



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

SEPTEMBER 2020

Find Joy with the ACFC!

In these stressful times it can feel like there is little time for joy, but it's important to make changes so you have more time for laughter and giggles. Every day is an opportunity to grow the bond that will last a lifetime. The ACFC brings you the services and resources that help you deal with life's obstacles so you can enjoy those special times with your loved ones. Visit the [ACFC website](#) today and discover ways that you can experience less stress and more joy.



*Help When You Need It,
Where You Need It.*

Health and Wellness Awareness

- [Atrial Fibrillation](#)
- [Childhood Cancer](#)
- [College Savings](#)
- [National Preparedness](#)
- [Ovarian Cancer](#)
- [Sickle Cell](#)

- [Baby Safety](#)
- [Child Obesity](#)
- [Food Safety Education](#)
- [National Recovery](#)
- [Prostate Cancer](#)
- [Whole Grains](#)

- [Blood Cancer](#)
- [Cholesterol Education](#)
- [Healthy Aging](#)
- [Newborn Screening](#)
- [Sepsis Awareness](#)
- [Yoga Awareness](#)

Balancing Work and Family



The concept of work-life balance has changed dramatically this year. There is no longer a physical separation between home and work. This can cause added stress and difficulty balancing your work and family responsibilities. In this month's Anthem webinar, **"The Secret to Work-Life Balance,"** you'll discover the secret to securing a healthy work and family balance. This webinar will be available starting September 15, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

Be sure to visit the [Anthem Life APP](#) for help with stress, family life, wellness and much more. You'll find podcast, webinars, videos and other helpful resources.

Tutor Time!



Whether your children are attending school virtually or in the classroom, learning has changed this year. Did you know that your children have access to FREE one-on-one tutoring help in math, science, social studies, and English? My Tutor is available 7 days a week from 2:00 p.m. to 1:00 a.m. ET. for students of all ages and experience levels.

My Tutor is also available to adults. Whether you're preparing for job interviews or need help writing a resume, My Tutor's Career Center can provide guidance. You'll find My Tutor on the ACFC website under Education.

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

SEPTEMBER: JOY

"Joy is a decision, a really brave one, about how you are going to respond to life."
~Wes Stafford

Your
Opinion
Matters!

Feedback Wanted

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

Health and Wellness Reimbursement

The latest application for **ACFC's Health & Wellness Reimbursement Program** is now available! The ACFC will reimburse eligible employees for gym memberships or weight management programs up to \$100 from July - December 2020. All applications and accompanying paperwork must be postmarked on or before **January 5, 2021**. Be sure to include these items in your submission:

- A contract with the gym or program (If you have the same contract that was used in a previous reimbursement, you do not have to send it again.)
- Proof of payment up to \$100 within the applicable dates (July 1 - December 31, 2020, only.)
- The contract and proof of payment must show the employee's name. A new form is required each time you submit a request for reimbursement.
- The employee's printed and signed name on the application.
- The Employee ID and Enterprise must be on the application. (both can be found on the Verizon eWeb.)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details and to access the application.

Monthly Website

Yoga with Adriene

Yoga has grown in popularity due to the mental and health benefits it offers. Yoga with Adriene provides a library of free yoga videos to find a practice that suits your mood or start a journey toward healing. If you're brand-new to yoga, check out the Yoga For Beginners and Foundations of Yoga series. These are designed to give you the tools to build a happy, healthy at-home yoga practice. If you're ready to work up a sweat, try the Yoga for Weight Loss or Total Body Yoga play lists. There are videos for beginners, lower back pain, upper back pain and other specific needs. Now is the perfect time to allow yourself 10-30 minutes daily to achieve optimal relaxation, health and wellness.



Made in the USA

American Blanket Company

It may not feel like it yet, but cooler weather is on the way. American Blanket Company makes blankets and throws for every purpose. They create blankets for home use, babies, pets and custom photo blankets. Their products can also be personalized with an embroidered message, logo, or initials. Gift blankets arrive gift boxed, with a ribbon and a gift tag. On the [Blanket 101](#) page you'll find how to pick the perfect blanket for you.

American Blanket is now offering quality face masks. These fleece masks are thicker, denser and more comfortable than cotton and paper face masks. They can be washed and dried and boiled for sterilization.

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

