



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JUNE 2023

Going Green With the ACFC

The ACFC is committed to supporting the Going Green initiative by providing resources to our members that help reduce your carbon footprint and lessen environmental damage. Many states have begun to ban the use of plastic grocery bags. The ACFC has the ideal solution for you and your family.

Visit the [ACFC website](#) and click on the Promotions tab under the Resources category to order a Going Green Grocery Cart kit, designed to replace plastic grocery bags. The kit includes three reusable bags, one of which is insulated for cold items.

Going Green



Grocery Kit

Health and Wellness Awareness

[Adopt-A-Shelter Cat](#)
[Cataract Awareness](#)
[Men's Health Month](#)
[PTSD Awareness](#)

[Alzheimer's Awareness](#)
[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

[Camping Month](#)
[Great Outdoors Month](#)
[National Safety Month](#)

Open Your Mind to New Ideas



Now, more than ever, it's important to have an open mind and embrace one another. Having an open mind enables you to learn new things, achieve personal growth, gain insight and be happier. Being curious, empathetic, humble and considerate are just some of the characteristics of an open-minded person. Discover how to keep an open mind about yourself and others and the benefits of keeping an open mind in this month's webinar, **"Keeping an Open Mind."**

The webinar will be available beginning June 20, 2023. Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section.

Bright Horizons Help for Parents From Bright Horizons

Whether you have a toddler, a college-bound child or a special needs child, Bright Horizons has resources to help you navigate the role of parenting. Take advantage of this month's webinars to learn more.

- **Why Failing and Risk-Taking Are Better Than Perfection**

(Tuesday, June 13, 2023, 12:00 p.m. ET)

How can you encourage your child to step outside their comfort zone and face challenges? Join a discussion on fostering the persistence to try and the resilience to fail.

- **Education Survival Kit-What Parents Need to Know**

(Tuesday, June 13, 2023, 12:00 p.m. ET)

Review the range of services and instructional supports available to help your child be successful in public school.

For more information, go to [Bright Horizons](#) to create an account and log in to attend these webinars and live events.

Thoughts to
Live By

JUNE: OPEN-MINDNESS

"Always be open to inspiration. You never know where it may come from. Begin with an open mind, end with an inspired heart." ~ Sheri Fink



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

[The Bee Conservancy](#)

Did you know that bees are responsible for pollinating most of the fruits, vegetables, seeds and nuts that are essential to our diets, from apples and squash to buckwheat and coffee? Without bees these foods would not be available. Bees are vital to humans in a number of ways. They are disappearing at an alarming rate and the two main reasons are loss of habitat and the use of pesticides. [The Bee Conservancy](#) shares 10 ways you can help save the bees. This is a great opportunity to teach your children the importance of protecting the bee population. The whole family can join the [iNaturalist](#) project to share observations and photos that can be used in research. You can also start with planting a bee garden to create a safe habitat where bees can flourish. Seek native plants local to your area to provide bees with the plants they have adapted to.



Time to Shape Up!

It's the time of year when everyone wants to look their best for swimsuits and summer attire! Join a gym or weight loss program and receive a \$150.00 reimbursement from the ACFC. All applications and accompanying paperwork must be postmarked on or before July 5, 2023.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$150 within the applicable dates (January 1 – June 30, 2023, only)

Click on **Health and Wellness Reimbursement Program** under the Wellness tab on the [ACFC website](#) for all the details.

Made in the USA

[Annin Flagmakers](#)

Founded in 1847, [Annin Flagmakers](#) is a 6th-generation family-owned and run company. All of their flags are made to the highest standards by the most experienced flag makers in the industry. Annin Flags were used for:

- The inauguration of Abraham Lincoln and the flag that draped his casket
- The arrival of Commander Robert E. Peary at the North Pole in 1909 and Rear Admiral Richard E. Byrd at the South Pole 21 years later
- Raising the flag by U.S. Marines atop Mt. Suribachi on Iwo Jima in 1945
- The Apollo 11 historic mission to the moon in 1969
- The Field of Remembrance at Battery Park, New York for the 10th Anniversary of September 11th

When you fly an Annin flag at your home, you share in the pride they hold for the USA.

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
- Dana Hazzard - District 1 NJ

