



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

NOVEMBER 2022

Embrace Change With the ACFC



Are you ready for a change? Just as the butterfly has to transition from a caterpillar to a butterfly, we all need to embrace change on the path to where we want to be; physically, mentally and financially. The ACFC is also making changes. The new and improved [ACFCcares](http://www.ACFCcares.com) website is live and 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. Start your journey to making the positive changes you strive for by visiting the [ACFC website](http://www.ACFCcares.com) today.

Health and Wellness Awareness

[Adoption Awareness](#)

[COPD Awareness](#)

[Family Caregivers](#)

[Pancreatic Cancer Awareness](#)

[Alzheimer's Awareness](#)

[Diabetes Awareness](#)

[Healthy Skin](#)

[Bladder Health](#)

[Epilepsy Awareness](#)

[Lung Cancer Awareness](#)

[Stomach Cancer Awareness](#)

Caring for the Caregiver



Many of you are finding yourself a part of the rapidly-growing group known as the Sandwich Generation. You are still raising children at home but finding that you are having to provide more care and support for your aging parents. How do you balance your time between these obligations while maintaining your own well-being? It can seem like an impossible task.

Be sure to attend this month's webinar, **"The Sandwich Generation at Work,"** where you will find practical and effective strategies to balance your work and personal life as part of the Sandwich Generation. The webinar will be available beginning November 22, 2022. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.

Don't forget to utilize your Back-Up Care Advantage program for the extra help you need.



Support for Parents

Plan now to attend this month's webinars from Bright Horizons.

- Supporting Your Child with Learning Disabilities (Wednesday, November 15, 2022, 3:00 p.m. ET)
Learning difficulties can cause daily struggles, but you can help your child succeed. Join us to learn how.
- The Sandwich Generation Stress (Wednesday, November 16, 2022, 3:00 p.m. ET)
Watch to learn how to navigate your emotions and responsibilities...and where to find help.

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

NOVEMBER: CAREGIVING

Self-care is giving the world the best of you, instead of what's left of you.
— Katie Reed



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

Learn About College Coach

Do you have a child heading to college or are you planning to attend yourself? You need to know about College Coach. Plan to attend these informative webinars to find out how College Coach can help you determine the best way to pay for college.

- **Paying for College**
(Wednesday, November 2, 2022, 7:00 p.m. ET)
Attend this webinar to learn effective paying-for-college strategies that will help you cover expenses and make it easier to afford your child's education.
- **Are You Worried About Saving for College?**
(Tuesday, November 15, 2022, 3:00 p.m. ET)
In this session, you'll get an introduction to the tax advantaged savings plan commonly used to plan for future college expenses.

Visit the ACFC website and click on the College Coach tab to get started. Take advantage of this opportunity to start your child's college career on the path to success, from applying to graduating.

Monthly Website

Adopt US Kids

When you think adoption, you probably think of infants, but there are many older children and teens looking for a kind and loving permanent home. Due to circumstances beyond their control, they have lost the nurturing and love of a stable family. Adopt Us Kids is a national project working to ensure that children and teens in foster care get safe, loving, permanent families. They help families with the adoption process, every step of the way, by answering questions and helping them find the right child to adopt. You can search through a state-specific database of children available for adoption. When you see these smiling faces and learn about their dreams and goals for the future, it's inspiring to see how hopeful and optimistic they are. Be ready to have your heartstrings tugged. Of the 400,000 children in foster care, approximately 117,000 are waiting to be adopted. You can the change for one of them.



MADISON PARK FOODS



Made in the USA

Madison Park Foods

Madison Park Foods creates unique and tantalizing spices right in Brookside, NJ. They source and procure the spices that make their way into their amazing seasonings from around the world. Madison Park Foods offers healthy ways to add zest to everyday dishes, beverages and snacks. Their hand-blended seasonings and rubs improve the taste, convenience and nutrition of your food and will transform your meal from ordinary to extraordinary. And just wait until you try their popcorn, Petite Maize. There's even a spice mix for you pooch. On the Madison Park Foods website, you'll find dozens of amazing recipes that will impress your family and friends. You can purchase their products on the website, from Amazon or by visiting one of the stores listed in the Where To Buy listing. Get yours now for holiday cooking.

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

