



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

MAY 2022

Love and Success With the ACFC!

The month of May is known for love and success. The ACFC loves it when we help you and your family be successful. We can assure you success in reducing stress, saving money and being healthier when you take advantage of the many resources and services available to you. The first step to success is to set a goal, the second is to commit. Set your goal to visit the [ACFC website](http://www.ACFCares.com) and make a commitment to discover how successful you can be.



Health and Wellness Awareness

[Arthritis Awareness](#)

[Asthma and Allergy Awareness](#)

[Better Sleep Month](#)

[Celiac Awareness](#)

[Clean Air Month](#)

[Blood Pressure Awareness](#)

[Lyme Disease Awareness](#)

[Mental Health Month](#)

[Older Americans Month](#)

[Osteoporosis Prevention](#)

[Skin Cancer Prevention](#)

[Stroke Awareness](#)



ZZZZZZ.....



Don't we all wish we could sleep like a baby, falling asleep when our head hits the pillow and dreaming of fairies and fantasies? This never happens to the more than 70 million people who suffer from sleep disorders.

Lack of sleep is attributable to a number of health problems, such as heart disease, weight gain, memory loss and diabetes. Bright Horizons wants to help. In this month's Anthem webinar, "**Sleep Essentials**," you will explore strategies to start a healthy bedtime routine to help you reduce stress and improve your well-being. The webinar will be available beginning May 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 providing a number of webinars during May, to provide support and aid to parents of children of all ages.

- Alternatives to a 4-Year Degree (Thursday, May 12, 2022, 6:00 p.m. ET)
- Understanding and Supporting Your Child's Mental Health (Tuesday, May 17, 2022, 12:00 p.m. ET)
- What Working Parents Need to Succeed (Tuesday, May 24, 2022, 3:00 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

MAY: SUCCESS

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." ~Thomas Edison

FEEDBACK

Help for Parents of Teens



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

Being a parent of a teen can be a challenge these days. Teenagers have always been complex humans but they are exposed to more outside influences now than ever before. Teen suicide and drug use are increasing every day. It's important for parents to have confidence in their parenting skills. The ACFC has a solution for you. You can join an Active Parenting of Teens online group, free of charge.

These online classes are available 24/7 and can be completed at your pace, at a time convenient for you. Combining entertaining video, group discussion, reading and activities, the program will show you how to communicate effectively with your teen, understand a teen's goals, give your teen the tools needed to behave in a responsible way, be a positive influence on your adolescent and reduce the risks of the teen years, including alcohol, drugs, sexuality and violence. Visit the [ACFC website](#) and click on the Active Parenting tab to join this online class or any of the other classes offered.

Monthly Website

HelpGuide

[HelpGuide.org](#) is a comprehensive guide to mental health and wellness. They offer the guidance and encouragement you need to find hope, get motivated, take charge of your mental health and start feeling better. They focus on what you need to know to understand the challenges you face, make informed decisions and take positive steps. Their website is 100% free of ads and corporate influence. The range of topics they provide information on is broad and far-reaching, including:

- ADD/ADHD
- Alzheimer's
- Aging
- Anxiety
- Depression
- PTSD & Trauma
- Sleep Disorders
- Stress

On [HelpGuide](#), you're sure to find the valuable support you and your loved ones need for all of your mental health concerns.

HelpGuide



URBAN WING



Made in the USA

Urban Wing

After spending years in the corporate world, Darin decided to follow his passion and started [Urban Wing](#). On their website, you'll find a selection of unique indoor and outdoor furniture and accessories. Some of the unique pieces are tables for outdoor patio heaters and umbrellas and tables for support poles. Imagine turning that pole in the basement into a usable and beautiful table. There is also a selection of indoor/outdoor benches. Each piece is handcrafted in the USA and made of high quality western red cedar, which is naturally weather resistant. They are finished with a clear satin non-toxic topcoat for added protection, which is rated for outdoor or indoor use. These benches are perfect for patios, backyards and fire pits. They are a work of art that will be a showpiece in your home. Custom designs are also available. Shipping is free.

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

