



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



FEBRUARY 2024

## We Love Our Members!

The ACFC is dedicated to serving the members who support them by using the services and programs we thrive to provide you. The members of the ACFC committee work extensively to find those programs that will serve you and your family members. The next time you are on the [ACFC website](#) be sure to click on the Sound Off button at the top of the page to share why you love the ACFC. We would love to hear from you.



**The ACFC has free Baking Memories kits and Going Green Grocery Cart kits available. Order yours today while supplies last!**

## Health and Wellness Awareness

[American Heart Health](#)  
[Children's Dental Health](#)  
[Self-Check Prevention](#)

[Bird Feeding Month](#)  
[Random Acts of Kindness](#)  
[Teen Dating Violence](#)

## Your Anthem EAP



Financial planning is on everyone's to-do list these days. Your Anthem EAP has a number of resources to help you in all areas of financial planning. You'll find a drop-down menu with a list of topics where you can get support and information. Topics like estate planning, buying and selling a home, credit, insurance and saving and investing for college. Use these resources to start your path to financial freedom.

Go to the [Anthem EAP](#) home page to explore all of the financial planning resources available to you.



## Supporting Our Parents

Bright Horizons has a new year of webinars and events planned to help parents of all age children and parents of special-needs children.

- **Supporting Your Young Child's Mental Health**  
(Wednesday, February 14, 2024)

On Demand Webinars:

- Managing Screen Time in the Digital World
- Returning to Work After Parental Leave
- Building Healthy Eating Habits for Life

For more information and to register for these webinars, go to [Bright Horizons](#). Click on the "Attend a Webinar" button from your Home Page.

Thoughts to  
Live By

FEBRUARY: LOVE

**"One word frees us of all the weight and pain of life: That word is love." ~ Sophocles**



# 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**

# CWA Term-to-70 Life Insurance

Union Plus Term-to-70 Life Insurance exclusively serves union members and their families. They are able to provide specially arranged rates typically reserved only for large groups.

- Coverage without re-application, underwriting, or changes to your benefits until age 70 when you can convert to the Senior Life insurance plan without any medical questions.
- Provides a waiver of premium — which means, you don't have to make any payment—for up to 3 months during a union-sanctioned strike, involuntary layoff or lockout lasting 30 days or more and is subject to a 30-day waiting period. This is a union-member-only benefit.
- Union Plus does not ask you to take a medical exam, depending on your answer to the health questions on the application, for coverage up to and including \$200,000 in order to receive coverage.
- Provides you a 60-day review period with a satisfaction guarantee if you decide that this coverage is not right for you.

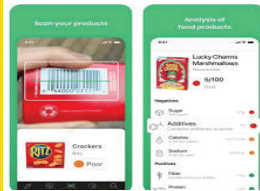
[Click here to apply and for more information.](#)

# Monthly Website

## Yuka

Do ever wonder just how healthy the products you purchase are? Now you can know by using the Yuka APP. Yuka deciphers product labels and analyzes the health impact of food products and cosmetics. Just scan the product UPC code to get a score and details about the product. Yuka analyzes each product, providing a detailed data sheet for each product to explain how it was evaluated and understand its score. Yuka is an independent application. This means the product analyses and recommendations are entirely objective. They receive no funding from brands or manufacturers.

When you scan a product that scores poorly, Yuka offers independent recommendations for similar items that are better for your health. An easy-to-understand color code lets you view the product's impact on your health.



mosaic  
WEIGHTED BLANKETS



# Made in the USA

## Mosaic Weighted Blankets

If you or someone you know suffers from difficulty sleeping or relaxing, a weight blanket could be beneficial. Weighted blankets offer a soothing, calming, deep pressure therapy that provides a variety of benefits, such as helping to relax and concentrate during the day, as well as sleep better at night. When draped across your body, it provides just enough gentle pressure to reduce cortisol, a stress hormone and release a few different chemicals into your system: oxytocin, melatonin and serotonin. Collectively, these chemicals relax the body, reduce stress and induce a general feeling of happiness and security. The blankets come in a variety of options for weight, material and use to provide the ideal solution for you, in adult and kid size. The blankets are machine washable.

# 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

