



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JULY 2021

Celebrate Freedom With The ACFC!



July is the month we celebrate our nation's freedom. It's also a perfect time to reflect on the many resources the ACFC provides that bring you freedom from worry and stress. Spend time on the [ACFC website](#) to learn about the services and programs available to you and your family that can free you from worry about family care, finances, health and well-being, parenting and much more. You'll find ways to live happy and be free to enjoy the special times in your life.

Health and Wellness Awareness

Healthy Vision Month
National Parks and Recreation
Sarcoma Awareness Month

Juvenile Arthritis Awareness
National Picnic Month
Ultraviolet Safety Awareness

Summertime is Here!



This summer will certainly be different than last summer. With the opportunity to gather with friends and family, travel and enjoy life away from home, it's important to make the most of this special time. Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family in the Anthem webinar, **"Maximizing Your Summer Break."**



The webinar will be available starting July 20, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



College Prep

If you have a child heading to college this Fall, you'll want to join in these informative sessions from Bright Horizons.

Webinar: Are You Worried About Saving for College? July 15, 2021 | 12:00 p.m. ET

Saving for college can be overwhelming. Whether you're in the beginning stages of saving for your newborn or you want to make sure you're on the right track for your 8th grader, or you have savings challenges created by recent economic uncertainty, we'll help you choose a savings plan that meets your family's unique needs. In this session, you'll get an introduction to the tax advantaged savings plan commonly used to plan for future college expenses.

Check out the latest podcast episode in which we explore key college admissions and finance strategies with Bright Horizons College Coach® expert Elizabeth Heaton and *New York Times* bestselling author of "Who Gets Into College and Why: A Year Inside College Admissions," Jeff Selingo.

Click on the College Coach tab on the [ACFC website](#) for all the details.

Thoughts to
Live By

JULY: FREEDOM

Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything anger, anxiety, or possessions we cannot be free. – Thích Nhất Hạnh



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

School's Out for Summer!

Between Camps? Sitter Away? Your Benefits Are in Play. Bright Horizons has your answer to summer gaps. School's still out for summer—and work is full steam ahead. But with your Bright Horizons® benefits, you won't have to worry about gaps in your child's care.



Summer Back-Up Care You Can Count On.

When you're in between camps or your sitter is on vacation, let Bright Horizons Back-Up Care™ cover the gaps. Schedule care in nearby centers and at camps — or even in your own home.

Industry-Leading Health & Safety Policies

Created in consultation with one of the nation's top pediatric infectious disease experts, our health and safety policies are designed to protect your family.

Learn more by clicking on the Bright Horizons tab on the [ACFC website](#).

Monthly Website

Hiking Project

Born from the dream to help people get outside, Hiking Project showcases thousands of trails in your own backyard, across the U.S. and around the globe. They provide help for you to plan trips & navigation while on the trails. The information is crowd-sourced and contributed by passionate users excited to share their knowledge of local trails with others. Anyone can share their experiences: add your favorite trails and photos, give ratings, post comments, improve existing content and spread the word about recommended routes. Your expertise brings an authentic voice to each trail and route. We review every trail, route, photo and symbol that gets submitted.



Supergoop!

Made in the USA

SuperGoop

July is UV Awareness month and the first line of defense against skin cancer is sunscreen. SuperGoop products are more than just sunscreen. They are reef-safe, cruelty-free and made with clean ingredients. No oxybenzone, octinoxate, parabens and 1600+ other ingredients on their "No List".

Product boxes are made from recyclable, FSC-certified stocks. Plus, their shipping boxes and packing contents are 100% recyclable.

SuperGoop offers products for everyone in the family, from head to toe. There are selections for face, body, skin care, makeup, kiddos and babies and toddlers.

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

