



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JANUARY 2021

Get Ready For a New Year With The ACFC!

All of us will be glad to see the end of 2020! 2021 holds promise for new beginnings and a return to life as we once knew it. The ACFC is here to make 2021 one of your best years ever. Regardless of what challenges you may be facing or new and exciting adventures you are planning, the ACFC is here with help when you need it, where you need it. Our goal for 2021 is to deliver the services and programs to make your life easier so you have the time for the important things in life, like family and friends. Visit the [ACFC website](http://www.ACFCares.com) today to start your new year!



Health and Wellness Awareness

[Birth Defects Prevention](#)

[Family Fit Lifestyle](#)

[Healthy Weight Awareness](#)

[Blood Donor](#)

[Financial Wellness](#)

[National Radon Action](#)

[Cervical Cancer Screening](#)

[Glaucoma Awareness](#)

[Thyroid Awareness](#)

Building a New Frame

Just as the frame on a picture can alter its appearance and how it's perceived, how you frame your world can alter your perspective to live a more positive life. Beginning each new day with a positive attitude can help you face challenges and diversity with strength and determination.

Learn how to reframe your world in this month's Anthem webinar, "**Reframing Your World**," available starting January 19, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



Family Matters Resource Room

The Bright Horizons Family Resource Room is ready for a new year with a new look and new resources. Categories include Parenting, School Success, Elder Care and Work, Life and Family. Scroll down to the new **World at Home** section, where you'll find activities and resources for children from infants to school-age. Explore the library of enriching activities from Bright Horizons educators to enhance your children's learning and engagement. Take advantage of the daily activities to keep your children engaged and entertained. Participate in parenting webinars for the tips and information you need for learning—and living—at home. Learn ways to care for elder parents, while caring for yourself, in the Elder Care section. Join in the Family Room Blog for real conversations from a group of colleagues and friends who love sharing parenting tips, advice and telling tales of our own challenges. Click on the Bright Horizons Family Resource Room tab on the [ACFC website](#) to experience all of these invaluable programs.

Thoughts to
Live By

JANUARY: NEW YEAR

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."
- Edith Lovejoy Pierce

Your
Opinion
Matters!

Feedback Wanted

The ACFC has a website available to ensure our members can take full advantage of the services and programs we provide. We'd like your feedback on how this website has been beneficial to you and your family.

Click the link below to take this survey or type **surveymonkey.com/r/ACFCwebsite** into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY



Even if you can't visit your local establishments, you can always visit ACFC's Careville. It's a virtual online town where you can visit community centers, just like visiting places in your own town. There's a grocery store, a school, a gym, a library, a bank, a wellness center, and more. Within each center, you'll find articles, resources, external links and a guide to the ACFC benefits that pertain to that location. There's information on everything from parenting to caregiving; from health and wellness to travel and leisure. Now you can spend time in the ACFC community without leaving the comfort of home. Be sure to download the free Careville poster as a reminder to explore Careville when you need help and information. You'll find Careville on the [ACFC website](#).

Monthly Website

Autism Speaks

Parents of children with autism understand the unique challenges that must be faced. [Autism Speaks](#) is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. They do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. Individual support from trained members is available from their Autism Response Team Monday through Friday, between 9 a.m. and 5 p.m. Live chat is also available between 9 a.m. and 7 p.m. ET.



Made in the USA

ComfyDown

[ComfyDown](#) designs, manufactures and distributes premium American-made bedding and home decoration products including pillows, blankets, shams, linens and more. Pillow selections include pillows for sleeping, traveling, toddlers and pillow inserts in a variety of shapes and sizes. Looking for a luxurious spa bath robe? Look no further. The ComfyDown robe will make you feel like you're at a 5-star hotel. Enjoy year-round comfort with the Deluxe Chambered Quilt featuring 800 fill-power goose down with a soft 600 thread count, even distribution cotton cover and 100% hypo-allergenic materials. [ComfyDown](#) offers free shipping for all orders shipped in the United States and a 100% money-back guarantee.

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

