



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



MAY 2024

## Make a Splash with the ACFC!

Summer is on it's way! It's time to make vacation plans, arrange summer childcare and get physically ready for outdoor activities. The ACFC has resources and services to help you plan and prepare for all of these upcoming needs. Get ready to make a splash and take advantage of all the ACFC has worked hard to provide you and your family. Explore the [ACFC website](#) to discover what we can do for you with help when you need it, where you need it!



## Health and Wellness Awareness

[Arthritis Awareness](#)

[Celiac Awareness](#)

[Lyme Disease Awareness](#)

[Osteoporosis Prevention](#)

[Asthma and Allergy Awareness](#)

[Clean Air Month](#)

[Mental Health Month](#)

[Skin Cancer Prevention](#)

[Better Sleep Month](#)

[Blood Pressure Awareness](#)

[Older Americans Month](#)

[Stroke Awareness](#)

## Welcome to Spring Health

Meet **Spring Health**, your new Verizon EAP provider. What can Spring Health help you with? Spring Health provides mental wellness tools and services to help you feel your best. You can use Spring Health for:

- In-app wellness exercises: Support your mental fitness on-the-go, with exercises in meditation, better sleep and more.
- Personalized recommendation: Assessments to identify the right care for your needs, learn more about yourself and track your progress.
- Dedicated support: Receive guidance along your journey from your personal Care Navigator.
- Therapy: Book sessions with trusted providers at times that fit your schedule.
- Coaching: Receive tips for managing stress, increasing focus and more.
- Medication: Speak with psychiatrists to manage medications, when appropriate.

Help is always available. Go to [verizon.springhealth.com](http://verizon.springhealth.com) or call 888.441.8674 (Option 2) for 24x7 crisis support. All care and support is confidential.



## Bright Horizons Supporting ACFC Families

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

- You Really ARE Making a Difference (Wednesday, May 15, 2024, 3:00 p.m. ET)
- Selecting Best Fit Colleges (Tuesday, May 21, 2024, 3:00 p.m. ET)
- Finding Your Voice as Your Child's Advocate (Thursday, May 23, 2024)

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.brighthorizons.com/acfc](http://clients.brighthorizons.com/acfc)

Thoughts to  
Live By

MAY: RENEWAL

"Renewal requires opening yourself up to new ways of thinking and feeling"  
— Deborah Day



# Check Out Our New Website [ACFCcares.COM](http://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](http://surveymonkey.com/r/RQ8PPL7) into any web browser.

All responses are anonymous and confidential.

## ACFC SURVEY

# FREE Work/Life Promotions from the ACFC

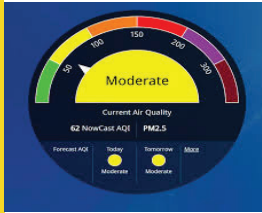
Did you know that the ACFC offers FREE work/life promotional toolkits on the ACFC website? These toolkits are designed to provide you and your family with much-needed tools to make your life less stressful and more balanced. The tool kits cover a wide range of topics, from finance to family-fun time. Just go to the ACFC website and click on the Promotions tab to see what kits are currently being offered. Enter your home address and Verizon Enterprise ID# and we'll ship the kits straight to your home. Supplies are limited so it's important to place your order soon. Keep checking the website to see when new kits are added. All items included in the kits are made in the USA, with many of them being union-made. Click here to order your free kits: [ACFC Promotions](#)

**You can order a Baking Memories kit, a Going Green Grocery Cart kit or a Got You Covered kit on the website now. Order yours today while supplies last!**

## Monthly Website

### AirNow

Especially if you or someone you know suffers from asthma or COPD, [AirNow](#) is your one-stop source for air quality data. This site highlights air quality in your local area simply by entering your zip code. An interactive map lets you zoom out to get the big picture or drill down to see data for a single air quality monitor. EPA's AirNow mobile app provides a simple interface for quickly checking current and forecast air quality information for planning daily activities and protecting your health. The AirNow app automatically displays the current AQI (Air Quality Index) for your local area or any area you wish to check and allows you to store multiple areas for quick reference. Be sure to check out all of the information available on the site by exploring of the categories at the top of the page. You will find information about AQI and your health and more.



## Made in the USA

### Humby Organics

If you're ready to join the movement to ditch plastics, the beauty products from [Humby Organics](#) is an ideal solution. Their shampoos and conditioner bars are:

- Vegan
- Cruelty free
- Earth friendly
- Responsibly sourced ingredients
- Handmade in the USA
- pH balanced

Each shampoo bar lasts between 50-90 washes, depending on size and length of hair. The conditioner bars last between 60-80 uses. Take the Hair Quiz to find the perfect product for your hair type. The labels are sugarcane and the wrap is made of plant fibers. All the packaging is 100% compostable and biodegradable. They also offer honey soap, deodorant and moisturizers. Shippings is free for orders over \$60.00

## 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

