



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MARCH 2022

## Stay Optimistic With the ACFC!

Is your glass half-full or half-empty? This has always been the way people viewed optimism and pessimism. When you have less stress and more time for yourself, it's easier to be optimistic. The ACFC can help you on your path to being more optimistic. The services and resources we offer can turn your glass into half-full.

Be on the lookout for a package coming to your home soon from the ACFC. You'll find some great gifts that will keep the ACFC front and center every day. Flip the stand on the ACFC phone holder and use it to hold your phone or note pads. Visit the [ACFC website](#) often to stay informed about upcoming changes and new features coming your way.



## Health and Wellness Awareness

[American Red Cross](#)  
[Credit Education](#)  
[National Nutrition Month](#)

[Brain Awareness](#)  
[MS Education/Awareness](#)  
[Endometriosis Awareness](#)

[Colorectal Cancer Awareness](#)  
[National Kidney Month](#)  
[Save Your Vision](#)



## Stay Tuned!



Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. There are not many of you that haven't been experiencing burnout to some degree over the past year. Burnout happens when there is a lack of control at work or at home.

Anthem EAP wants to help you learn how to get around burnout, prevent it and keep yourself engaged in work and personal life. Plan to attend the webinar, **"From Tired to Inspired: Keeping Engaged and Preventing Burnout,"** beginning March 17, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



## Support for Parents

Bright Horizons will be hosting two important webinars this month. Each one addresses a unique situation parents must contend with.

- Supporting Your Child's LGBTQ+ Identity (Wednesday, March 9, 2022, 12:00 p.m. ET)
- Turning 3: Life After Early Intervention (Tuesday, March 22, 2022, 12:00 p.m. ET)

For more information and to register for these webinars, go to [Bright Horizons](#). Click on the "Attend a Webinar" button from your Home Page.

Thoughts to  
Live By

MARCH: OPTIMISM

*Optimism inspires, energizes, and brings out our best. It points the mind toward possibilities and helps us think creatively past problems. ~ Price Pritchett*

# FEEDBACK

## 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\*\*](#)

## Legal Help From Anthem

Legal issues can be difficult to deal with at times and finding assistance can be uncertain. Your Anthem EAP offers a vast resource of legal help in the form of articles, resources and legal forms. Click on **Legal** found under the **Living** tab on the [Anthem EAP](#) home page. Anthem EAP provides consultations with a legal professional. You and eligible family members can request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you. If you choose to continue working with the attorney, services are offered at a discounted rate from the attorney's usual hourly rate. Examples of services include:

- Divorce/custody
- Criminal concerns
- Civil issues
- Estate planning
- Consumer issues

Go to the [ACFC website](#) and click on Anthem EAP to learn more.



## Monthly Website

### MindUp

There is a mental health crisis among our children today. [MindUP](#) was created in response to the global epidemic of childhood aggression, anxiety, depression and suicide. In 2021, attempted suicides by young girls was up 50%. Parents are struggling with how to support their children. This website has extensive resources for parents and caregivers to help deal with the challenges of parenting in today's environment and how they can help their children cope. There is a free membership that includes course for parents, caregivers and adults. You'll find videos on Mindful Breathing, Mindful Listening, Gratitude and Optimism. Download informative pages to help you implement this program in your home. How your children learn to cope with stress now can have a lifetime affect on their brain development as they mature.



## Made in the USA

### USA Pan®

If you do a lot of baking, you know the difference quality bakeware can make. [USA Pan®](#) makes products with durable materials and quality craftsmanship. Their bakeware features fluted surfaces for added strength and air flow and heavy gauge aluminized steel for maximum heat distribution. USA PAN®'s FDA approved non-stick silicone coating is made without harmful chemicals and is unmatched for easy release and clean-up. You'll find a large selection of bakeware, cookware and stoneware. There is even an allergen-free selection. When you're ready to start baking, you can use some of the amazing recipes available on their website. Sign up for their newsletter and save 20% on your first order.

## 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

