



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JULY 2020

Plot a New Course with the ACFC!

Summer is a great time to experience new adventures and explore new territory. The ACFC is here to help you realize your full potential and to expand your possibilities. Part of plotting a new course is overcoming obstacles that hinder your movement forward. On the [ACFC website](#) you'll find help with finances and savings, parenting, elder care, health and wellness and much more. Take time to explore all of the services and programs available to you and your family so you can free up your time to explore, discover and expand your horizons.



Health and Wellness Awareness

[Juvenile Arthritis Awareness](#)
[Ultraviolet Safety Awareness](#)

[National Picnic Month](#)
[National Parks and Recreation](#)

Expanding Horizons



Trying new things can be scary and intimidating. It requires courage to step outside your comfort zone, but the benefits can be endless. It's necessary to push yourself into uncharted territory to expand your mind, open yourself to new ideas and opinions, and reach your full potential.

Discover the possibility and promise of seeking and exploring new horizons in Anthem's webinar, "**Explore New Horizons and Expand the Mind.**" This webinar will be available starting July 21, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

Bright Horizons

Every day, a little play! Taking a few minutes each day to play with your children can be very beneficial. When you play with them you build their self-esteem, help them learn about their world, help them develop new skills and build a stronger bond with them. This month Bright Horizons is presenting a webinar to explore, "**The Important Work of Play.**" This webinar will be available on July 28, 2020 at 12:00 p.m. ET.

The ACFC provides Bright Horizon resources for all of their members. Click on the Bright Horizons Family Resource Room tab on the [ACFC website](#) to register for this webinar. For more parenting resources and to take a FREE online parenting class, click on the Active Parenting tab on the [ACFC website](#). The ACFC offers parenting resources in partnership with Active Parenting.

Thoughts to
Live By

JULY: EXPAND YOUR HORIZONS

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." ~ Eleanor Roosevelt



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

Expand Your Future with FutureLink



FUTURELINK

Have you linked up with FutureLink? FutureLink provides a path to expanding your future and career through educational and career services. The program offers free workshops and other educational aids to enhance your skills in networking, interviewing, and much more.

With FutureLink's career assessments and quizzes you can identify your skills, interests and abilities, discover any gaps or weaknesses, and uncover potential areas for growth. Select "Quizzes and Tools" from the "Self Knowledge Center" in the left-hand menu. Go to vz-futurelink.net to view the array of webinars available and to learn about all the options available from FutureLink!

Start building your career path today!

Monthly Website

Greystone Bakery

For 38 years, Greystone Bakery has been opening its doors to people who ordinarily face rejection. They offer individuals and communities struggling to prosper an opportunity to thrive. The only requirement to be a part of the Greystone experience is a willingness and desire to work. They operate a world-class food processing facility producing 35,000 pounds of brownies every day. Their bakers join the team through Open Hiring™. Greystone brownies are available for order online and at Whole Foods Markets. There are a variety of brownie flavors available, including vegan. They also have a cookbook with their winning recipes. This is a unique opportunity to enjoy a delightful treat while making a difference in the lives of so many people.



Constructive Eating



Made in the USA

Constructive Eating

Do you have a picky eater in your home? Imagine the fun they will have with these creative, colorful plates, utensils and place mats. Not only will your picky eater engage more in meals, they will also develop important motor skills. Constructive Eating was founded by parents who wanted to make mealtime more enjoyable for the whole family. After learning that their products made a difference in their own family, the founders knew they'd created something exceptional. They've been making families smile for over 10 years! There is a construction line, a garden fairy line and a dino line, so boys and girls will love these products. What a unique gift these would make. Note: These products are all made in the USA except for the lunch totes.

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