



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

JANUARY 2023

Begin Anew With the ACFC

Have you made any New Year resolutions yet? No matter what you hope to achieve this year, the ACFC has the support and programs to help you reach your goals. Look to the ACFC for information on nutrition, financial stability, parenting, work/life balance and so much more.



The ACFC is celebrating our new and improved [ACFCcares](#) website. Our resolution is to continue providing up-to-date and beneficial services to our members. Explore the [ACFC website](#) often to see what changes and improvements we continue to make in the new year.

Health and Wellness Awareness

[Birth Defects Prevention](#)

[Blood Donor](#)

[Cervical Cancer Screening](#)

[Family Fit Lifestyle](#)

[Financial Wellness](#)

[Glaucoma Awareness](#)

[Healthy Weight Awareness](#)

[National Radon Action](#)

[Thyroid Awareness](#)

New Anthem Resources



The new year is the perfect time to utilize the new and updated resources from your Anthem EAP, including the new podcast center. Two licensed professional counselors cover a variety of mental health and wellbeing topics in 10 minutes or less. It's easier than ever to find support and resources on your wellbeing, stress, finances, relationships and family life.

Click on the New This Month tab on the [Anthem EAP](#) home page to see the current podcasts, webinars and skill builders available each month.



Bright Horizons

Support for Parents

Bright Horizons has a new year of webinars and events planned to help parents.

- **Language Development (Webinar)**

(Wednesday, January 25, 2023, 12:00 p.m. ET)

Explore different stages of language development, key milestones and what to expect in your child's first years.

- **Education Survival Kit: What You Need to Know (Live Event)**

(Wednesday, January 25, 2023, 12:00 p.m. ET)

Learn how to offer support if your child is struggling at school or at home. Get help on how to embrace a strengths-based approach and develop a strong vision for your child. Discover details about your benefit and how its available features and services can help you better understand and advocate for your child.

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

JANUARY: NEW BEGINNINGS

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." ~ Roy T. Bennett



Check Out Our New Website

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 into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Parenting 101

Parenting today is not what it was even ten years ago. Children are exposed to social media and pressure from peers to conform to new expectations.



The ACFC, in partnership with Active Parenting, has the tools to help you parent for today's generation. Learn effective parenting skills that will help you raise responsible, courageous and confident children. Skills that will give you the confidence that you are parenting with confidence and knowledge. The ACFC offers FREE online, video-based parenting classes to its members. Classes are 24/7 and can be completed at your own pace. There is also an Online Video Library with videos for parents of children of all ages, from birth to teen. Discover all of the invaluable parenting resources available to you and your family by clicking on the Active Parenting tab under Family on the ACFC website.

Be sure to take a look at the Active Parenting Monthly Parenting Tip for more great parenting support.

Monthly Website

Upromise

Upromise was launched in 2000 with the mission of helping families save for college. They partner with major retailers, local restaurants and other businesses to give Upromise members cash back or other valuable rewards on their purchases. They also offer assistance and support to help families get the most from saving for college. On the Upromise website you'll find guides to 529 plans, expert advice and information, simple saving tools and access to great opportunities to save for college. You'll learn where the total cost of college is heading, see the value of saving early and learn different ways families can pay for college. When you create a free Upromise account you can get rewarded simply by shopping or dining to earn cash rewards on your everyday purchases.



Made in the USA

Popcorn for the People

When Sam Bier wasn't able to find a fulfilling job for himself, he and his parents decided to start Popcorn for the People. The autistic prevalence rate has risen 20% in the last 20 years and 82% of disabled people are still unemployed in 2022. Popcorn for the People is proud to establish not only jobs but also careers that focus on respect, equal wages and career advancement opportunities for persons with disabilities. Their focus is on allocating resources to provide necessary training and support so people who would otherwise face unemployment can maximize their independence in an inclusive workspace. 100% of the profits get reinvested back into the organization to increase the impact. Support this amazing organization by purchasing bags of their gourmet popcorn.

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

