



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

DECEMBER 2021

Spread Cheer With the ACFC!

2021 is almost at an end and it's time to spread some cheer and joy as we see better days ahead. The ACFC wants to be a part of this celebration. We strive to be a positive presence in your life by providing services and programs that make things less stressful for you and your family. Celebrate with us as we plan for the new year.

We want to hear from you. Use the Sound Off tab on the [ACFC website](#) to let us know how we're doing and what we can do to serve you better. Visit the [ACFC website](#) often to stay informed about upcoming changes and new features as we begin the new year with joy.



Health and Wellness Awareness

[Drunk & Drugged Driving Awareness](#)
[Identify Theft Prevention and Awareness](#)
[Safe Toys & Gifts](#)

[Handwashing Awareness](#)
[National Impaired Driving Prevention](#)
[Universal Human Rights Month](#)



Spread Kindness

Pay it Forward

The next time you encounter someone who is grouchy or aggressive, try to ask yourself what this person could be going through. We never know when a person is dealing with a sick loved one, stress at work, or financial burdens. A simple act of kindness can mean the difference in another human beings outlook on life and turn their day around. For inspiration and ideas on how you can spread kindness, go to [kindness.org](#).

Understand the small but powerful ways that everyone can 'pay it forward' and make a difference in the lives of others in the Anthem webinar, "**Paying it Forward.**" This webinar will be available starting December 21, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today. You can register online at [ACFCcares.com](#).



Helping Parents Find Their Way

What can you do to ensure your child gets what they need from public school? Join this Bright Horizons webinar to learn:

- Procedural safeguards, due process options and advocacy strategies
- What to do about services interrupted by the pandemic
- How to set your child up for success

*"When You Disagree With the Public School
(Wednesday, December 8, 2021, 3:00 p.m. ET)*



To register and attend this webinar, go to [Bright Horizons](#). Spend some time exploring all of the parenting resources Bright Horizons has to offer you and your family.

Thoughts to Live By

DECEMBER: KINDNESS

"No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many." ~ Kevin Heath



We Want to Hear From You!

The ACFC strives to provide our members with the services that help you and your family deal with the struggles you face that keep you from experiencing the ideal work/life balance. We have provided this survey so you can share your thoughts and ideas about the programs that serve you the best. Click the link below to take this survey or type [surveymonkey.com/r/ACFCCares](https://www.surveymonkey.com/r/ACFCCares) into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Last Call!

The holidays and the deadline to apply for the 2021 ACFC's Health & Wellness Reimbursement Program are approaching fast! All applications and accompanying paperwork must be postmarked on or before January 5, 2022.

- 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 \$100 within the applicable dates (July 1 – December 31, 2021, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details and to access the application.

Monthly Website

Pass It On

Pass It On is the website of the Foundation for A Better Life. The Foundation for a Better Life is a 501(c)(3) nonprofit organization, founded in 1999. Their sole objective is to promote positive values and encourage viewers to Pass Them On. They communicate these values through inspiring messages in movie theatres, television, billboards, radio and the internet. They offer these messages in an effort to promote positive role models. You can sign up for their blog to receive notifications when new stories appear. They are affiliated with their sister organization, The Random Acts of Kindness Foundation.

Prepare to be inspired, smile and feel better about the world around you!

Pass It On.

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Realsteel is a family-owned company that makes beautiful metal home decor, garden art and house numbers. Their products are made from 100% American steel by American artisans. When you buy from RealSteel, you can trust that the high quality steel wall art is supporting American Steel, American Workers and America's Youth. Every piece of steel art you order not only adds pride and creativity to your home, but a portion of your order is also donated to the 501(c) charity Today's Harbor For Children. Each piece has a durable baked-on, powder-coated finish that prevents rust and they are guaranteed for 5 years against defects. These unique pieces are the perfect holiday, wedding or birthday gifts that will last a lifetime.

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

Kelly Nelson - Verizon/LR

Patrice Mears-Swift - District 2-13-DE, PA

Shernell Saunders - Verizon Senior Manager-EEO

