheer you on and pave the way to a safe and healthy track to recovery. Whether it's online tutoring, parenting support, back-up care, or savings tips, we have the resources, information and services you need. We encourage you to visit the [ACFC website](#) regularly to take advantage of all the provided services and start your race to the finish line. We'll be there when you arrive!



Reminder: 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

[Alzheimer's Awareness](#)
[Great Outdoors](#)
[National Safety](#)

[Cataract Awareness](#)
[Men's Health](#)
[PTSD Awareness](#)

[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

What'd You Say?



Good communications skills are essential to maintain good relationships with family members and co-workers. How many times have you said something that someone took the wrong way and a conflict occurred? Anthem's webinar, "**Say What You Mean the Right Way**," will help you identify barriers to clear communication and discuss how to apply tips for effective communication. This webinar will be available starting June 16, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

For helpful communication tips for parents, be sure to read this month's parenting tip from Active Parenting. Click on the Active Parenting tab on the [ACFC website](#) to see this tip and explore all of the parenting resources available to you and your family members.

Bright Horizons Family Resources

Caring for your family during these unusual times can be stressful and confusing. On the [Bright Horizons Family Resources](#) page you'll find tips for caring for children and your elderly family members. This site is dedicated to helping you thrive and survive during your stay-at-home time. There is information on teaching your kids the correct way to wash their hands, questions to ask elder care providers and much more. You'll find solutions to many dilemmas. You can filter the information by ages and stages, content type and resource type. Some of the options are webinars, podcasts, videos, articles, brochures and e-books.

The ACFC provides Bright Horizon resources for all of their members. Click on the Back-Up Care and My Tutor tabs on the [ACFC website](#) to learn more.

Thoughts to
Live By

JUNE: RESILIENCE

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." ~ Christopher Reeve



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

Good Things Are Coming Your Way!

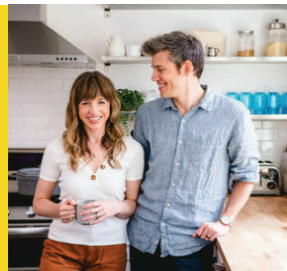
Work/Life Toolkits are an essential part of the services that the ACFC provides its members. These kits are designed to help you balance your work/life, stay healthy, save the Earth and grow closer with your family members. The latest kit is the Going Green kit, which contains several products designed to help preserve our environment and reduce waste. Promotional toolkits are normally received within 5 to 6 weeks from the date of order. Shipment of the Going Green kits is delayed until all of the call centers are re-opened and these kits can be delivered to the members. We appreciate your understanding and patience for the delay.

Be sure to check the [ACFC website](http://www.ACFC.org) regularly to see new promotional kits available for ordering. Click on the Promotions tab on the home page.

Monthly Website

A Couple Cooks

While you're spending more time at home many of you may be experimenting with new recipes and cooking methods. A Couple Cooks has hundreds of recipes for your table, from easy dinner ideas to healthy desserts. You'll find artfully simple, vegetable packed recipes, inspired by seasonal produce and this couple's adventures traveling the globe. Enjoy their life skills videos where you can learn how to artfully cut anything, how to make pizza dough, salad dressings and much more. This site is full of meal plans, easy dinner ideas, vegetarian and vegan recipes and travel tips for destinations in the USA and abroad. You can subscribe to their newsletter to get weekly recipes and inspiration.



Made in the USA

Heartwood Birds and Bees

What a joy it is to experience the beauty and pleasure of birds in our yards. Many of you have had the chance to watch adult birds hatch and raise baby birds. Placing bird feeders and houses in your yard provides a safe environment for our feathered friends. Brothers Jerry and Larry Glass began making handcrafted bird houses and feeders over 20 years ago. Their line of products has expanded to include butterfly houses, bat houses, ladybug houses, swings and Adirondack chairs. Each piece will add a stunning piece of art to your yard. They also offer an extensive selection of bee-keeping equipment. What a great way to support this business while caring for our backyard friends.

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

