



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

APRIL 2021

Celebrate Spring With The ACFC!



There will be a lot to celebrate this Spring. Things are slowly returning to normal and the ACFC wants to be a part of your return to life as you knew it. Now is the time to use the services and resources that the ACFC provides to you and your family to plan for new days. Visit the [ACFC website](http://www.ACFCares.com) now to find ways to plan for your new adventures and special times.

The co-pay for Back-Up Care has been waived for 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

Alcohol Awareness
Community Service Month
Irritable Bowel (IBS) Month
Oral Cancer Month

Autism Awareness
Donate Life Month
Keep America Beautiful Month
Parkinson's Awareness

Child Abuse Prevention
Financial Literacy Month
National Garden Month
Stress Awareness

Seeking Financial Peace



Managing your finances is an important step to feeling secure in your future. Learning how to successfully manage your finances can be a challenge. This month Anthem will help you understand the practical ways you can feel more secure and more stable in your finance management when you attend the webinar, **"The Steps to Financial Security."**

The webinar will be available starting April 20, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](http://www.AnthemEAP.com) home page to sign up today.



Parenting SOS

This month Bright Horizons is providing two seminars to help parents with the challenges they face. We hope these webinars provide the answers and solutions you need.

- Paying for College
(Wednesday, April 21, 2021, 3:00 p.m. ET)
- Strategies to Reduce Working-Parent Stress and Guilt
(Thursday, April 15, 2021, 12:00 p.m. ET)

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

APRIL: AWAKENINGS

If every day is an awakening, you will never grow old. You will just keep growing. ~ Gail Sheehy



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

Kits for Work/Life Balance



The ACFC has resumed offering promotional toolkits to their members to help them manage their work/life balance. These kits are designed to address the many topics that members face in their daily lives, such as:

- Health and Wellness
- Family Relationships
- Financial Literacy
- Retirement
- Going Green
- Personal and Family Safety
- Healthy Eating

We hope you enjoy these kits as much as we enjoy creating them for you. All of the kits contain only made-in-USA products. It's our way of supporting American small businesses.

The kits are available on a first-come, first-serve basis while supplies last and are being shipped to home addresses. Be sure to check the [ACFC website](#) regularly to see what promotional kits are available.

Monthly Website

Smart Gardener

If you're ready to start a garden this year, you'll enjoy the information available on [Smart Gardener](#). Everything from garden layout and planting schedules is laid out in easy-to-read, easy-to-follow format. They collect, calculate and create a smart personal profile of your garden just for you. You receive weekly to-dos that become a part of your gardening journal. Find advice on how to properly water your garden and tips on the best types of mulch to use to keep your garden's soil cool and moist. There is also guidance on saving your own seeds. For just \$30 a year, all of the planning, designing and harvesting data of your garden is done for you. It won't be long before your enjoying your own homegrown vegetables with your meals.



Made in the USA

Bully Tools

In order to have a successful garden, you need quality tools. All of the tools from [Bully Tools](#) are 100% made in the USA. You'll find a large selection of hoes, shovels, spades, rakes and much more. All of their products and product materials are made right here in the USA and assembled by American workers at their state-of-the-art manufacturing plant in Steubenville, Ohio. They are proud of their part in strengthening our country's economy, providing jobs and fair wages to employees, conserving the environment without the use of overseas transportation and bringing you the highest quality products available on the market. Look no further than [Bully Tools](#) for all of your gardening instruments. They also manufacture snow and ice removal tools that are built to last in the most extreme weather conditions.

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

