



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JUNE 2024

Time to Explore with the ACFC!

The month of June marks the official start of summer. It's time to hit the road and take time to explore new destinations and adventures. It's also time to explore the [ACFC website](#) to discover what we can do for you with help when you need it, where you need it! Whether you're looking for help with travel, child or eldercare, pet care or financial assistance, we have the resources and services you are looking for. Start exploring today!



Health and Wellness Awareness

[Adopt-A-Shelter Cat](#)
[Cataract Awareness](#)
[Men's Health Month](#)
[PTSD Awareness](#)

[Alzheimer's Awareness](#)
[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

[Camping Month](#)
[Great Outdoors Month](#)
[National Safety Month](#)

Spring Health WellSprings

You're invited to participate in WellSprings, which are small-group conversations about big topics, hosted by Spring Health. Each WellSprings conversation is thoughtfully designed to cultivate curiosity, connection and support around topics related to mental health.

- Stress Check: Managing Stress in Daily Life - Let's talk about coping with stress. (Tuesday, June 4, 2024, 3:00 PM ET)
- Noise in the News: Coping with Current Events - Let's talk about how current events affect your mental health. (Tuesday, June 11, 2024, 2:00 PM ET)
- Harmony at Home: Finding Calm in the Family Chaos - Let's talk about building a peaceful environment for your family. (Monday, June 17, 2024, 2:00 PM ET)

Register for WellSprings at [verizon.springhealth.com](https://www.verizon.springhealth.com).



Bright Horizons

Supporting ACFC Families

Take advantage of these informative webinars this month from Bright Horizons.

- Supporting Your Child's LGBTQIA2S+ Identity (Wednesday, June 12, 2024)

Have you booked summer camp? High-quality programs that are fun and educational are just a few clicks away — all offered through the ACFC. Book local camps and events near you, including Steve & Kate's Camp, where your child can choose their own adventure — cooking, film, karaoke, sports, and more. Plus, book virtual camp at home.

In order to register for Bright Horizon Services, you will need your 10-Digit Verizon Enterprise ID. This can be found on your Verizon Profile. Get started with Bright Horizons today: clients.brighthouse.com/acfc

Thoughts to
Live By

JUNE: EXPLORATION

"Life is either a daring adventure or nothing at all." ~ Helen Keller



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](#)

Time to Shape Up!

It's the time of year when everyone wants to look their best for swimsuits and summer attire! Join a gym or weight loss program and receive a \$200.00 reimbursement from the ACFC. All applications and accompanying paperwork must be postmarked on or before July 5, 2024.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's 10-digit Enterprise ID must be on the application.
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$200 within the applicable dates (January 1 – June 30, 2024, only)

Click on **Health and Wellness Reimbursement Program** under the Wellness tab on the [ACFC website](#) for all the details.

Monthly Website

[Dove Transplant](#)

There are approximately 2,000 veterans awaiting a life-saving kidney transplant at either a VA center or military hospital. Donor Outreach for Veterans (DOVE) is a 501c3 organization founded by an experienced and dedicated group of transplant professionals. DOVE seeks to improve access to living kidney transplantation for veterans by facilitating individual and community donor outreach campaigns and providing education, advocacy and support to all donors. DOVE's goal is to find, educate, screen and support prospective living donors and then match those donors to a Veteran awaiting transplant. Donors help complete multiple transplants and therefore their one kidney can save many lives in addition to a veteran's and can undergo the testing and surgery at a participating center closer to their home. [Click here](#) for an informational brochure.



Made in the USA

[HF Coors](#)

HF Coors has been making dinnerware since 1925 and is 100% certified as a Service Disabled Veteran Owned Small Business. All of the products are USA-made from American-sourced materials. They mix their clay and glazes from scratch, using American-sourced raw materials. The clay ingredients originate in the Southeast (Tennessee, Georgia, and South Carolina), while the glazes are formulated from as many as 13 domestically sourced ingredients.

Their dinnerware sets come in a variety of colors and patterns and are hand painted. You'll also find a selection of plates, platters and bowls to fit any need. Drinkware includes mugs, coffee cups, espresso cups and teapots.

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

