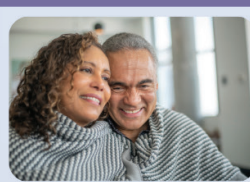
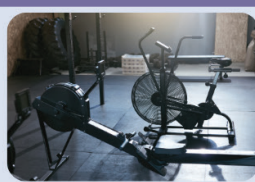
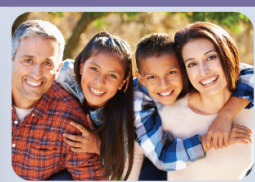




ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



APRIL 2024

Start New Growth with the ACFC!

Have you even wondered how weeds manage to grow in the most unlikely places? It shows the determination they have to overcome any obstacle to grow and prosper. You can do the same, using the struggles in your life to help you grow stronger, and the ACFC is here to support you along the way. Whether your challenges are financial, emotional, educational or health-related, we have the programs and resources to help you prosper and grow. Visit the [ACFC website](#) to find your strength.



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

Health and Wellness Awareness

[Alcohol Awareness](#)

[Community Service Month](#)

[Irritable Bowel Syndrome \(IBS\)](#)

[Oral Cancer Month](#)

[Autism Awareness](#)

[Donate Life Month](#)

[Keep America Beautiful](#)

[Parkinson's Awareness](#)

[Child Abuse Prevention](#)

[Financial Literacy Month](#)

[National Garden Month](#)

[Stress Awareness](#)

Sitters and Housekeeping



When you need help with family care, your free premium Sittercity membership enables you to quickly find babysitters, housekeepers, pet care and more, and includes unlimited basic background checks at no cost. The service also includes online forums, tools and resources that will help you choose someone that meets your preferences and needs for occasional and everyday child care, care for children with special needs, household help and even dog walkers. Click here for more information and to register for service. [Baby Sitters and Housekeepers](#)



Supporting ACFC Families

When it comes to education and family care and you need a helping hand, Bright Horizons has ways to help. Many families today are dealing with care needs on both ends of the spectrum - childcare and eldercare. You can find highly trained child and elder care whenever you need it. You can also save on curated resources, including educational activities for your child and tools for your growing family. Services include:

- Full-time child care with waitlist priority and waived registration fees
- Back-up care for your loved ones, plus easy online booking
- Sitters, pet care, housekeepers, and more through free access to Sittercity
- Personalized nanny placement service, plus before- and after-school programs
- One-on-one virtual tutoring and enrichment programs for your child

To explore all of the services available from Bright Horizons, go to [Bright Horizons](#).

Thoughts to
Live By

APRIL: HOPE

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." — Harriet Tubman



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 into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Take Charge of Your Future With **FUTURELINK**



FutureLink program services are a joint Verizon and CWA bargained-for benefit for CWA-represented Verizon associates offering a one-stop source to help employees connect to learning and educational resources and services. FutureLink offers educational and career services that can help you take charge of your future and your career. Take advantage of this program's free workshops and other educational aids to enhance your skills in areas such as resume writing, interviewing, and networking.

FutureLink also operates a virtual career center that gives Verizon workers access to information on career opportunities and strategies for professional development. Additionally, the program provides higher education and training services that workers can take advantage of to improve their skill set and marketability for future positions.

Start building your future today!
To register for FutureLink, go to <https://vz-futurelink.net>.

Monthly Website

Smart Gardener

If you're ready to start a garden this year, you'll enjoy the information available on [Smart Gardener](#). Everything from garden layout and planting schedules is laid out in easy-to-read, easy-to-follow format. They collect, calculate and create a smart personal profile of your garden just for you. You receive weekly to-dos that become a part of your gardening journal. Find advice on how to properly water your garden and tips on the best types of mulch to use to keep your garden's soil cool and moist. There is also guidance on saving your own seeds. For just \$30 a year, all of the planning, designing and harvesting data of your garden is done for you. It won't be long before your enjoying your own homegrown vegetables with your meals.



Made in the USA

Thorlo Socks

The right pair of socks is as important as the right pair of shoes, especially in sports. [Thorlo](#) has been making premium socks since 1980. They have socks for every sport; in every size, every height and endless colors. Their core Engineered Padded Technology™ is adjusted based on foot kinetics consistent with the anatomy of the foot and is customized to each part of the foot, with the most density in the ball and heel to protect against extreme impact and reduce the causes of foot aches and pain. Over 30 years of research & development has produced the softest, most durable fiber for your feet. Use the Sock Finder to find the perfect socks for you and your family. You can join Team Thorlo to earn loyalty points that can be redeemed for special discounts and enjoy a 15% discount on your birthday.

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

