



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

SEPTEMBER 2022

## Back to School With the ACFC

It's never too late to learn something new! Education is one of the most powerful tools available to us. The ACFC wants to educate you on the services, programs and resources they work hard to provide their members so you can take advantage of opportunities to expand your education. When you are free of stress and worries, you can focus on positive steps you can take in your life. Visit the [ACFC website](#) often and start your education of the resources and services the ACFC has available to you and your family.



## Health and Wellness Awareness

[Atrial Fibrillation](#)

[Child Obesity](#)

[National Preparedness](#)

[Pain Awareness](#)

[Baby Safety](#)

[Cholesterol Education](#)

[National Recovery](#)

[Prostate Cancer](#)

[Blood Cancer](#)

[College Savings](#)

[Newborn Screening](#)

[Sepsis Awareness](#)

[Childhood Cancer](#)

[Healthy Aging](#)

[Ovarian Cancer](#)

[Sickle Cell](#)

## Let's Talk About It



Solving problems cooperatively, building healthy relationships and getting along well with others all require effective communication. When we communicate effectively, focus on the problem to be solved and encourage ourselves and others, we can work together effectively with anyone. And since communication is a skill, we can improve it with knowledge and practice.

Attain the skills to have open and effective communication at work and at home in this month's webinar, **"Open Communication: Powerful Ways to Create It."** The webinar will be available beginning September 20, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



**Bright Horizons**

## Support for Parents



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

- Managing Screen Time in the Digital World (Thursday, September 22, 2022, 12:30 p.m. ET) Remote school and video chats have made screen time more normal at an early age. Learn how to negotiate screen time for your child, set healthy boundaries and navigate your increasingly digital life.
- Advocacy Strategies and Your Child's IEP (Tuesday, September 20, 2022, 3:00 p.m. ET) Whether you are new to special education or an experienced parent of a child with an Individualized Education Program (IEP), there are likely to be challenges ahead. Addressing gaps or failures to implement your child's IEP with the school can be a persistent challenge for parents. This webinar will help you address these challenges to be an affective advocate.

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

SEPTEMBER: LEARNING

The beautiful thing about learning is that nobody can take it away from you. —B.B. King

# FEEDBACK

# Affordable Connectivity Program

## We Want to Hear From You!

What is the Affordable Connectivity Program? It's an FCC program that helps connect families and households struggling to afford internet services.

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** into any web browser.

The benefit provides:

- Up to \$30/month discount for internet service
- Up to \$75/month discount for households on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider

There are two steps to enroll:

- 1 - Go to [ACPBenefit.org](http://ACPBenefit.org) to submit an application or print out a mail-in application.
- 2 - Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Call 877-384-2575 or visit [fcc.gov/acp](http://fcc.gov/acp) to learn more.

### ACFC SURVEY

## Monthly Website

### Ready.gov

September is National Preparedness Month. It serves as a reminder of the importance to be prepared in the event of a natural or man-made disaster. Information is provided on four key things you need to do:

- Stay Informed
- Make a Family Emergency Plan
- Build an Emergency Supply Kit
- Get Involved in Your Community

Disasters come in many forms, from tornadoes and floods to power outages and pandemics. Click on the Disasters and Emergencies tab to learn more about specific events.

The [FEMA App](#) is your personalized disaster resource helping you feel empowered and ready to take charge of any disaster life throws your way. The App will guide you on the steps to Plan, Protect and Recover.



## Made in the USA

### Beehive Homemade

While living in an old New England farmhouse, Sandi and Jim had an idea for a collection of metal kitchenware. They were inspired by the practical vintage kitchenware that is no longer handcrafted. It was a perfect marriage of Jim's metalworking skills and Sandi's love of jewelry and decorative things. Every Beehive product begins as a hand-fabricated original object, which is designed and crafted in their studio. They use a variety of traditional and not-so-traditional metalsmithing techniques and processes to make their products. They believe it's important for people to have useful and beautiful things in their homes. They handcraft a unique collection of ceramics, kitchen and tableware, personalized gifts, baby and kids' gifts and jewelry. Each piece is a work of art to be cherished for a lifetime.

## 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

