



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MAY 2021

Keep Calm and Carry On With The ACFC!

There appears to be a light at the end of the tunnel from our topsy-turvy lives. Now, more than ever, it's important to take a deep breath and stay calm. Better times are just around the corner. The ACFC can help you and your family discover ways to deal with those situations that cause stress and unrest. Child and adult care, tutoring, health and wellness and parenting are just a few of the areas that we offer programs and services. Start now to prepare for the time when family, friends and co-workers will be a part of your daily routine. Take time to explore the [ACFC website](http://www.ACFC.org) to discover ways to reduce stress and find calmness in your life.



Health and Wellness Awareness

Arthritis Awareness
Celiac Awareness
Lyme Disease Awareness
Osteoporosis Prevention

Asthma and Allergy Awareness
Clean Air Month
Mental Health Month
Skin Cancer Prevention

Better Sleep Month
Blood Pressure Awareness
Older Americans Month
Stroke Awareness

Staying Calm in an Uncertain World



In these chaotic times, it can be difficult to not feel anxious. Our normal routines have been turned upside down and no one is certain when this will change. In this month's Anthem webinar, "**Addressing Anxiety in an Uncertain World,**" will show you how to recognize and manage anxiety and how to actively combat the physical and mental effects in a practical way.

The webinar will be available starting May 18, 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 in the 21st Century

Plan to join these informative webinars from Bright Horizons to gain insight on parenting in the 21st century.

- Early Interventions for Infants and Toddlers (Wednesday, May 26, 2021, 3:00 p.m. ET)
- Working, Learning and Parenting in 2021 (Tuesday, May 25, 2021, 3:00 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.brighthouse.com/acfc to learn more about Bright Horizons Family Solutions.

MAY: STAYING CALM

Thoughts to
Live By

"Calm is the magic elixir that brings you to a place of balance, harmony, and peace." ~ Donald Altman



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

College Admissions: An Insider's View

Admissions shouldn't be a guessing game. But with close to 4,000 schools to choose from—and an increasingly complex admissions process—you and your student might be overwhelmed, wondering where to start. You don't have to stress! Join the Bright Horizons webinar, **"The Insider View on College Admissions,"** on May 18, 2021 at 12:00 p.m. ET to 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
- Understanding how to remain involved even when high schools are closed
- 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

Go to passport.getintocollege.com to register. Username: VerizonCWA Password: care4you

Monthly Website

Dinner at the Zoo

Love to cook, but never feel you have the time to create healthy, easy, family-friendly meals? That's why Sara created [Dinner at the Zoo](#). Before having three daughters, Sara was a foodie who cooked elaborate meals and made everything from scratch. With a family to cook for every night, she had to learn how to simplify her recipes and wanted to share these recipes with other families. She also shares her ideas for meal planning. You can order her free *5 Meal Planning Secrets and Meal Planning Toolkit*.

Sara's recipes are shown in categories, including dinner, appetizers, dessert, one-pot meals, slow cooker and Asian foods. There are hundreds to choose from. Try them out today!



Made in the USA

USA Memorial Day

We celebrate Memorial Day in May and many of you will be celebrating at a picnic or BBQ with friends and family. Be sure to serve these Union-made in America yummys to support USA labor.

- Frito-Lay Chips
- Flipz Pretzels
- Coca-Cola
- Oscar Mayer, Ball Park, Hebrew National, Hormel Hot Dogs
- Foster Farms Fresh Chicken
- Butterball Burgers and Franks
- Breyers, Good Humor, Prairie Farms, Tillamook Ice Cream
- Heinz Ketchup
- French's Mustard

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

