



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

APRIL 2023

Create Memories With the ACFC

Did you know that the ACFC offers exciting free promotional toolkits to its members? These kits are designed to help bridge the gap between work and life. The current kit is the Baking Memories. The kit includes everything you need to spend quality time with your loved ones and make lasting memories.

To see what promotional kits are available throughout the year, visit the [ACFC website](#) and click on the Promotions tab under the Resources category. Be sure to check this regularly so you don't miss new kits coming soon.



Health and Wellness Awareness

[Alcohol Awareness](#)

[Community Service Month](#)

[Irritable Bowel Syndrome \(IBS\)](#)

[Oral Cancer Month](#)

[Autism Awareness](#)

[Donate Life Month](#)

[Keep America Beautiful](#)

[Parkinson's Awareness](#)

[Child Abuse Prevention](#)

[Financial Literacy Month](#)

[National Garden Month](#)

[Stress Awareness](#)

Going Green



We all need to do our part to maintain the health and beauty of our planet. Every small step we take can have a lasting impact. Explore the steps towards greener living and how to guide your family to living more sustainability in this month's webinar, **"Guiding Your Family to Greener Living"**.

The webinar will be available beginning March 21, 2023. Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section. Be sure to visit the ACFC website next month when we will be offering a Going Green Grocery Cart kit, designed to reduce the use of plastic bags.



Support for Parents

Take advantage of these informative webinars from Bright Horizons.

- **Understanding and Addressing Kids' Challenging Behavior (Webinar)**
(Tuesday, April 11, 2023, 12:00 p.m. EDT)
- **Before You Submit: Final Decision (Live Q&A)**
(Friday, April 14, 2023, 3:00 p.m. EDT and Thursday, April 27, 2023, 6:00 p.m. EDT)
- **Selecting the Best College (Webinar)**
(Wednesday, April 19, 2023, 7:00 p.m. EDT)
- **How Sensory Processing Issues Impact Behavior (Live Q&A)**
(Tuesday, April 25, 2023, 12:00 p.m. EDT)

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

APRIL: KINDNESS

If I can stop one heart from breaking, I shall not live in vain. If I can ease one life the aching, or cool one pain, or help one fainting robin unto his nest again, I shall not live in vain. ~ Emily Dickinson



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](#)

Monthly Website

[UnionPlus](#)

Do you know about the UnionPlus website? If not, you need to check it out now. This is your path to saving money, discounts and advice on a variety of topics. You'll also find a guide to union-made products.

Categories include:

- Money
- Home and Auto
- Shopping and Discounts
- Hardship Help
- Insurance
- Health
- Education
- Travel

Union Privilege, the provider of Union Plus Benefits, is a nonprofit organization founded by the AFL-CIO in 1986 to provide excellent consumer Union Plus benefit programs exclusively to union members (current and retired) and their families.

Free Back-Up Care in May!



Regardless of where they live, if you need care for a family member or relative, Back-Up Care is available to provide the highest quality child, adult and elder care. Back-Up Care Advantage provides Verizon CWA employees with back-up child and adult/elder care. You may utilize up to 160 hours of care for an affordable rate of \$2 per hour for center-based child care and \$4 per hour for in-home child and/or adult/elder care. **For the month of May, Back-Up Care copays are being waived.**

Use Back-Up Care Advantage when:

- Your regular caregiver is unavailable
- Your child's regular school is closed
- Your adult or elder relative needs care at home after surgery or illness

For more information, visit the [ACFC website](#) and click on the Back-Up Care tab under the Family category.

Made in the USA



[Wild Hill Soap & Herbal](#)

[Wild Hill Soap & Herbals of Vermont](#) is a small family business located in Chelsea, Vermont. They are dedicated to promoting a healthy planet & healthy bodies by providing clean & pure alternative products that are bio-degradable and animal friendly with minimal packaging. They use no chemical preservatives, additives or synthetic colors. Their online catalog includes soaps, salves, creams, salt scrubs, aromas, misters, massage oils, bath salts and sachets. They also make buckwheat hull pillows, the newest option for those with headaches, TMJ, muscle tension, snoring and other health concerns. Their pillows are hand-crafted, using certified, organic, mold-free, sifted, pillow-grade buckwheat hulls.

If you're in the Philadelphia area, you will find their products at the Herbiary in the Reading Terminal Market.

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

