



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MARCH 2021

Focus On The Good With The ACFC!



These are trying times for everyone so it's important to focus on the good things in our lives to keep a positive attitude and good emotional health. The ACFC has solutions to all your challenges and obstacles to health, wellness and happiness. Visit the [ACFC website](http://www.ACFCares.com) today to find resources to help you focus on the good.

As a special bonus, the co-pay for Back-Up Care has been waived for March and April! Schedule back-up care for your child, adult or elder loved ones with the reassurance you need with enhanced COVID-19 protocols.

Health and Wellness Awareness

[American Red Cross](#)

[Credit Education](#)

[National Nutrition Month](#)

[Brain Awareness](#)

[MS Education/Awareness](#)

[National Endometriosis Awareness](#)

[Colorectal Cancer Awareness](#)

[National Kidney Month](#)

[Save Your Vision](#)



Strive for Success

Staying focused and organized can be unusually difficult during these abnormal times. Managing schedules and dealing with overlapping responsibilities may seem impossible. There are ways to make this easier. Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm in this month's Anthem webinar, **"Planning for Success."**

The webinar will be available starting March 16, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Bright Horizons

Parenting SOS

Plan to attend these informative webinars from Bright Horizons this month to learn to deal with parenting struggles you may face.

- What's New in Work, Parenting and Wellness (Tuesday, March 30, 2021, 3:00 p.m. ET)
- Teen Stress (Tuesday, March 16, 2021)

Take advantage of all of the webinars, podcasts and programs that the ACFC has made available to you and your family with Bright Horizons. Go to clients.brighthorizons.com/acfc to learn more about Bright Horizons Family Solutions.

Thoughts to Live By

MARCH: HOPE

"Hope is being able to see that there is light despite all of the darkness."

~ Desmond Tutu



Getting Into College



If you have ever started the college application process, you know how daunting it can be. In these turbulent times this can be even more overwhelming. Help is on the way! Bright Horizons is providing a webinar on March 16, 2021 at 3:00 p.m. ET. In this webinar, "**College Admissions: The Insider's View**," find out exactly what decision-makers look for in a standout application package and learn about key topics, including:

- How colleges evaluate applications
- Planning a high school academic program with college in mind
- Putting together a strong college list
- Tips for choosing a topic and crafting a strong essay
- Suggestions for avoiding some common application pitfalls
- How to narrow options and select the right college

Visit: <https://passport.getintocollege.com>

Username: VerizonCWA | Password: care4you

Be sure to schedule a free one-on-one session with an expert to discuss your family's unique situation.

We Want to Hear From You!

The ACFC strives to provide our members with the services that help you and your family deal with the struggles you face that keep you from experiencing the ideal work/life balance. We have provided this survey so you can share your thoughts and ideas about the programs that serve you the best. Click the link below to take this survey or type [surveymonkey.com/r/ACFCcares](https://www.surveymonkey.com/r/ACFCcares) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Monthly Website

SlugBooks

Wouldn't it be great to have a ready-made checklist of everything your child needs to have and know to be ready for their college adventure? Look no further than the [SlugBooks College Packing List](#). Use the list to "check off" what is needed for the dorm, classroom and bathroom, along with tips for each item on the list. There is an app available for mobile devices. You'll also find a list of useful college resources covering many of the topics college students face to make the college experience the best possible.

Textbooks can be a big part of the college budget. [SlubBooks](#) is a great resource to buying, selling and renting textbooks. Your students will enjoy the other fun features such as videos and comics.

Made in the USA

Celebrate Easter the Union Way

This Easter you can enjoy Easter goodies and support union jobs by purchasing union-made candies. To make it easier to find these union-made treats we're providing a list of candies that support this effort.

- Cadbury Creme Eggs and other chocolate products
- Gimbal's Gourmet Jelly Beans
- Jelly Belly
- Laffy Taffy
- Malted Milk Eggs (PAAS, Mighty Malts)
- Marshmallow Peeps
- Mike and Ike
- Necco
- Smarties
- Tootsie Rolls and Pops

Fill your Easter baskets with yummy treats and support your fellow union workers. What a sweet way to do both!

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

Kelly Nelson - Verizon/LR

Patrice Mears-Swift - District 2-13-DE, PA

Shernell Saunders - Verizon Senior Manager-EEO



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