



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JANUARY 2020

New Beginnings With the ACFC!

A new year is the time for new beginnings. 2019 is in the past and 2020 is a fresh opportunity to set and accomplish new goals. The ACFC has the services and resources to help you make this the best year yet. Visit the [ACFC website](http://www.ACFCares.com) to discover all we have to offer. We're here with help when you need it, where you need it, to begin anew!



THE BEST TIME FOR
A NEW BEGINNING
IS NOW

Health and Wellness Awareness

[Birth Defects Prevention](#)

[Blood Donor](#)

[Cervical Cancer Screening](#)

[Family Fit Lifestyle](#)

[Financial Wellness](#)

[Glaucoma Awareness](#)

[Healthy Weight Awareness](#)

[National Radon Action](#)

[Thyroid Awareness](#)

Financial Fitness



Just like the importance of getting a physical checkup every year, it's also imperative that you get a financial checkup. In the Anthem webinar, "**Your Financial Checkup**," they will take you through a "financial checkup," guiding you through the necessary steps to examine your financial situation. The webinar will be available starting January 21, 2020. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today. As an ACFC member you are entitled to a no cost telephone consultation with Anthem's financial counselors, who are seasoned financial professionals and licensed CPAs. Typical matters include credit counseling, debt and budgeting assistance, tax planning, retirement, and college planning questions. Visit the [Anthem EAP website](#) for more information and helpful resources.

College Coach



If you have a child planning to attend college, now is the time to sign up for College Coach, a service provided to you by the ACFC. Studies show that 96% of College Coach graduates get into one of their top-choice schools, and 100% receive admission offers. Parents and students work with former college admissions and financial aid officers who use a highly personalized approach to get to know students as individuals with unique strengths. Starting in the freshman year of high school, you will get guidance on optimal class scheduling, the application process, and financial planning through one-on-one counseling from a dedicated specialist. The college process can be overwhelming, but with College Coach, you can feel confident that you are providing the best opportunity for your child. Visit the [ACFC website](#) and click on the College Coach tab to get started today.

Go to the [ACFC website](#) and click on Bright Horizons Family Resource Room under Featured Programs to register and to see a list of all of the upcoming webinars and descriptions.

Thoughts to
Live By

JANUARY: NEW BEGINNINGS

"So, I close my eyes to old ends and open my heart to new beginnings." ~Nick Frederickson



ACFC Savings Center



Your Opinion Counts

We often hear from our members that one area they would like help with is legal matters. We welcome your input into what services or resources you would like to have access to. Our current survey gives you the opportunity to share with us how we can help our members in this area.

Click the link below to take this survey or type [surveymonkey.com/r/ACFClegal](https://www.surveymonkey.com/r/ACFClegal) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

The January Anthem webinar is about the importance of an annual financial checkup. Part of any sound financial plan is to take advantage of discounts and available savings. The ACFC has a number of resources available to help you maximize your savings. You'll find everything from help with major purchases such as a home or car to savings on movie tickets. Learn how to earn WOW points when making purchases when you shop at [Spenseless](#). Visit the Anthem Savings Center where you can shop quality name brands at discounts of 25% to 70% off regular retail prices! Register for free on the [Anthem EAP website](#). Learn how to stretch your dollars by using the savings tips available to you.

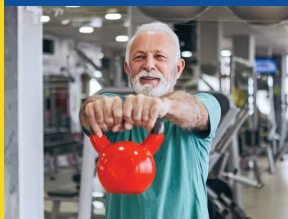
Click on the Savings tab on the [ACFC website](#) to access all of these invaluable services.

Monthly Website

Healthline

Have you ever wished for one website you could go to for all of your health and fitness information? Well, this is it! [Healthline](#) covers all facets of physical and mental health openly and objectively because they're there for the whole person — for your whole life. Because people come to them with unique challenges they listen closely and put empathy first. No matter what chronic disease, stage of life, or health changes you are dealing with, they have the answers you are looking for. Discover what current health trends are real and which ones to avoid. Learn which vitamins would be most beneficial for you. The topics are endless. Sign up for their Wellness Wire newsletter and receive up-to-date health tips, wellness advice, and more.

healthline



Made in the USA

Johnson Woolen Mills

[Johnson Woolen Mills](#) has been making quality clothing and goods for 177 years. Backed by nearly two centuries of tradition, four generations of Vermont ownership, and the pride of being hand-crafted in the USA, they are your source for rugged woolen outer wear for today's modern lifestyle. You'll find a wide selection of products ranging from clothing to pet wear, to handmade teddy bears. They make woolen tote bags, scarves, mittens, and socks. A gift certificate is a perfect gift for special occasions. Do-it-yourselfers can order fabric to create their own projects. If you are in the Johnson, Vermont area be sure to visit their store for a real shopping experience. They would be happy to see you!

THE 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
- Dawn Bergner-Thompson - District 1-NJ
- Julie Boden - Verizon/Area Manager/I&M Construction
- Miriam Brooks - Verizon/LR
- Patrice Mears-Swift - District 2-13-DE, PA
- Shernell Saunders - Verizon Senior Manager-EEO

