



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

OCTOBER 2021

Cool Down With The ACFC!

It's been a long, hot summer, but cooler days are getting near. As the temperature cools, it's a great time to discover the ways the ACFC can cool down the challenges and struggles you may face. There are services and resources for every aspect of your life. The ACFC committee works hard to be sure they are offering the programs you and your family need to experience your best lives possible. Visit the [ACFC website](http://www.acfc.org) today to find what we have to offer that can lower the temperature in your world. Get cool!



Health and Wellness Awareness

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| <u>ADHD</u> | <u>Adopt-A-Shelter Dog</u> | <u>Breast Cancer</u> | <u>Bullying Prevention</u> |
| <u>Dental Hygiene</u> | <u>Depression Education</u> | <u>Dyslexia</u> | <u>Domestic Violence</u> |
| <u>Down Syndrome</u> | <u>Eat Better, Eat Together</u> | <u>Eye Injury Prevention</u> | |
| <u>Emotional Wellness</u> | <u>Financial Planning</u> | <u>Healthy Lung</u> | |
| <u>Long Term Care Planning</u> | <u>Sudden Cardiac Arrest</u> | <u>Sudden Infant Death Syndrome</u> | |



Everybody Get Together

We hear the word diversity used often today, but just what does diversity mean? Diversity means understanding that each individual is unique and recognizing their individual differences. These differences can be along the dimensions of race, gender, ethnicity and sexual orientation.

It's imperative that we all learn to accept our differences and love and respect one another for who we are. You can learn how to live and work in a way that is respectful, kind and embraces diversity in all walks of life in the Anthem webinar, "**Embracing Diversity and Differences.**" This webinar will be available starting October 19, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Does your child or teen struggle to organize materials, regulate emotions, set schedules and stick with tasks? Do they misplace papers, reports and other school materials, or have problems keeping track of their personal items and their bedroom organized? They may be struggling with executive dysfunction. Up to 90 percent of kids with ADHD struggle with executive dysfunction, which impairs goal-directed behavior. If you feel this may apply to your child or teen, be sure to attend this informative webinar from Bright Horizons.

- Time Management for Kids and Teens with Executive Function Challenges (Wednesday, October 27, 2021, 3:00 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

OCTOBER: DIVERSITY

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness." —Ola Joseph



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 and Healthy

Did you know that the Healthy and Wellness reimbursement is now \$150.00? That's even more reason to join a gym or weight-loss program this year to start your 2022 resolutions early. All applications and accompanying paperwork must be postmarked on or before January 5, 2022.



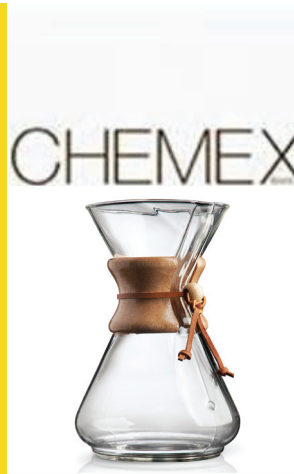
- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application (both can be found on the Verizon eWeb).
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$150 within the applicable dates (July 1 – December 31, 2021, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details and to access the application.

Monthly Website

NAMI

Mental health has been front-and-center in our society during these uncertain times. Life as we knew it, doesn't exist any longer and many people are having a difficult time adjusting. NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. Parents can find resources to help them guide their children and young adults through this difficult time. You can call the NAMI Helpline at 800-950-NAMI, or in a crisis, text "NAMI" to 741741. If you or a family member are struggling, get help today. You are not alone!



Made in the USA

Chemex*

For a gourmet cup of coffee, a drip coffeemaker is a must and Chemex is the ultimate choice. Chemex® Coffeemakers were invented in 1941 by Dr. Peter Schlumbohm, PhD. They are beautifully clear and impart no flavors or chemicals into your brewed coffee. Each coffeemaker is inspected, polished and hand-tied, before being boxed for shipping. All Chemex Coffeemakers are made of the highest quality, non-porous Borosilicate glass. The patented Chemex pour-over design allows coffee to be covered and refrigerated for reheating without losing flavor. They not only make a perfect cup of coffee, but the carafes add an artistic touch to any room.

*Only pour-over coffeemakers are 100% made in USA.

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

