



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

DECEMBER 2020

Discover Your Opportunities With The ACFC!

One of the first steps to achieving success is finding opportunities that will help you achieve your goals. The ACFC's goal is to provide services and programs that provide these opportunities to you. Whether you're seeking to get healthier, reduce stress, further your education, improve your finances or learn new parenting skills, you'll find resources that will help you reach your goal. Take the step to discover your opportunities on the [ACFC website!](http://www.ACFCares.com)

*open to
new
OPPORTUNITIES.*

Health and Wellness Awareness

Drunk & Drugged Driving Awareness
Identify Theft Prevention and Awareness
Safe Toys & Gifts

Handwashing Awareness
National Impaired Driving Prevention
Universal Human Rights Month



Being Grateful



During these uncertain times, we are all learning to be grateful for family, friends and good health. It's important to take time to focus your time and attention on who and what you appreciate. Practicing gratitude can relieve stress and pain, improve health and help with depression. What are you grateful for?

Explore how confidence and a strengths-mindset can enable you to respond more creatively to challenges in this month's Anthem webinar, "**Know Your Strengths.**" This webinar will be available starting December 15, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Are you finding it difficult to manage stress with changes in your work, children being home-schooled and having to rearrange your family's schedule from what happens in a typical day? Bright Horizons wants to help you find ways to juggle these complicated demands and manage your stress. Plan to attend their webinar, "**Managing Stress: Mind-Body Strategies for You and Your Kids**" on December 08, 2020 at 12:00 pm ET. You'll discover:

- How to remain centered on normally busy days and those "special" ones in which everything seems to go sideways.
- Which techniques are best at reducing chronic stress, pain, or even trauma.
- How to teach stress-relieving techniques to kids so that the whole family can benefit.

Register today on the [ACFC website](#). Click on the Bright Horizons tab.

Thoughts to
Live By

DECEMBER: GRATITUDE

"Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always something we could be grateful for." ~Barry Neil Kaufman

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

Final Call for 2020 Health and Wellness Reimbursement!

The holidays and the deadline to apply for the 2020 ACFC's Health & Wellness Reimbursement Program will be here before we know it! All applications and accompanying paperwork must be postmarked on or before January 5, 2021.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application (both can be found on the Verizon eWeb).
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$100 within the applicable dates (July 1 – December 31, 2020, only)

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

Monthly Website

Mindful

Mental health can have a significant effect on physical health. It's important to take time to develop good mental health to attain your best overall well-being. At Mindful you can discover ways to incorporate mindfulness into your daily schedule. Practicing mindfulness will reduce stress, improve sleep, lower heart and respiratory rate, reduce blood pressure and ease muscle tension. Practice daily meditations and listen to audio-guided practices to learn how to improve your mental and physical health. There are activities and practices specifically for kids. For just \$29.95 per year you can subscribe to the premium program which includes online classes, mini-courses, mobile programs and four issues of the Mindful magazine. Check it out today to find your inner peace!

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Sterilite®

Made in the USA

Sterilite

When it comes to storage and organization, Sterilite is the place for containers, shelves, crates and baskets. The selection of products is extensive and includes items for your kitchen, garage, laundry room, office, pets and more. They are the largest plastic housewares company in North America and have been in operation for more than 75 years. Products are made of polypropylene and polyethylene that are safe for food storage. No PVCs, Latex, Teflon, Phthalates chemicals, fungicides, Bishphenol A (BPAs), or antibacterial chemicals are ever used. You can purchase their products at most major supermarkets, discount department stores, pharmacies and home improvement stores. Sterilite helps you "keep it together" like no other.

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



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