



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

APRIL 2022

No Fooling Around With the ACFC!

April is famously known for April Fools' Day, when pranks are played on one another. The ACFC doesn't believe in fooling around as we continue to strive to provide the best and most beneficial resources to our members. We're here, every step of the way, to help you and your family live the richest, most fulfilling lives you can. You'll find a solution to nearly every obstacle preventing you from enjoying the time you need to experience your children, partners, family members and friends every day. Stop fooling around and visit the [ACFC website](http://www.ACFC.org) today to find the solutions you need to live your best life.



Health and Wellness Awareness

[Alcohol Awareness](#)

[Community Service Month](#)

[Irritable Bowel Syndrome \(IBS\)](#)

[Oral Cancer Month](#)

[Autism Awareness](#)

[Donate Life Month](#)

[Keep America Beautiful](#)

[Parkinson's Awareness](#)

[Child Abuse Prevention](#)

[Financial Literacy Month](#)

[National Garden Month](#)

[Stress Awareness](#)



Find Your Happy Place

Do you have a hobby that takes you to your happy place? A hobby can be a great asset to your mental and physical health. Many hobbies don't require a lot of expense or time. Hobbies as easy as walking or reading a book can have substantial benefits.

You can learn to understand the importance of having a hobby and how to start finding one to help you feel happier in this month's Anthem webinar, "***Finding a Hobby: How It Impacts Your Health.***" The webinar will be available beginning April 19, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Support for Parents

Be sure to check out these two informative webinars from Bright Horizons this month. Find solutions to many of your parenting struggles with the Bright Horizons resources available to you.

- Supporting Your Teen or Tween with Autism
(Tuesday, April 12, 2022, 3:00 p.m. ET)
- Discover Driven Learning
(Tuesday, April 26, 2022, 2:30 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

APRIL: LITERACY

There are many little ways to enlarge your child's world. Love of books is the best of all.
- Jackie Kennedy

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

Free Back-Up Care in April

During the month of April, the co-pays for the Back-Up Care Advantage program are being waived. That means you have access to in-home or center-based care for your children or elderly relatives for the entire month.

CWA-represented employees are eligible for 160 hours per year of in-home or center-based care. The cost of this program is normally \$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 or contact Bright Horizons at 1-877-BH-CARES (1-877-242-2737).

Visit the ACFC website and click on the Back-Up Care tab to get started. Take advantage of this opportunity to provide exceptional care for your loved ones.

Verizon has also begun offering Care.com to help employees find long-term childcare. You can register online at verizon-ma.care.com or call 1-866-814-1638. Your 10-digit Enterprise ID is needed.

Monthly Website

Understood

Understood believes every person should have an opportunity to thrive, regardless of how they learn and think. For approximately 70 million people in the United States, this is not a reality. Their goal is to provide parents and families everywhere with the resources, expertise and community that previously were only available to a few. This website has extensive resources, such as the content library, podcasts and blogs. The **Take N.O.T.E.** tool outlines how to Notice, Observe, Talk and Engage with steps to help you spot signs of learning and thinking differences. On the home page, you can "Start Your Journey" to select material applicable to your specific situation and needs. Just click on the topics that you need help with and they'll present you with a list of resources best suited for you. Create an account and you can save your library of information.



Made in the USA

Green Guru Gear

Green Guru Gear uses old outdoor gear that would otherwise end up in landfills to create new adventure gear. All Green Guru Gear started out as something else like bike tubes, wetsuits and billboard materials. They manufacture a large selection of hip packs, backpacks, wallets, panniers and bike packs. You can also find an assortment of belts, bracelets, pouches and travel kits. Each product is unique in its color and look, making them a one-of-a-kind purchase. You can choose between earth tones or wild colors. They offer free shipping on orders over \$75.00 and free returns and exchanges. You can also find their products at local retailers such as REI or bike shops.

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

