



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

FEBRUARY 2021

## Spread Kindness With The ACFC!



Simple acts of kindness can change the world and we can all do our part to spread kindness in our families, communities and workplaces. The ACFC wants to be your ambassador of kindness. When you aren't facing stressful challenges, you can enjoy a better attitude and kinder outlook. The ACFC provides resources, services and programs on finance, care-giving, health and wellness, parenting and much more.

Visit the [ACFC website](http://www.ACFCares.com) today to discover your path to kindness.

## Health and Wellness Awareness

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

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



## Ready, Set.....Goal!

It's that time of year when we all are inspired to set goals for the new year. Setting a goal is the easy part, accomplishing it is the hard part. This month's Anthem webinar, "**Setting Goals For Your Future,**" is here to help. Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.



The webinar will be available starting February 16, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



## Teach. Play. Love.

Each month Bright Horizons shares a podcast offering parenting advice for the early years. The podcasts, Teach. Play. Love., feature parents and early childhood educators coming together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry... and let Bright Horizons help make parenting the joy it was meant to be. You can also listen to these podcasts on YouTube, Spotify, Apple, Stitcher and Libsyn. Be sure to subscribe to get new episodes! You'll find information on these podcasts and all of the resources available from Bright Horizons by clicking on the Bright Horizons tab on the [ACFC website](#).

You can also check out the webinar, "**Education Survival Kit,**" available on Wednesday, February 10, 2021. This webinar is for parents of children with special needs.

Thoughts to  
Live By

JANUARY: KINDNESS

*"Together we can change the world, just one random act of kindness at a time."*

~Ron Hall

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**



## Stay Cyber Safe

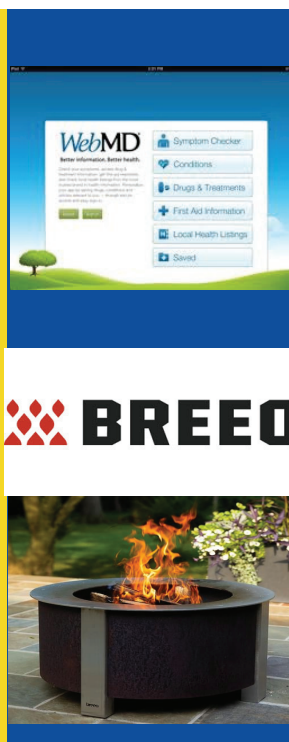
With the majority of associates working from home, the risk of exposure to identity theft is greater than ever. When someone uses your personal information without permission to open an account or access your financial records that's identity theft and it's a serious crime. Verizon employees now have access to Allstate Identity Protection. Protect your digital life and activate your free coverage to get the next evolution in identity protection. Allstate Privacy Advocates work in house and are available 24/7 to restore your credit, identity, accounts, finances and sense of security. With the Allstate Digital Footprint, you can see where your personal information lives online so you can take action and help protect it.

To learn more about all of the features of Allstate Identity Protection go to the About You tab of Verizon's eWeb.

## Monthly Website

### WebMD

If one of your 2021 goals is to get in shape or improve your health, then the WebMD website can be a valuable resource. It offers practical, easy-to-find health information that you and your family can use every day. There are comprehensive health news articles and resources on a variety of conditions. Discover interactive tools and healthy lifestyle programs that help you assess your health status, personalize your goals and track your progress. The convenient search function allows you to find specific health information quickly and the Health Decision Guides help you choose the best treatment options for many conditions. Disease management programs empower you to better manage common conditions.



## Made in the USA

### Breeo Fire Pits

What can be more enjoyable than gathering around a fire pit with family and friends? Whether you are enjoying your backyard or out camping, Breeo Fire Pits has the perfect fire pit for you. Even better, these fire pits are engineered to produce minimal smoke. No more scrambling around the fire to avoid the smoke. The Breeo Lifestyle tab will take you to pages that share ideas on how and where to use the fire pits, how to care for them and reviews from people who are using them. Add the Breeo Outpost and your fire pit becomes a grill where you can cook entire meals. You'll find a vast selection of recipes for every taste and appetite.

Breeo fire pits are handcrafted in Lancaster, PA. They include free shipping and a lifetime warranty.

## 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

