



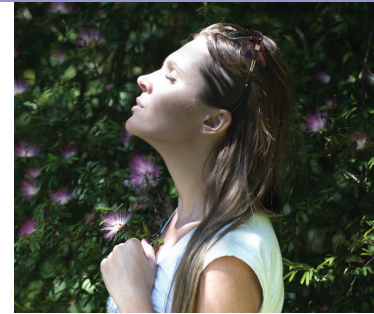
ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

OCTOBER 2020

Breathe Deep with the ACFC!

Ahhh! What a feeling when you take a few minutes to close your eyes and take a deep breath. This simple exercise can reshape and redirect your thoughts and improve your day. The ACFC wants to help you simplify your routines and free up time for you to stop and breathe deep. Visit the [ACFC website](http://www.ACFC.org) to find all of the services and resources available to you and your family that will make your life simpler and less stressful. There's something for everyone!



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

Health and Wellness Awareness

[Adopt A Shelter Dog](#)
[Dental Hygiene Month](#)
[Domestic Violence](#)
[Eye Injury Prevention](#)
[Long Term Care Planning](#)

[Breast Cancer](#)
[Depression Education](#)
[Down Syndrome Awareness](#)
[Emotional Wellness](#)
[Sudden Cardiac Arrest](#)

[Bullying Prevention Month](#)
[Dyslexia](#)
[Eat Better, Eat Together](#)
[Financial Planning](#)
[Sudden Infant Death Syndrome](#)



Exercising Your Brain

Did you know that your brain is an organ? It's the most important organ in your body as it controls all of your other organs and tells your muscles what to do. Even though it's not a muscle, it's still possible to exercise your brain.

Learn skills and strategies to exercise the power of your mind and increase your mental fortitude in this month's Anthem webinar, "**The Mental Strength Workout.**" This webinar will be available starting October 20, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](http://www.AnthemEAP.com) home page to sign up today.



Bright Horizons

Special Needs Webinars

Virtual schooling is something that most parents aren't prepared for. For parents of special needs children the task can be overwhelming. Bright Horizons provides a wealth of information and services for these special parents. This month the following two webinars will be available.

- Education Survival Kit: What Parents Need to Know (Wednesday, October 7, 2020, 12:00 p.m. ET)
- Homework Madness: Organizational Strategies for All Children (Thursday, October 15, 2020, 3:00 p.m. ET)

To register and to access all of the services available from Bright Horizons, visit:

<https://clients.brighthorizons.com/acfc>

Thoughts to
Live By

OCTOBER: SERENITY

The trees, the flowers, the plants grow in silence. The stars, the sun, the moon move in silence. Silence gives us a new perspective. ~ Mother Teresa

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** into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

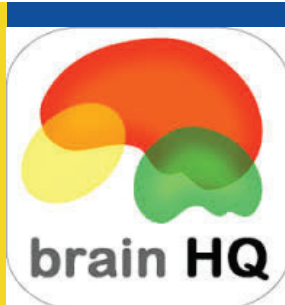
Working to Stop Domestic Violence

During this time of staying home and increased tension, domestic violence can be more prevalent and finding help difficult. October has been designated Domestic Violence Month to raise awareness that millions of women, men and children are subjected to violence every day. Domestic violence doesn't have to be physical. Verbal and emotional abuse can also be harmful and dangerous. When a person is fearful of their partner or family member, they can feel isolated, become depressed, or feel shame. If you, or someone you know, is struggling with domestic violence it is imperative that you find help to be free of the abuse. The ACFC is committed to protecting our members and their families and providing assistance to those who are in need. Visit the [ACFC website](#) and click on the Domestic Violence Awareness tab for helpful video resources and a list of organizations that provide help to anyone dealing with domestic violence. You'll also find a list of articles on a number of topics related to domestic violence. You can also contact Anthem EAP at 888-441-8674 to speak to a counselor. Download the Domestic Violence Tool Kit from the [Anthem EAP](#) website.

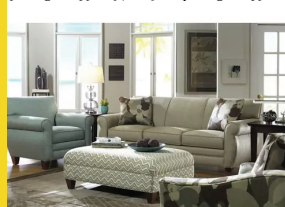
Monthly Website

Brain HQ

Our brain is a fascinating and complex organ. At Brain HQ you can explore and learn about every aspect of your brain. Under the [Brain Resources](#) tab, you'll learn about Everyday Brain Fitness, Brain Nutrition and All About Memory. Listen to podcasts, view webinars and videos and attempt fun brain teasers. There is a new free exercise available daily and you can choose what parts of your brain you want to focus on, such as attention, brain speed, memory, people skills or navigation. There is a paid subscription available if you want to work on your brain development on a more accelerated level. Your brain fitness is a key component to your quality of life and overall aging. Take time to keep it in optimal shape so you can enjoy a long, fulfilling life.



CRAFTMASTER
FURNITURE



Made in the USA

Craftmaster Furniture

[Craftmaster Furniture](#) has been creating high quality upholstered furniture in the USA for over 45 years. They offer a wide selection of sofas, chairs, recliners and sectionals in a variety of styles and fabrics. You can customize every part of your furniture and create your own unique piece. Select the fabric, the welt, wood finish and the pillow fabrics to see your perfect combination. You'll find furniture in styles such as modern, farmhouse, loft living and new traditions to suit your personal taste. [Craftmaster Furniture](#) is available from local furniture stores who can help you choose the right options for you and your family. Click on Find a Retailer at the top of the page and enter your city to find the store near you.

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.ACFCares.com