



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

DECEMBER 2022

## Celebrate With the ACFC

As 2022 comes to an end, it's time to celebrate your accomplishments and focus on your goals for the new year. The ACFC is here to help you reach your goals with programs and services designed to eliminate obstacles on your path to success.

The ACFC is celebrating our new and improved [ACFCcares](#) website. We can't wait for you to see it. We're confident that you'll be as excited about our new look as we are. See what all the excitement is about by visiting the [ACFC website](#) today.



## 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](#)

## Getting a Handle on Stress



The holiday season can be a stressful time as you prepare to celebrate with your family and friends. Keeping stress under control is an important step to making this a time of joy and fun. Planning ahead and starting early are two steps you can take to be prepared so you can sit back and enjoy the holiday activities. The ACFC is here with programs to help you get a handle on stress.

In this month's webinar, "***Stress Buster: Managing and Taking Control of Your Life,***" you'll learn ways to manage your stress in a healthier way and learn some strategies to take control of your life. The webinar will be available beginning December 21, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



## Support for Parents

Take advantage of these informative webinars from Bright Horizons.

- ***Stress Management: Practical Strategies for You and Your Kids***  
(Wednesday, December 7, 2022, 12:00 p.m. ET)  
Learn what you can do to take some of the pressure off and restore your good humor.
- ***The High School Plan***  
(Thursday, December 8, 2022, 3:00 p.m. ET)  
Learn about the college admissions process and how to help your child effectively plan his or her high school academic and extracurricular program.
- ***Becoming a Resilient Parent***  
(Tuesday, December 13, 2022, 3:00 p.m. ET)  
Learn some stress-related strategies to build your resilience.

For more information and to register for these webinars, go to [Bright Horizons](#). Click on the "Attend a Webinar" button from your Home Page.

Thoughts to  
Live By

DECEMBER: MOTIVATION

*Who you will someday be is the result of what you do today - and everyday.*  
~ Jeff Haden



# Check Out Our New Website

## [ACFCcares.COM](http://ACFCcares.COM)

The ACFC has a new website and we want to hear your thoughts and comments about it. Take a look and then complete this brief survey about your experience. Click the link below to take this survey or type [surveymonkey.com/r/RQ8PPL7](http://surveymonkey.com/r/RQ8PPL7) into any web browser.

All responses are anonymous and confidential.

**[ACFC SURVEY](#)**

# Don't Miss Out!

The holidays and the deadline to apply for the 2022 ACFC's Health & Wellness Reimbursement Program are approaching fast! All applications and accompanying paperwork must be postmarked on or before January 5, 2023.

- 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 \$150 within the applicable dates (July 1 - December 31, 2022 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

## Just Think Twice

Many of you are familiar with the phrase, "knowledge is power." This concept can be powerful when applied to drug use and drug information. Learning about types of drugs, the effects drugs have and drug prevention is an important step to prevention and recovery. This website is a go-to place for the information needed. With the increased risk of fentanyl in this country, it's never been more important to educate our youth about the risks of fentanyl. Topics covered on this site are:

- Drug Info
- News and Media
- True Stories
- Consequences
- Facts and Stats
- Living Drug Free

Stay informed with the latest news on drugs by signing up for the newsletter.



who? how?  
why? what?  
when? where?



# Made in the USA

## Freedom Hill Coffee

Freedom Hill Coffee was founded with the goal to support veterans and first-responders. The Freedom Hill team of veterans and veteran allies work everyday in honor of all those veterans lost to combat and the war within them. Freedom Hill Coffee Roasters and Freedom Hill Folk School were founded to be a light in the darkness, support those that have sacrificed so much for us all and let veterans know that they can find their own peace and purpose after service. They put vets to work and offers healing experiences at [Freedom Hill Folk School and Farm](#). Freedom Hill Folk School exists to preserve and teach traditional craft and a love of living. Every purchase helps to employ veterans in a supportive, positive environment and to advocate for veteran and first-responder mental health. Support our heroic veterans.  
\*Only coffee is made in USA.

# 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, and communicating programs and initiatives in all areas of your work/life balance.

- Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV
- 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

