

ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

FEBRUARY 2023

Feel the Love With the ACFC

Doing what we love is a true source of joy. Working at a job we enjoy, spending time with family and friends or developing hobbies and pastimes are sources of joy that can make us feel good about ourselves. Self love is self care and rejuvenating yourself is the best way to care for yourself and those around you.

The ACFC loves what we do for our members and we get so much joy being able to bring the services and programs that help you find joy in your life. Visit the [ACFC website](#) often to discover them all.



Health and Wellness Awareness

[American Heart Health](#)
[Children's Dental Health](#)
[Self-Check Prevention](#)

[Bird Feeding Month](#)
[Random Acts of Kindness](#)
[Teen Dating Violence Awareness](#)

Anthem Aids: Stress Less

Everyone strives to stress less and your Anthem EAP has some great solutions for you. Topics covered in the Stress Less section of the Anthem EAP website are:

- Understanding Stress and Building Resilience
- Quick Stress Relief: Using Your Senses to Relieve Stress on the Spot
- Stress at Work: Tips to Reduce and Manage Job and Workplace Stress
- Positive thinking: Stop negative self-talk to reduce stress
- Anger Management Tips and Techniques
- 8 Reasons Healthy Sleep Should be Non-Negotiable
- Video: The key to happiness in 2 simple formulas

Click on the Stress Less tab on the [Anthem EAP](#) home page to see the current podcasts, webinars and skill builders available each month.



Support for Parents

Take advantage of these informative webinars from Bright Horizons.

- **Managing Anxiety and Stress: Staying Balanced During Chaos and Uncertainty**
(Wednesday, February 15, 2023, 3:00 p.m. ET)
Join this webinar to learn how to bring calm, flow and contentment to your daily life.
- **Saving for College**
(Thursday, February 16, 2023, 1:00 p.m. ET)
In this webinar you'll get an introduction to the tax-advantaged savings plan commonly used to plan for future college expenses.
- **Getting Excited About STEM**
(Thursday, February 16, 2023, 12:00 p.m. ET)
Hear experts take on how to inspire your child to learn about science, technology, engineering and math.

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

FEBRUARY: LOVE

"I saw that you were perfect, and so I loved you. Then I saw that you were not perfect and I loved you even more." ~ Angelita Lim



Check Out Our New Website

ACFCcares.COM

The ACFC has a new website and we want to hear your thoughts and comments about it. Take a look and then complete this brief survey about your experience. Click the link below to take this survey or type surveymonkey.com/r/RQ8PPL7 into any web browser.

All responses are anonymous and confidential.

[ACFC SURVEY](#)

Anthem Savings Center

In this environment of ever increasing prices, it's more important than ever to economize and find ways to stretch your dollars. Your Anthem EAP has programs and resources ready to help you save.



The Anthem Savings Center can be accessed by joining the [Perks At Work](#) program. Create an account using your work email address and you'll gain access to a variety of services, including the Savings Center. The Savings Center includes the Employee Pricing Program which offers exclusive access to best-in-market pricing, plus additional benefits. Their unique relationship with brands allows them to provide deep discounts to the network. You can also earn WOW points. WOWPoints are loyalty points that you can earn and redeem when you shop through Perks at Work. Earning 10x WOWPoints is like getting 10% back on your purchase. Join Perks At Work now to save money and access the other programs available.

Made in the USA

[Union-Made Football Snacks](#)

The best part about Super Bowl Sunday is the food. Support union workers by serving these at your Super Bowl party.

[Snacks](#)

- Act II Popcorn
- Cheez-It
- Cheetos
- Chex Mixes
- Doritos
- Rold Gold Pretzels
- Slim Jim
- Sun Chips
- Wheat Thins

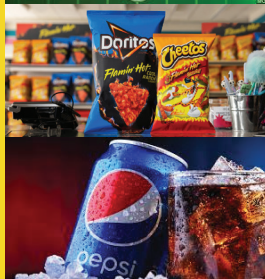
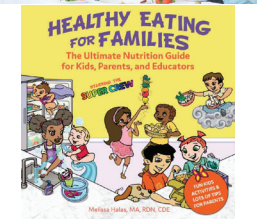
[Soft Drinks](#)

- Barq's Root Beer
- Coke
- Dr. Pepper
- Pepsi
- Sprite

Monthly Website

[Super Kids Nutrition](#)

The best way to raise healthy children is to educate them at an early age about the importance of good nutrition. [Super Kids Nutrition](#) offers extensive resources to help parents share nutritional information with their children. Their mission is to create future healthier generations through good nutrition. They do this by offering expert recipes, nutrition tips, kids' activities and kids' meal plans. There is specific information for picky eaters, plant-based eating, special diets and food allergies. Parents can share the printables and coloring pages with their children to make good nutrition a family activity. Nutrition information is available for all age groups, from pregnancy to teens. Recipes and meal plans are also broken down into age categories. You'll even find a section on Family Fitness with ideas that will get the whole family active and moving.



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, 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

