



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JUNE 2022

Fun in the Sun With the ACFC!

Summer is here and it's time to get outdoors for fun-in-the-sun activities. The ACFC is here to be sure you have a safe and fun-filled summer. We have resources for traveling, wellness, education, health, savings and family. We are always here with the "help when you need it, where you need it." So, get outside, begin some adventures and visit the [ACFC website](#) to find the resources available to bring you and your family the best summer ever.



Health and Wellness Awareness

[Adopt-A-Shelter Cat](#)
[Cataract Awareness](#)
[Men's Health Month](#)
[PTSD Awareness](#)

[Alzheimer's Awareness](#)
[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

[Camping Month](#)
[Great Outdoors Month](#)
[National Safety Month](#)

The Joy of Nature



Nature is beneficial to us in so many ways. Not only does it contribute to our capacity for creativity, problem solving and emotional and intellectual development, but spending time in nature can also reduce stress, soothe mental health conditions and combat obesity. It's important to find an outlet for you and your family to find your path to nature.

In this month's Anthem webinar, "***Finding Yourself Through Nature***," you can discover the importance of being outside and find your own way to enjoy nature and increase your well-being. The webinar will be available beginning June 21, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Support for Parents

Regardless of your children's age or grade, Bright Horizons has webinars to benefit parents and families. Be sure to take advantage of this month's webinars.

- [Selecting Your Best Fit Colleges](#)
(Tuesday, June 7, 2022, 3:00 p.m. ET)
- [Using Positive Discipline to Reduce Challenging Behaviors](#)
(Wednesday, June 15, 2022, 3:00 p.m. ET)
- [Teaching Kids About Diversity, Equity and Inclusion](#)
(Tuesday, June 28, 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

JUNE: NATURE

"In every walk with nature one receives far more than he seeks." ~ John Muir

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

Summer Shape-UP!

Summer begins this month and everyone will want to look their best for swimsuits and summer attire! Now's the time to join a gym or weight loss program and receive a \$150.00 reimbursement from the ACFC. All applications and accompanying paperwork must be postmarked on or before July 5, 2022.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$150 within the applicable dates (January 1 – June 30, 2022, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details.

Monthly Website

Skin Cancer Foundation

June 21, 2022 is the first day of summer. Many of you will be hitting the beach, hiking, gardening and doing more of the outdoor activities that summer brings. It's important to protect yourself from the harmful rays of the sun. The Skin Cancer Foundation provides you with the tools you need to prevent, detect and treat skin cancer. Their most crucial role is to help you understand the risks of skin cancer, show you what you can do to avoid the disease and teach you how to spot potential skin cancers at an early stage, when they are usually curable. Free mobile screenings are available. Check for available dates in your area to get this essential screening.

Learn everything you need to know about sunscreen, clothing, eye protection and recommended products for a safe summer experience.



HANDMADE BY HEROES

Made in the USA

Handmade by Heroes

Many of our veterans return home to face difficult times transitioning back to civilian life. Handmade by Heroes provides training and skills and creates a safe and stable environment where veterans can feel at home and be around other veterans who may suffer from conditions such as PTSD. Their main products are paracord bracelets, lanyards and key chains. They chose to work with paracord because of its uses within the military. Veterans are not only able to work with something that is familiar to them, but also with a material which they understand the true value of. One of their most popular products are the medical ID bracelets, which can help alert people to a patient's condition in case of an emergency. Be sure to meet the veterans up-front and personal by clicking on the Meet Our Veterans tab.

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

