



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JULY 2022

Break Free With the ACFC!

Just as our country celebrates our freedom this month, you can enjoy freedom from the distractions and challenges that affect your daily life. The ACFC offers extensive services and resources to help you and your family conquer the obstacles on the path to your ideal life. Visit the [ACFC website](#) to find the resources that will free you from stress, financial problems, parenting issues and so much more. Let freedom ring!



Health and Wellness Awareness

[Family Reunion Month](#)
[Parks and Recreation](#)
[Social Wellness](#)

[Juvenile Arthritis Awareness](#)
[Picnic Month](#)
[Ultraviolet Safety Awareness](#)

[Grilling Month](#)
[Sarcoma Awareness](#)



Time to Unplug

Do you sometimes feel chained to your digital devices? Digital overload can cause decreased productivity, eye strain, headaches and anxiety. It's important to take a break from technology to feel recharged, reduce stress and appreciate those around you. Take time to turn off your devices, take a walk, stop and smell the roses and have a real conversation with friends and family.

Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule in the Anthem webinar, **"Unplugged: Digital Detoxing."** The webinar will be available beginning July 19, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Support for Parents

Plan now to attend this month's webinars from Bright Horizons.

- Go Outside and Play!(Tuesday, July 19, 2022, 2:30 p.m. ET)
Outdoor Play: it's more than a breath of fresh air. Find out how it contributes to your child's imagination, encourages healthy risk taking, builds resilience and confidence and inspires STEM skills.
- Siblings of Children with Disabilities (Tuesday, July 26, 2022, 12:00 p.m. ET)
This webinar will focus on what siblings want and need based on research, lived experiences and personal observations.

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

JULY: FREEDOM

"From every mountainside, let freedom ring." ~ Martin Luther King, Jr.

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

Paying for College

Do you have a child who is college bound and not sure the best way to save and pay for it? Saving for college can be overwhelming. Whether you're in the beginning stages of saving for your newborn or you want to make sure you're on the right track for your 8th grader, College Coach can help you choose a savings plan that meets your family's unique needs. In their upcoming webinar, you'll get an introduction to the tax advantaged savings plan commonly used to plan for future college expenses. A Bright Horizons College Coach expert will review:

- Choosing the right savings plan
- How decisions today may impact eligibility for future financial aid
- Common strategies used to save and pay for college
- Key considerations regarding financial flexibility, control and taxation to keep in mind throughout the process

Join the webinar on July 12, 2022 at 12:00 p.m. ET. Go to passport.getintocollege.com to learn more.

Monthly Website

America Saves

The mission of America Saves is to motivate, encourage and support low- to moderate-income households to save money, reduce debt and build wealth. Choose one of the nine financial goals and you'll find tips and helpful links to help you achieve your goal. You'll also find encouraging stories from savers who are working towards or have achieved their goals. The Resources tab leads you to pages of articles on a variety of topics important to everyone. When you take the America Saves Pledge, you'll receive short emails, text reminders, resources and tools to keep you on track toward your savings goal.



Made in the USA

oka-B

Oka-B began as the perfect spa shoe, integrating the principles of reflexology and ergonomics for ultimate comfort. Today the line has expanded to dozens of styles and colors that bring joy every day. All Oka-Bs are made with love in Buford, GA. Many of the styles include premium arch support and soothing massage beads. They are slip-resistant, colorfast, waterproof and washable. Best of all, they are eco-friendly and recyclable. Their recycled and recyclable shoes are made with a soy bio-based material. When your favorite pair wears out, return them to Oka-B for recycling. Women's styles include sandals, ballet flats, flip flops and slides. There is a selection of fun, vibrant colors with unique decorations and ornamentation.

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

