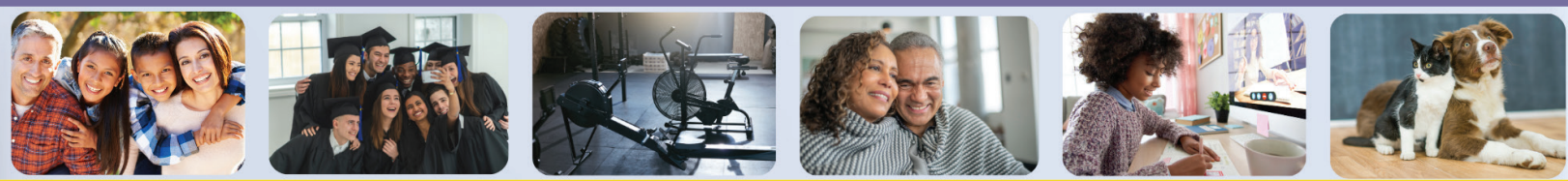




# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



MARCH 2024

## Spring Ahead with the ACFC!

March is the month of new beginnings and awakenings. It's your opportunity to spring ahead with the services and resources available from the ACFC. It's the time to start anew with your personal, financial and health-related goals. Learn to parent with a consistent style of parenting, discover tips for saving money, get help with your child's education and so much more. Find it all on the [ACFC website](#).



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

## Health and Wellness Awareness

[American Red Cross](#)

[Credit Education](#)

[National Nutrition Month](#)

[Brain Injury Awareness](#)

[MS Education/Awareness](#)

[Endometriosis Awareness](#)

[Colorectal Cancer Awareness](#)

[National Kidney Month](#)

[Save Your Vision](#)

## Meet Your Health Care Benefit Coordinator



Have you ever needed help with workers' compensation cases or MetLife claims? Or do you have questions about medical, dental, or vision insurance? Help is available. You can speak directly with one of the internal CWA/Verizon Health Care Benefits Coordinators in your area to get the answers you need. The HCBC's can handle issues from any active or retired Mid-Atlantic CWA (NJ, PA, DE, MD, DC, VA, WV) represented members, regardless of their home state.

Get information on who your Health Care Benefits Coordinator is and how to contact them by clicking here: [CWA Health Care Benefit Coordinators](#)



## Supporting Our Parents

Bright Horizons has a new year of webinars and events planned to help parents of all age children and parents of special-needs children.

- **Help Create Your Child's Best Life: Person-Centered Planning**  
(Wednesday, March 20, 2024, 12:00 p.m. ET)
- **Take Care of YOU: Take ON Challenging Behaviors**  
(Tuesday, March 19, 2024, 12:00 p.m. ET)
- **Paying for College**  
(Wednesday, April 4, 2024, 12:00 p.m. ET | Live Webinar)

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

MARCH: NEW BEGINNINGS

"The future begins today." ~ Wayne Gerard Trotman



# 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**

# Spring Into Savings with the CWA

Imagine getting paid to shop online at your favorite retailers. The CWA has partnered with BeFrugal to offer its member:

- Up to 40% cash back
- Shop over 5,000 MAJOR stores
- Guaranteed stackable coupons
- \$15 Welcome Bonus\* + fast payouts

Cash Back Shopping discounts are available in the United States. To be eligible, you must be age 18 or over and one of the following:

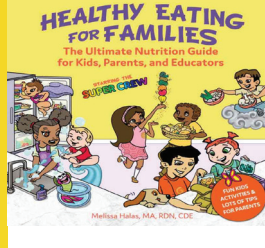
- Union member
- Retired union member
- Spouse, domestic partner or child of a union member.
- Widow of a union member

If you need help, contact the Union Plus Member Advocacy team online or at 800-472-2005 (8:30 a.m. — 4:30 p.m. ET, M-F).

# Monthly Website

## SuperKids Nutrition

The best way to raise healthy children is to educate them at an early age about the importance of good nutrition. [Super Kids Nutrition](#) offers extensive resources to help parents share nutritional information with their children. Their mission is to create future healthier generations through good nutrition. They do this by offering expert recipes, nutrition tips, kids' activities and kids' meal plans. There is specific information for picky eaters, plant-based eating, special diets and food allergies. Parents can share the printables and coloring pages with their children to make good nutrition a family activity. Nutrition information is available for all age groups, from pregnancy to teens. Recipes and meal plans are also broken down into age categories. You'll even find a section on Family Fitness with ideas that will get the whole family active and moving.



# Made in the USA

## Union-Made Easter Candy/Ham

This year Easter is on March 31, 2024. Celebrate with these union-made treats.

- Cadbury Creme Eggs and other chocolate products
- Dum Dums
- Gimbal's Gourmet Jelly Beans
- Haviland Nonpareils
- Jelly Belly
- Laffy Taffy
- Malted Milk Eggs (PAAS, Mighty Malts)
- Marshmallow Peeps
- Mike and Ike
- Necco
- Smarties
- Tootsie Rolls and Pops

If ham is on the menu, you can choose:

- Appleton Farms ham
- Butterball ham
- Cook's ham
- Fischer Meats lamb
- Hormel Honey Roasted ham

# 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 Taylor - Verizon/LR
- Patrice Mears-Swift - District 2-13-DE, PA
- Shernell Saunders - Verizon Senior Manager-EEO
- Dana Hazzard - District 1 NJ

