

ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

AUGUST 2022

Start a New Adventure With the ACFC

Life is an adventure and the ACFC wants you to be able to enjoy every opportunity that heads your way. Whether it's financial, medical, family or emotional issues that you face, we have the resources, services and programs you need. The ACFC was created for the purpose of making you, our members, as happy, healthy and stress-free as possible. What we do is an ongoing adventure to keep these services fresh, new and as relevant as possible. Take time to explore and discover all that the ACFC has available to you by visiting the [ACFC website](http://www.ACFC.org) often and take this adventure to your best life along with us.



Health and Wellness Awareness

[American Adventures](#)

[Children's Eye Health and Safety](#)

[Family Fun](#)

[National Breastfeeding Awareness](#)

[Wellness Month](#)

[Back to School](#)

[Eye Exam Month](#)

[Immunization Awareness](#)

[Summer Sun Safety](#)

Take Time for You



All of us, to some degree, are caregivers, even if it's just a pet. In order to be the best caregiver possible, you must first care for yourself and refill your energy pitcher. It's important to take time each day to restore yourself. You can't do your best to care for others if you are exhausted, overwhelmed or burned out.

In the Anthem webinar, "**Self-Care: Better Care of Yourself**," you will learn to identify ways to implement self-care as a part of your schedule and learn the art of slowing down. The webinar will be available beginning August 16, 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.

- **Returning to Work After Parental Leave** (Tuesday, August 23, 2022, 3:00 p.m. ET)
Headed back to work after spending time at home with a new baby? Whether you're feeling anxious, guilty, excited—or all of the above—we've got strategies you can use to prepare for the logistics and mental load of it all.
- **Teen Stress** (Tuesday, August 30, 2022, 12:00 p.m. ET)
Our nation's youth are undergoing a mental health crisis. But why, and what can you, as parents, do about it? Join this webinar for answers to this question.

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

AUGUST: SELF-CARE

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." ~ Eleanor Brown

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

Preparing a College Application



The college admissions process is competitive. Are you wondering how you can help your hopeful student craft an eye-catching application? Plan to attend this informative webinar to learn details of the application process, understand the importance of "marketing" your student and find out how to:

- Personalize your student's application by identifying and developing the theme
- Write a thought-provoking and winning essay while avoiding common mistakes, tricky topics and common pitfalls
- Be proactive with requirements and deadlines for a lower-stress application process

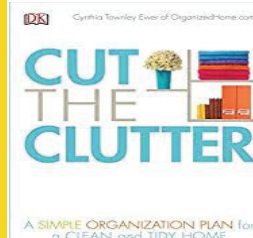
Join the webinar on August 9, 2022 at 1:00 p.m. ET. Go to passport.getintocollege.com to learn more.

Monthly Website

Organized Home

One of the best ways to reduce stress and simplify your life is to get organized. [Organized Home](#) provides tips and suggestions on how to do that. Cynthia Ewer's website has received numerous awards and media mentions since its debut in 1998, including the coveted USA Today HotSite and USA Weekend "Best of the Web" awards. You'll find tips on how to clean house, cut the clutter, get organized, kitchen tips and Christmas planning. Under the Printables tab is a large selection of organizational calendars, check lists, planners and trackers. There's something for everything you need to track or organize. Cynthia is the author of *The Complete Idiot's Guide To Getting Organized*, *Fast-Track* and *Cut the Clutter: A Simple Organization Plan for a Clean and Tidy Home*. You can find the books on Amazon.

Organized Home



SWORD & PLOUGH



Made in the USA

Sword & Plough

[Sword & Plough](#) is a socially conscious American manufacturer that uses military surplus to create stylish bags, re-purposed clothing and jewelry. Sisters Emily and Betsy were born into a military family and wanted a way to give back to the veterans they met and engaged with. The purchase of these re-purposed bags empowers veteran employment, reduces waste and strengthens civilian-military understanding. The company provides employment for veterans and donates 10% of their profits to other organizations that support veterans. They also partner with suppliers who support veterans and veteran-owned businesses. Whether you need a duffel bag, a handbag, a messenger bag or a tote bag, you'll find just what you're looking for. It's a great time to start your holiday shopping and support our veterans.

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
- 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

