



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

FEBRUARY 2022

## Get Free With the ACFC!

Our freedom is something that has been impacted during COVID. The ACFC wants to help you be free from stress due to financial, mental or physical struggles. Many of the programs that we offer can help you navigate these difficult times and allow you to be free to do the things you enjoy most. You can use Back-Up care to help with sick children or elderly relatives. My Tutor is available for children of all ages. There's something for everyone. To help you learn more about all of the services and programs available, the ACFC will be sending out a "Get-To-Know-Us" package to all of our members. Keep an eye out for an envelope from us within the next 30 days. There are some surprises and fun stuff in the package. Visit the [ACFC website](http://www.ACFC.org) often to stay informed about upcoming changes and new features that can set you free.



## Health and Wellness Awareness

[American Heart Health](#)  
[Children's Dental Health](#)  
[Self-Check Prevention](#)

[Bird Feeding Month](#)  
[Random Acts of Kindness](#)  
[Teen Dating Violence Awareness](#)



## Touching Grief

Grief is something many of you have experienced in the last year, perhaps for the first time. Understanding grief and learning to grasp it are important to your well-being and mental health. Anthem will be presenting ways for you to discover how to say goodbye and go through the five stages of grief in a

healthy way in this month's webinar. The webinar, "**Navigating through Grief and Loss,**" will be available beginning February 17, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



## Screen Time Control

Most kids are spending a lot of time online these days. How can you make sure your kids aren't using their devices to access information and activities that are inappropriate? Bright Horizons is offering a webinar that will take a deep dive into parental controls and how they can help you manage your child's screen time. During the webinar, they will discuss:

- How parental control features or apps can be the neutral enforcer of electronics usage rules.
- Strategies to develop screen time rules that are appropriate for your child.
- How to decide how much monitoring is appropriate for your child.
- What to do when there's a concern with your child's electronics usage.

This webinar will be available on Wednesday, February 16, 2022, 3:00 p.m. ET. To register and attend this webinar, go to [Bright Horizons](#).



Thoughts to  
Live By

FEBRUARY: GRIEF

"Grief is the last act of love we can give to those we loved. Where there is deep grief, there was great love." — Unknown



## 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

## Monthly Website

### All About Birds

If you're a bird lover, All About Birds is the perfect website for you. You can identify birds that you've seen in your yard and learn more about each one. View live cams of birds and their nests from all over the world. They work to make watching an active experience, sparking awareness and inspiration that can lead to conservation, education and engagement with birds. You can also find the best ways to provide food and shelter for backyard birds. Learn the proper way to clean your feeders to prevent disease and what native plants you can use to provide natural foods for your feathered friends. The Frequently Asked Questions section of the website provides answers to many of our questions and concerns about birds and what you're experiencing in your own backyard. All About Birds will help you create the idyllic backyard habitat so you and your family can enjoy watching and caring for the birds in your yard. This is a free resource created by the Cornell Lab. You can help support them by shopping at their Shop for Our Cause store. You'll find great gifts for all bird lovers.

The Cornell Lab of Ornithology  
**All About Birds**



**WildAboutBirds.com**



## Made in the USA

### WildAboutBirds

If bird feeding and watching is one of your hobbies, you want to try to use as many USA-made supplies as possible. Wild About Birds has a section of USA-made bird feeders, seed, baths and houses. With over 90 products available, you'll be sure to find what you're looking for to create your own backyard bird sanctuary. You'll also find information about attracting, feeding and watching birds. The How-To section will help you learn how to care for your feeders and baths, how to deter squirrels and find projects for kids. Birdwatchers, young and old, can learn more about birds, shop for great birding products and comment on the different articles and products they offer. There is free shipping on orders over \$75.00.

## YOUR 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



# Help for Parents of Teens

The mental health of today's teens has been impacted by COVID more than any other age. Isolation and lack of structure have made it difficult for teens to develop and grow as they should. Active Parenting hears this daily from parents joining their online class for parents of teens. The frustration they express is real and concerning.

The ACFC invites you to join an "Active Parenting of Teens" online class. This interactive class is available 24/7 and can be completed at your own pace, on your schedule. The online group moderator is there to offer support, answer questions and guide you on this amazing journey. Learn non-violent, effective methods of discipline that foster courage, cooperation and responsibility in your teens. Discover proven ways to avoid or reduce power struggles and prevention strategies that focus on drugs, alcohol and tobacco. Most important, encourage communication with your teens with proven communication skills.

These classes are provided by the ACFC free of charge. Visit the ACFC website and click on the Active Parenting tab to get started. Take advantage of this opportunity to make a difference in the future of your teen.