



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JANUARY 2022

## Happy New Year From the ACFC!

It's finally here, 2022! Our hope for you and your family is that this year will be a joyous one. We want to be here, with the help when you need it, where you need it. We believe there is much to look forward to and we know the programs and services we provide can start you on a path to a more fulfilling, stress-free life. We want to ensure you that the ACFC will continue to provide what we offer now and always be on the look out for new programs to serve our members.

Visit the [ACFC website](http://www.ACFCcares.com) often to stay informed about upcoming changes and new features as we journey into the 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](#)

## Picture This!



Everyone is hoping that 2022 will be the year we can return to some normalcy. Having the right frame of mind will be an important factor in how this new year progresses for you. Viewing the world with the right perspective doesn't come naturally. In the Anthem webinar, "**Reframing Your Way Through 2022**," you can learn practical steps to use positive reframing strategies and guide your way through 2022.

This webinar will be available starting January 18, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](http://www.AnthemEAP.com) home page to sign up today. You can register online at [ACFCcares.com](http://www.ACFCcares.com).



## Your Education Survival Kit

Throughout the year, Bright Horizons offers parents their Education Survival Kit. This informative webinar will help you discover the range of services and support available to help your children be successful in school.



There is a review of the response-to-intervention (RTI) framework within general education, as well as 504 plans and Individualized Education Programs (IEPs) for eligible children with disabilities. You will also find how the pandemic may be impacting the way schools are delivering these services and instructional supports, what your child's rights are and how things might continue to evolve. The first offering of this webinar in 2022 will be on Tuesday, January 25, 2022, 3:00 p.m. ET. To register and attend this webinar, go to [Bright Horizons](http://www.BrightHorizons.com). Spend some time exploring all of the parenting resources Bright Horizons has to offer you and your family.

Thoughts to  
Live By

JANUARY: Positivity

*Promise me you'll always remember: You're braver than you believe, stronger than you seem and smarter than you think. ~ Christopher Robin*



## 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

## Monthly Website

### Strides

The first thing we all do at the start of a new year is set goals. This year you can use the Strides app to set goals, track your progress and celebrate your accomplishments. This unique step-by-step course has everything you need to set, track and achieve your most important goals. And it's 100% FREE. You can track goals such as getting in shape, eating healthier, saving more money or having more free time. These goals can be accomplished by using the free On The Right Path course.

In this course you will:

- Clearly define your core values
- Prioritize what matters most
- Set high-success rate goals
- Learn to track your progress the right way
- Create accountability systems to stay motivated

You can also complete the course by downloading the course worksheets.



## Made in the USA

### Footwear by Footskins

If you're looking for quality leather shoes or boots, Footwear by Footskins is the perfect place to look. You will discover fine workmanship, true quality, and genuine service, all at an affordable price. They have provided comfortable moccasin footwear for almost four decades with skills passed down from one generation to the next. Footskins' styles include moccasins, slippers, shoes, knee high boots, walking boots and teepee boots. Each pair is carefully hand-crafted, resulting in a superior product. There are shoes and boots for women, men and children. They also offer custom-made footwear for hard-to-fit or problem feet. Simply follow the steps on how to measure your feet and they will create a pair of shoes to perfectly fit your foot.



**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
- 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



## Off to College!

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. The program consists of live training webinar events, personalized assistance and in-depth online resources – offering the flexibility to learn in the style that suits your child best.

Visit the [ACFC website](#) and click on the College Coach tab to get started today.