



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

DECEMBER 2023

## Wrap It Up With the ACFC!

Another year is coming to an end. It's time to reflect on what you have accomplished and set goals for the new year. The ACFC is making their plans for the new year to provide their members with the programs and services you need to live a balanced, stress-free life. We hope you enjoy the holiday season and look forward to a new year of exciting opportunities. Be sure to visit the [ACFC website](#) often to explore all that is available to you and your family.



**The ACFC has free Baking Memories Kits and Going Green Grocery Cart kits available now. Order yours today while supplies last!**

## 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](#)

## Embrace Change



Change is not always easy, but it is a necessary aspect of our lives if you want to improve your mindset and your life. It's important to understand the process to make these changes in a beneficial way and have the maximum effect. Learn how to make a change for the better and practical tips to embrace the discomfort of change in this month's webinar, **"Making A Change."**

The webinar will be available beginning December 19, 2023. Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section.

## Help for Parents From Bright Horizons

Take advantage of these webinars to learn more about parenting your children. You'll find support and resources for parents of children of all ages.

● **Education Survival Kit (live event)**  
(Thursday, December 7, 2023, :00 p.m. ET)

● **Fitting FamilyTime Into Busy Days**  
(Thursday, December 14, 2023, 12:00 p.m. ET)

Learn how to create meaningful (and manageable!) pockets of time with your child amidst the chaos - during your commute, dinner, bathtime and more.

For more information, go to [Bright Horizons](#) to create an account and log in to attend these webinars and live events.

Thoughts to  
Live By

DECEMBER: CHANGE

"Change begins at the end of your comfort zone." — 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](https://www.surveymonkey.com/r/RQ8PPL7) into any web browser.

All responses are anonymous and confidential.

## **ACFC SURVEY**

# Joe Beirne Scholarship Program

The CWA Joe Beirne Scholarship Program will award 16 partial college scholarships of \$4,000 each for two years for the 2024-2025 academic year. Winners, selected in a lottery drawing, also will receive second-year scholarships of the same amount contingent upon satisfactory academic accomplishment. CWA members, their spouses, children and grandchildren are eligible for the scholarships, including the dependents of retired, laid-off, or deceased members. Applicants must be high school graduates or at least high school students who will graduate during the year in which they apply. The foundation was established in October 1974 by the Communications Workers of America Executive Board to honor the name and memory of the founding President of CWA, who served for more than 30 years.

Applications are available at [cwa.org/beirne-application](https://cwa.org/beirne-application). The deadline to apply is April 30, 2024.

The Beirne scholarship program is made possible by funding from CWA locals. Read more about the program [here](#).

# Monthly Website

## The Walking Site

Almost everyone has a New Year goal of exercising more and getting in better shape. One of the easiest and most cost-effective ways to do this is walking. [The Walking Site](#) provides guidance for all levels and types of walking. Whether you're a beginner or a marathon walker, you'll find information on how to avoid injuries, what types of shoes to wear and a healthy eating plan. You can begin with daily 10-minute walks, adding 5 more minutes each week. As with any physical activity, injuries can happen. The Walking Site provides steps to take to avoid injuries and get the most from your activity. You'll find links to stretches that can be done to reduce the risk of injuries. There is also information on how to combine walking with other activities such as cycling, swimming and hiking. The list of benefits from walking will inspire you to start soon.

## *the walking site*



# Made in the USA

## Union-Made Holiday Gifts

### Games

Barrel of Monkeys

Yahtzee

Battleship

Candy Land

Chutes and Ladders

Clue

Connect 4

The Game of Life

Hi Ho! Cherry-O

Pictionary

Twister

Taboo

Sorry

Scrabble

Risk

Operation

Mouse Trap

Monopoly

### Sports Equipment

American Athletic

MacGregor golf clubs

Callaway golf balls

Louisville Slugger

Standard Golf

### Stocking Stuffers

Ghirardelli chocolates

Laffy Taffy

Allan Candy Canes

Rabble-Rouser Chocolate

Jelly Belly

Tootsie Pops

See's Candies

# 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

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

Dana Hazzard - District 1 NJ

