



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JANUARY 2024

## Begin Again With the ACFC!

Happy New Year from the ACFC! The start of a new year is always an opportunity to reset and begin new opportunities and adventures. The ACFC is always striving to bring new programs and services to you, our members. We look forward to the opportunity to provide you and your family what you need to maintain a stress-free and healthy work/life balance. Visit the [ACFC website](#) often to explore all that we offer and for updated information on new resources.



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

## 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](#)

## Your Anthem EAP



Anthem EAP is your source for articles, resources, podcasts and webinars on matters that are important to you and your family. This month they are offering these webinars:

- *Reducing Stress.* - Jan 24, 2024, 11:00 a.m. ET
- *Mind Over Money.* - Jan 31, 2024, 2:00 p.m. ET

Go to the [Anthem EAP](#) home page to sign up by clicking on the webinar title under the Seminars section.



## Meet Your Family Concierge

Did you know that you now have access to a Family Concierge from Bright Horizons? Your Family Concierge team member provides time-saving personalized guidance and creates a customized plan for family care based on what's available to you. From child care, pet care to housekeeping, elder care, education enrichment, tutoring, college planning and more, we've got you covered. And as your family's needs change, your Family Concierge team member will be there every step of the way, sharing best practices and working closely with you to adapt your care plan.

Here's what your benefit includes:

- Expert 1:1 support to craft, coordinate and execute your care plan. Let us do the heavy lifting.
- Proactive guidance through personal outreach, resources and reminders.
- Ongoing partnership to ensure that you're getting the most out of your benefits as your family needs evolve.

To learn more, watch this [informative video](#) or call 1-888-874-0420 with any questions.

Thoughts to  
Live By

JANUARY: NEW BEGINNINGS

"I close my eyes to old ends. And open my heart to new beginnings." ~ Nick Frederickson



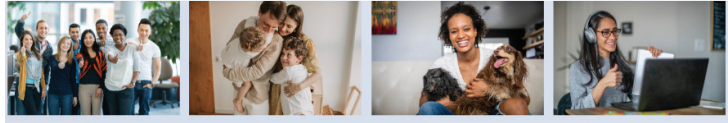
# Check Out Our New Website **ACFCcares.COM**

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 [surveymonkeys.com/r/RQ8PPL7](https://surveymonkeys.com/r/RQ8PPL7) into any web browser.

All responses are anonymous and confidential.

**ACFC SURVEY**

# Education and Care Benefits for You



Take advantage of the very best education and care benefits from the ACFC — because your family comes first. Find highly trained child and elder care whenever you need it. You can also book camps. Plus, reserve pet care to ensure your dog or cat has TLC.

Schedule professional 1:1 tutoring sessions for schoolwork and test-prep help. Additionally, you have free expert guidance to make your student’s journey to college easier. And, get free access to Sittercity®, where you’ll find a range of support offerings. You can also save on curated resources, including educational activities for your child and tools for your growing family.

Get started today  
Visit <https://clients.brighthorizons.com/acfc>

# Monthly Website

## Dog Tag Inc.

Named after the identification tag worn by all members of all branches of the military, [Dog Tag Inc.’s](#) mission is to provide wounded veterans, their spouses and caregivers the opportunity to earn a business degree from Georgetown University. The Dog Tag work-study program combines education with the experience necessary for our vets to succeed post-duty as civilians. Order fresh-baked brownies, cookies and breads from the [Dog Tag Bakery](#) for Valentine’s Day to support this important program. Stop by their bakery and cafe the next time you’re in the Georgetown area. You’ll find a large selection of baked goods, breakfast items and a lunch menu with sandwiches. Every catering order advances their mission to help veterans and military families build resilience, find renewed purpose, and forge community beyond the military.



# Made in the USA

## American Garden Tool

Spring will be here before you know it. Now is the time to start planning this year’s flower and vegetable gardens. [The American Garden Tool Co.](#) makes quality garden tools such as hoes, rakes, shovels, spades, garden carts and more. You’ll find everything you need to prepare the ground, plant your garden and care for it as it grows. Their tools have been made in Bridgeton, NJ for over 60 years and is still family-owned and run. These are tools you will use for a lifetime. Videos are available demonstrating how to use of the selection of the tools.

# 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

