



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

OCTOBER 2023

The ACFC Has Got You Covered

When you or your family are struggling or dealing with work/life issues, we've got you covered with programs and services to make life less stressful and more fulfilling. We also have you covered with the new ACFC **We've Got You Covered** kit. This kit includes a weather-resistant blanket that folds for storage, has storage pockets on the outside and convenient carry handles. The blanket can be used for picnics, outdoor events or a safety blanket for your car.

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

- [ADHD](#)
- [Dental Hygiene](#)
- [Down Syndrome](#)
- [Emotional Wellness](#)
- [Sudden Cardiac Arrest](#)
- [Adopt-A-Shelter Dog](#)
- [Depression Education](#)
- [Eat Better, Eat Together](#)
- [Financial Planning](#)
- [Sudden Infant Death Syndrome](#)
- [Breast Cancer](#)
- [Dyslexia](#)
- [Eye Injury Prevention](#)
- [Healthy Lung](#)
- [Bullying Prevention](#)
- [Domestic Violence](#)
- [Long Term Care Planning](#)

Taking Time to Reflect



Sometimes taking a small pause before we react to a situation can change the outcome for the better. It takes practice to develop this skill but it can be a game-changer in handling difficult situations. By doing this you can avoid those, "I wish I had handled that differently," moments. Learn how to notice your own thoughts and how you react to them, and channel energy when handling challenges in this month's webinar, **"Pause. Breathe. Resume."**

The webinar will be available beginning October 17, 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 how you can support and empower your children. You'll find webinars and resources for parents of children of all ages.

- **Paying for College**
(Tuesday, October 17, 2023, 7:00 p.m. ET)
- **Friendship Etiquette and Social Skills for Children with All Abilities**
(Wednesday, October 18, 2023, p.m. ET)
- **Emotional Intelligence + Why It Matters**
(Thursday, October 19, 2023, 3:00 p.m. ET)
- **Alternatives to a 4-Year Degree**
(Thursday, November 9, 2023, 4:00 p.m. ET)

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

I believe that unless we effectively pause, we cannot elevate our behavior. In so many ways, pausing enables better decisions, greater consciousness of the impact of our actions on others, and a more meaningful existence. ~ Dov Seidman



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 College Program

If you or your family members have dreams of obtaining a college degree, UnionPlus can help. Discover exclusive union family discounts, financial aid and grants — so that costs don't stand in the way of your family's education dreams.



You can choose from a wide selection of degree programs. Classes are 100% online with convenient schedules that work with your busy life. Select an Associates degree or a Bachelor's degree to find available colleges and what the Union family tuition rate is. There is a link to each college where you can find out more about the college and the programs they offer. You'll also find instructions for applying and deadlines for applications to be submitted.

Not sure what your college needs are? Complete the college match form for suggestions on what college would work best for you. With exclusive union discounts and programs made for working adults, the [Union College Benefit](#) helps make the dream of college a reality.

Monthly Website

[Adopt Us Kids](#)

Today there are more than 117,000 children and teens in foster care who are waiting for the love and security that a permanent home provides. Children and teens enter foster care through no fault of their own because they are unable to continue living safely with their families. [Adopt Us Kids](#) is there to help families every step of the way, from starting the process to receiving a placement. They supply information, resources and referrals and connect families seeking to foster and adopt with children and their caseworkers. They offer the only federally-funded national photolisting of children in foster care in the United States who are available for adoption. All of their services are provided to families and professionals free of charge. Visit [Adopt Us Kids](#) to meet the children available for option in your state. Their pictures and stories will melt your heart.



Made in the USA

[All American Clothing Company](#)

As cooler weather approaches, you can be prepared with outerwear and clothing from the [All American Clothing Company](#). In 2002 Lawson Nickol had a comfortable job with a US jeans manufacturer. When he discovered his company's label on a pair of jeans saying "Made in Mexico" he quit his job and founded All American Clothing Co. Their motto, "Make Something Happen Today" comes from Lawson's relentless pursuit of his dream and the way he motivated all around him. They offer a huge selection of jeans, gloves, hats, sweatshirts, jackets, motorcycle gear and much more. Under the [100 American Companies That Sell USA-Made Products](#) tab you'll find links to other companies. The company's mission is to support USA families and jobs by producing high-quality clothing in the USA at an affordable price.

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

