



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

SEPTEMBER 2023

Free Gear From the ACFC

Did you know that the ACFC offers free promotions to our members to help you balance your work/life? There are two promotions currently available. The **Baking Memories** kit includes everything needed for family fun time baking cookies and desserts. The **Going Green Grocery Cart** kit contains reusable grocery cart bags you can use to reduce the use of plastic bags. Just put them in your cart, fill them up, place your items on the belt and load them back into the bags.



PROMOTIONS

To order your free promotional kits, go to the [ACFC website](#) and scroll to the bottom of the homepage to the Promotions tab. Quantities are limited so don't delay!

Health and Wellness Awareness

[Atrial Fibrillation](#)

[Child Obesity](#)

[National Preparedness](#)

[Pain Awareness](#)

[Baby Safety](#)

[Cholesterol Education](#)

[National Recovery](#)

[Prostate Cancer](#)

[Blood Cancer](#)

[College Savings](#)

[Newborn Screening](#)

[Sepsis Awareness](#)

[Childhood Cancer](#)

[Healthy Aging](#)

[Ovarian Cancer](#)

[Sickle Cell](#)

The Power of Gratitude



Gratitude: a strong feeling of appreciation to someone or something for what the person has done to help you. Practicing gratitude can have a profound impact on your daily life. It can improve your mental and physical health, strengthen social bonds and improve your overall quality of life by enabling you to bounce back from the hardships you face. Discover how to build gratitude habits in this month's webinar, **"The Gratitude Habit."**

The webinar will be available beginning September 19, 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 these webinars to learn more about parenting your children. You'll find support and resources for parents of children of all ages.

- **Your Child's Growing Brain (Ages 0-5)**

(Thursday, September 21, 2023, 2:00 p.m. ET)

Tune in to hear how to encourage development and get actionable tips to support your child.

- **Staying Organized and Getting Things Done**

(Wednesday, September 20, 2023, 12:00 p.m. ET)

Talk away knowing how to be productive while also creating time for rest and rejuvenation.

- **Preparing College Applications**

(Tuesday, October 3, 2023, 7:00 p.m. ET)

Learn details of the application process and understand the importance of "marketing" your student throughout the application process.

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

SEPTEMBER:

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." ~ Melody Beattie



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](#)

UnionPlus Hardship Help

Many families are struggling to provide what they need for their families. If you're facing difficult financial times, Union Plus may have services that can help. Assistance is available in areas such as:



- Strike Benefits
- Layoff or Furlough Assistance
- Mortgage Assistance
- Save My Home Hotline
- Credit Counseling
- Bankruptcy Counseling
- Disaster Relief Grants
- Hospital Grants
- Disability Benefits
- Hospital Bill Negotiating Service

For more information, go to [UnionPlus Hardship Help](#).

Monthly Website

[American Red Cross Blood Services](#)

In light of recent events, such as the fires in Hawaii, the American Red Cross is in need of blood donations. You can download the [Red Cross app](#) and complete a pre-registration so you can easily schedule appointments and track your donations. There is also a need for plasma donations. Donated plasma is used to treat cancer patients. Every 15 seconds someone needs platelets. Platelets must be used within five days and new donors are needed every day. A platelet donation can provide a full dose of platelets for a patient, sometimes up to three patients.

The Red Cross is also looking for [volunteers](#). By simply entering your zip code you can find the openings available in your area. 90% of the Red Cross workforce are volunteers. Find out how you can do your part.



Made in the USA

[Hand in Hand](#)

[Hand in Hand](#) didn't start a business to make personal care products. They started it to make a difference. In 2011, millions of children were dying each year from water-related illnesses that could be prevented with hand washing alone. They came up with the idea to create a soap that could also save lives. This was the start of their BUY ONE, GIVE BACK program. With every purchase, they donate soap and clean water to children in need. [Hand in Hand](#) makes sustainable, vegan, cruelty-free products which are 97% naturally derived. Their products include hand soap, body soap, shampoo and conditioner, body lotion and hand sanitizer. Every time you lather or moisturize is a chance to fight human rights abuses, plastic pollution and climate change. What a win-win for everyone.

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

