



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JULY 2023

Warm Up To the ACFC

Summer has officially started and things are going to start warming up. The ACFC wants to encourage all of its members to get warmed up to the resources, services and programs we have to offer. Free yourself from the difficulties that are keeping you from doing the things you enjoy most, like spending time with your family. Make this your best summer ever by visiting the [ACFC website](#) and getting acquainted with all that is available to you and your family. Take time to explore all of the website to find the solutions you're looking for.



Health and Wellness Awareness

[Family Reunion Month](#)
[Parks and Recreation](#)
[Social Wellness](#)

[Juvenile Arthritis Awareness](#)
[Picnic Month](#)
[Ultraviolet Safety Awareness](#)

[Grilling Month](#)
[Sarcoma Awareness](#)

The Parenting Paradox



Parenting can be the most rewarding and joyful job in our lives, but it does come with trials and tribulations. How do you know if you are doing the right thing for your child? Find out how to overcome parental guilt and continue to do your best in this month's webinar, "**Overcoming Parental Guilt.**" The webinar will be available beginning July 18, 2023. Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section.

The ACFC partners with Active Parenting to bring you free parenting resources such as video-based online parenting classes and an online video library. Click on Active Parenting under the Family tab on the [ACFC website](#).



Help for Parents From Bright Horizons

Take advantage of this month's webinars to learn more about parenting your children. You'll find support and resources for parents of children of all ages.

- **Future-Ready: Learning to Communicate & Collaborate**
(Thursday, July 13, 2023, 3:00 p.m. ET)
- **Screen-Time Balance: Parenting in a Digital World**
(Wednesday, July 19, 2023, 3:00 p.m. ET)
- **The Successful Transition to College**
(Wednesday, July 19, 2023)

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

JULY: Strength
When something bad happens you have three choices: You can let it define you, let it destroy you, or you can let it strengthen you. ~ Theodor Seuss Geisel



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](#)

Don't Sweat Summer Schedules!



There's still time to book camp! When school's out and you have to work, we've got your back. Fill end-of-summer care gaps with Steve & Kate's Camp or programs at participating Bright Horizons® centers.

Not seeing options in your area? Reserve care at a Bright Horizons® center or at home.

Get Started Today! Visit <https://clients.brighthouse.com/acfc> or go to the [ACFC website](#) for all the details.

Monthly Website

[petMed](#)

Anyone with a pet will agree that they are a member of the family and they bring joy to us all. As a family member, it is up to us to care for them and keep them healthy. [PetMD](#) is a comprehensive how-to guide with information and guidance for all your pets. With [PetMD](#), you'll find answers you can trust from qualified veterinarians. By working closely with veterinarians since 2008, [PetMD](#) has become the go-to resource for pet health and care. Use the Symptom Checker to find answers to what your pets are experiencing and how best to treat them. Learn about medications that your pets may need and find the best choice for yours. This site isn't just for dog and cat owners. You'll find information for every animal from horses to chinchillas. There's even a section for farm animals and one for reptiles.



Made in the USA

[Sun Precautions](#)

During the hot days of summer it's essential that you protect yourself from the damaging UVA and UVB rays of the sun to avoid skin cancer. Within just five minutes on a sunny summer day your skin may absorb enough UV radiation to develop a minor sunburn. Sun-blocking clothing offers all-day protection even after 500 washings and 500 days of sun exposure. [Sun Precautions](#) offers an extensive line of clothing for men, women and children that blocks 98% of UVA and UVB rays. The selection includes pants, shirts, swim wear, scarves, jackets and cover-ups. The clothing is lightweight, comfortable and easy-care. The American Academy of Dermatology has awarded Sun Precautions its Golden Triangle Award for its work in sun cancer protection. It's ideal for runners, gardeners or anyone who works or plays outside.

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

