



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JUNE 2021

Get In the Groove With The ACFC!

Life continues to return to normal and we hope you are enjoying being with friends and family again. Perhaps you are planning a vacation or a trip abroad, buying a new home or a new car. The ACFC is here to help you with all of your planning and preparation for this new phase of living. It's easy to find ways to save money, manage your finances, plan for family care, stay healthy and much more. Explore the [ACFC website](#) to learn about the services and programs available to you and your family to jump start your return to life as we know it.



Health and Wellness Awareness

[Adopt-A-Shelter Cat](#)
[Cataract Awareness](#)
[Men's Health Month](#)
[PTSD Awareness](#)

[Alzheimer's Awareness](#)
[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

[Camping Month](#)
[Great Outdoors Month](#)
[National Safety Month](#)



Love One Another

Healthy relationships don't just happen on their own. It takes work and understanding to develop a relationship that works well for everyone, including parents, children, family members and friends. You can learn to identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting in this month's Anthem webinar, **"Building Healthy and Happy Relationships."**

The webinar will be available starting June 15, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Summer Family Care

Make sure your family's covered during the busy summer season with your Bright Horizons® benefits from the ACFC.

- Reserve back-up child care in centers or your own home.
- Count on industry-leading COVID-19 protocols, created in consultation with one of the nation's top pediatric infectious disease experts, to help keep your loved ones healthy and safe.
- Register for your benefits now so you're ready when you need them and reserve care on the go with the mobile app.

Take advantage of all of the 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

JUNE: OPPORTUNITY

"That's a door I want to go through." ~ Lee Daughtridge



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

Get Fit with the ACFC

The ACFC recognizes that your health is important. Regular exercise and weight management have been shown to improve health, reduce stress and fight obesity; however, memberships to gyms and weight management programs can be expensive. The ACFC wants to help by reimbursing eligible employees for gym memberships or weight management programs up to \$150.00 from January-June 2021. The reimbursement will be in your paycheck and, provided your application and accompanying receipts are in order, you will receive your taxable reimbursement sometime after August 31, 2021. Reimbursement submissions must be postmarked on or before July 5, 2021.

Gym memberships and/or weight management programs don't have to be through GlobalFit. Any programs/fitness facilities in the community are eligible for the reimbursement.

Go to the [ACFC website](#) and click on the Health & Wellness Reimbursement Program for more details and to complete the application for reimbursement.

Monthly Website

FitDay

Are you confused about nutrition, diet plans, what to eat or not eat? [FitDay](#) is a comprehensive site that provides answers and solutions to all of your health and fitness questions. The Nutrition section cover calories, carbs, fats, proteins, minerals and supplements and much more. The Fitness section covers cardio, equipment, exercises, fitness tests, training and weight loss, just to name a few. There are also forums on topics such as weight loss, food, fitness and women's and men's health. The forums are a great way to interact with others who are sharing the same health or fitness journeys. A free [FitDay](#) account allows you to seamlessly log food, activities, and create weight goals. Get fit today with [FitDay](#)!



Made in the USA

Murbles

Now that you can spend time with family and friends, you'll want to have some fun activities for everyone to enjoy. The [Murbles](#) games is ideal for all ages. It can be played in the yard, at the beach, in a park or on any flat area. There are sets available for 2 - 16 players. The game is proudly American-made with a focus on quality and craftsmanship. They are available in 20 popular colors, so players can customize their sets to match their school colors, sports team or their favorite colors. The players determine the pace and distance the game is played. This makes it an ideal game for kids, teens, adults and grandparents alike. [Murbles](#) come in a heavy duty canvas carrying bag with the game rules conveniently printed right on the back of the bag.

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

