



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

NOVEMBER 2023

The ACFC is Thankful for You



You, our members, are the reason we do what we do. We strive to bring you the services, programs and resources that help you maintain a dynamic work-life balance. The less time you spend dealing with stressful situations, the more time you have to spend with your family and friends and enjoying leisure activities. Helping our members and their families live a balanced life is important to us and it's important for our members to utilize these services so we can continue to serve you in the future. To discover all of the programs available to you and your family, go the [ACFC website](#) and explore all that we offer. Thank you!

Health and Wellness Awareness

[Adoption Awareness](#)
[COPD Awareness](#)
[Family Caregivers](#)
[Pancreatic Cancer Awareness](#)

[Alzheimer's Awareness](#)
[Diabetes Awareness](#)
[Healthy Skin](#)

[Bladder Health](#)
[Epilepsy Awareness](#)
[Lung Cancer Awareness](#)
[Stomach Cancer Awareness](#)

Self-Care Is Health Care



The idea of taking care of the caregiver is that you have to take time each day to restore yourself. You can't do your best if you are constantly overwhelmed, exhausted or burned out. Self-care means to systematically plan (and take!) time to care for yourself. Explore how to take care of yourself and cope with caregiver stress while supporting your loved ones in this month's webinar, **"Caring for the Caregiver."**

The webinar will be available beginning November 21, 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.

• **Estate and Financial Planning 101: Future Planning for an Aging and/or Disabled Loved One**
(Wednesday, November 8, 2023, 1:00 p.m. ET)

• **Sandwiched and Stressed?**
(Thursday, November 16, 2023, 3:00 p.m. ET)

If you're caring for elder loved ones....and your child, navigating caregiving logistics and responsibilities (plus your own emotions) can be tough. Tune in for helpful tips.

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

NOVEMBER:

"The more you practice the art of thankfulness, the more you have to be thankful for."
~ Norman Vincent Peale



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

Health & Wellness Deadline is Near!

The holidays and the deadline to apply for the 2023 ACFC's Health & Wellness Reimbursement Program will be here before we know it! All applications and accompanying paperwork must be postmarked on or before January 5, 2024.

- 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 (both can be found on the Verizon eWeb).
- 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 (July 1 – December 31, 2023, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](https://www.acfc-cares.com) for all the details and to access the application.

Monthly Website

Safe Kids

Keeping their kids safe is paramount to parents. You may be surprised to learn preventable injuries are the #1 cause of death for kids in the United States. The goal of [Safe Kids Worldwide®](https://www.safekids.org) is to help families and communities keep kids safe from injuries. Since 1988, Safe Kids has helped reduce the U.S. childhood death rate from unintentional injury by 61 percent. The [Safe Kids website](https://www.safekids.org) provides extensive information and tips for caregivers of children of all ages – from newborns to teens. Parents can find information on recalls and car seat safety. There are coalitions in nearly every state in the United States that host safety events, conduct workshops in schools and hospitals, advocate for effective legislation and distribute safety devices. If you have kids, don't delay in using this website to learn how you can keep them safe.



Made in the USA

Women's Bean Project

As you begin your holiday gift list, be sure to include gifts from the Women's Bean Project. Beginning with \$500 worth of beans and two homeless women, the [Women's Bean Project](https://www.womenbeanproject.org) now supports thousands of women on their journey to self-dependency. By receiving job training, affordable housing and childcare and medical care, these women are able to become independent and self-reliant. The [Women's Bean Project](https://www.womenbeanproject.org) offers an extensive line of soup and baking mixes, coffee and teas, spices and dog treats. You can purchase the items individually, or in pre-packaged gift sets. Visit the Women's Bean Project during the holidays for the perfect gift that keeps on giving. There's something for everyone on your list. You may be familiar with products from the [Women's Bean Project](https://www.womenbeanproject.org) in the promotional kits from the ACFC. This is a great organization to support.

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

