



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

SEPTEMBER 2021

## Put On A Smile With The ACFC!

They say that laughter is the best medicine. The ACFC works hard to provide its members with resources and services that reduce stress and create an environment where laughter and smiles abound. What can we do for you? How can we help you and your family enjoy life to the fullest? Explore the [ACFC website](#) to discover the many programs we make available to our members. The options are extensive and offer relief for members of all ages, in all stages of life. Keep smiling!



## Health and Wellness Awareness

[Atrial Fibrillation](#)  
[Childhood Cancer](#)  
[College Savings](#)  
[National Recovery](#)  
[Pain Awareness](#)  
[Sickle Cell](#)

[Baby Safety](#)  
[Child Obesity](#)  
[Healthy Aging](#)  
[Newborn Screening](#)  
[Prostate Cancer](#)  
[Whole Grains](#)

[Blood Cancer](#)  
[Cholesterol Education](#)  
[National Preparedness](#)  
[Ovarian Cancer](#)  
[Sepsis Awareness](#)  
[Yoga Awareness](#)



## Love the One You're With

Spending quality time together is paramount to developing strong family relationships. It's important for everyone to step away from electronics, TVs, computers and mobile devices to spend time talking and sharing. Encourage each other to share how their day was, including good things that happened, as well as bad. Help each other find solutions to challenges and obstacles they may face.

Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you in the Anthem webinar, **"Switch to Being More Present."** This webinar will be available starting September 21, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



## Supporting Your Children

Be sure to take advantage of these beneficial webinars from Bright Horizons this month. Both are being provided to help your children experience the best childhood possible. A great childhood provides opportunities for creativity, exploration and play; promotes positive sense of self; and offers secure, trusting relationships with adults.

- Great Places for Childhood  
(Tuesday, September 28, 2021, 3:00 p.m. ET)
- Finding and Keeping Friends: Strategies to Support Your Child  
(Tuesday, September 21, 2021, 12:00 p.m. ET)

To register and attend this webinar, go to [Bright Horizons](#). Spend some time exploring all of the parenting resources Bright Horizons has to offer you and your family.

Thoughts to  
Live By

SEPTEMBER: LAUGHTER

Laughter is the shortest distance between two people. ~ Victor Borge



## 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

## Childcare Solutions

As children begin to return to school, the ACFC wants to be sure our members have access to quality childcare. We're pleased to offer the following services.



### **Bright Horizons:**

CWA-represented employees have 160 hours per year of in-home or center-based care. The cost of this program is \$2.00 per hour for center-based care and \$4.00 per hour for in-home care. The Back-Up Care program can be used for all ages from infants to elderly. You can register online at [ACFCcares.com](https://www.ACFCcares.com) or contact Bright Horizons at 1-877-BH-CARES (1-877-242-2737)

### **Care.com:**

As of July 1st, Verizon began offering Care.com to help employees find long-term childcare. You can register online at [verizon-ma.care.com](https://www.verizon-ma.care.com) or call 1-866-814-1638. Your 10-digit Enterprise ID is needed.

Visit the [ACFC website](https://www.ACFC.org) to explore all of the child services and programs available.

## Monthly Website

### DriverSide

DriverSide is the ultimate website for information on car service, repairs, reviews and advice for car owners and, best of all, it's free. You'll find information on:

- How much repairs should cost
- How to diagnose car problems
- Servicing your vehicle
- Where to order replacement parts
- Finding a local mechanic
- Auto reviews, news and advice
- How to sanitize your car
- How to protect your car in winter

Watch a video on how to parallel park, learn what essential items you should keep in your car and much more. You can build your own garage to track service records and recall alerts on your specific vehicle.



## Made in the USA

### B&W Trailer Hitches

Many of you may have a boat, trailer, RV or motorcycle. If you do, you will need a trailer hitch or bar to get your recreational items or farm equipment where it needs to go. B&W is proud to be one of the last remaining hitch makers in America. While their competitors shipped manufacturing overseas, they committed to building products here, where they can oversee every detail. Their craftsmen are some of the industry's best and brightest. Along with trailer hitches, they also make an assortment of farm equipment. When you are ready to install a new or replacement hitch, you can use the dealer-search option to find a dealer near you. You can also find help for your towing needs in their towing guides and video tutorials.

## 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

