



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

AUGUST 2023

Back to School With the ACFC

It's time for children to return to school to expand their knowledge and learn new skills. It's a ideal time for you to learn about the programs and resources available to you and your family from the ACFC. Knowledge is power and the more familiar you are with the ACFC services, the more power you have over our life.

Begin your new school year by visiting the [ACFC website](#) and learning about all they have to offer. You'll find solutions to all the obstacles you face to make your life less stressful.



Health and Wellness Awareness

[American Adventures](#)
[Eye Exam Month](#)
[Breastfeeding Awareness](#)

[Back to School](#)
[Family Fun](#)
[Summer Sun Safety](#)

[Children's Eye Health and Safety](#)
[Immunization Awareness](#)
[Wellness Month](#)

Show Me the Money



Now more than ever it's important to have control over how your money is spent and how to learn to stretch your dollars as far as possible. The ACFC has resources and services to help. Find out more by visiting the [ACFC website](#) and clicking on the Savings tab at the top of the page.

Explore how to have smart financial management and learn practical steps on getting out of financial ruts in this month's webinar, **"Digging Deep."**

The webinar will be available beginning August 15, 2023. Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section.

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.

- ***Saving for College (College Coach)***
(Thursday, August 3, 2023, 12:00 p.m. ET)
In this session, you'll get an introduction to the tax advantaged savings plan commonly used to plan for future college expenses.

- ***Fueling Your Child's Curiosity and Creativity (Kid's Essentials)***
(Tuesday, August 15, 2023, 12:00 p.m. ET)
Creativity and curiosity are essential skills that can diminish over time in most people if not supported and encouraged. Support your child's abilities to ask questions, use their imagination and explore.

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

AUGUST: KNOWLEDGE

"Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family." ~ Kofi Annan



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](https://www.surveymonkey.com/r/RQ8PPL7) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

UnionPlus Real Estate Rewards

Now is prime time for buying or selling a home. Did you know that you can get \$500 cash back for every \$100,000 in your home value after closing when you use the [UnionPlus Real Estate Rewards Program](#), powered by Sirva.

Use your Union Plus Real Estate Rewards with 3 easy steps.

- Call 800-228-3097 or [visit here](#) to let us know you're interested in our real estate rewards program.
- SIRVA will find an approved agent in your area from their over 4,700 approved agents.
- If you decide to use the agent to buy or sell your home, you can earn up to \$500 for every \$100,000 in home value after closing.

Monthly Website

[LiveStrong](#)

[LIVESTRONG.com](#) helps you live stronger, healthier and happier. They strive to deliver trusted health, nutrition and fitness information — for all. You'll find information articles and videos and an extensive selection of exercise videos. Categories include how to:

- Eat Better
- Get Fit
- Manage Weight
- Live Well

Their team of experts are passionate about good health and good information, including experienced journalists, certified personal trainers, foodies, yogis, coffee fanatics, dog lovers, cat lovers and data geeks.

Join the exercise challenges to stay motivated to live strong.



Made in the USA

[OneManOneGarage](#)

Following his passion of designing and building, Marcus Williams started [OneManOneGarage](#) ten years ago in his garage. His collection of unique products is the result of his creativity. They combine cuteness with a little bit of arts & crafts and functionality, with a focus on creating pieces full of detail that look incredible, but that provide a moment for you and a loved one to sit down and work on something together. A moment to connect emotionally but also to engage mentally. These DIY kits are a perfect opportunity to do a project with your children, family members and friends. Choose from lanterns, birdhouses and feeders, tabletop fireplaces, ornaments, puzzles and more.

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

