



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

NOVEMBER 2021

Sit Back and Relax With the ACFC!

You deserve some time to sit back, put your feet up and relax. The ACFC can make it happen. There are services and programs for care giving, parenting, finances, health and wellness and much more. Let us provide the help when you need it, where you need it to free up more time for relaxing and just enjoying what life has to offer.



Visit the [ACFC website](https://www.acfccares.com) today to discover the programs and services available to you and your family.

Health and Wellness Awareness

[Adoption Awareness](#)
[COPD Awareness](#)
[Family Caregivers](#)
[Pancreatic Cancer Awareness](#)

[Alzheimer's Awareness](#)
[Diabetes Awareness](#)
[Healthy Skin](#)

[Bladder Health](#)
[Epilepsy Awareness](#)
[Lung Cancer Awareness](#)
[Stomach Cancer Awareness](#)



Time to Give Back

They cared for and supported you for many years and now it's time for you to care for your aging parents and relatives. Find out more about the aging process and how to both, practically and emotionally, care for elderly relatives in the Anthem webinar, "**Caring for Our Elders.**" This webinar will be available starting November 16, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](https://www.acfccares.com) home page to sign up today.

Be sure to take advantage of the Back-Up Care program for those times you need help caring for your parents or relatives. 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. Centers have best-practice COVID-19 protocols in place and home care providers must comply with specific health and safety guidelines. You can register online at [ACFCCares.com](https://www.acfccares.com).



Nothing in today's world is normal and this can be especially troubling to children who don't have the maturity to grasp what is happening and how to adapt. Bright Horizons is offering an informative webinar where caregivers can learn from early childhood experts how they can support children through trauma.

- "What Happened to My World?" Helping Children Cope (Tuesday, November 16, 2021, 7:00 p.m. ET)

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

Thoughts to
Live By

NOVEMBER: GIVING BACK

At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back.
~ Denzel Washington



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 into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Saving You Money!

The ACFC likes to help our members save their hard-earned dollars. Did you know that Verizon Discounts offers money-saving opportunities not available to the general public? These are discounts negotiated just for you and your family.



- Looking for a mortgage?
- Planning to buy a car or major appliance?
- Love to read or go to the theatre?
- Get price breaks on autos from GM and Chrysler and on auto glass.
- Save money on purchases from Barnes & Noble.

To access the Verizon Discount pages:

- Log in to e-Web
- Click on the "About You" tab
- Click on "Discounts"
- Enter your Single Sign-on and password
- Explore the many discounts available.

Be sure to visit the Discount section of Careville also, for more money-saving options. Click on the Careville tab on ACFCcares.com.

Monthly Website

Red Cross Training

In an emergency, would you know how to perform CPR, provide first aid or do an injection? With health care facilities over-stretched and short on staff, this is the perfect time to learn life-saving techniques you can use at home or in the community. The American Red Cross offers online and onsite classes where you can learn CPR, first aid, babysitting and child care safety and lifeguarding.

The Babysitters Training helps participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, along with basic child care and basic first aid.

Start now to be prepared when you face a medical emergency and, one day, save a life.



Made in the USA

Lancaster Cast Iron

Nothing says cooking like a cast iron skillet or griddle. For perfect corn bread or cooking over an open fire, cast iron cookware is a must. Lancaster Cast Iron cookware is known for its quality and detail. The cast iron cookware is smooth, lightweight and pre-seasoned. The pour spouts are generous and the cooking surface is smooth, making them a delight to cook on and easy to clean. Enjoy using your cookware with the many recipes available on the website.

They also offer a selection of hand-carved wooden spoons and cooking utensils made by local Amish craftsmen and artisans from sustainably-harvested local hardwoods.

Order soon for the perfect holiday gift.

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

