



ACFC CONNECTIONS

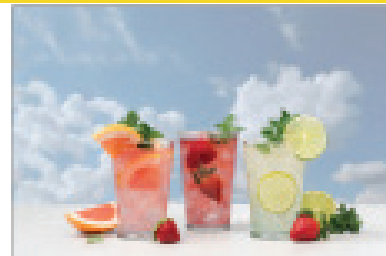
YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JULY 2024

Cool Down with the ACFC!

Financial struggles, caregiving issues, stress and work/life imbalance can heat up your daily routine and make you sweat. The ACFC has the “help when you need it, where you need it,” to cool things down and allow you to spend your time doing what brings you pleasure. Explore the [ACFC website](#) to discover the service and programs available to cool down your daily struggles.



Health and Wellness Awareness

[Family Reunion Month](#)
[Parks and Recreation](#)
[Social Wellness](#)

[Juvenile Arthritis Awareness](#)
[Picnic Month](#)
[Ultraviolet Safety Awareness](#)

[Grilling Month](#)
[Sarcoma Awareness](#)

Spring Health

Have you met your new EAP, Spring Health? Here are some of the features you – and your household members – have access to with Spring Health.

- Six free coaching sessions and six free counseling sessions each year
- Personalized resources to support life’s challenges
- Dedicated support through a care navigator
- Wellness exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep and be more mindful
- Expert guidance and resources to help navigate legal or financial matters, child care, elder care, pet care, travel, household services and more
- All of this on a powerful digital platform to take your care everywhere

Register for Spring Health at verizon.springhealth.com.



Bright Horizons

Supporting ACFC Families



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

- Wonder: A True Brain-Booster
(Thursday, July 18, 2024, 12:00 p.m. ET)
- Senior Summer: Navigating the College Transition
(Thursday, July 18, 2024, 3:00 p.m. ET)
- Teens and Substance Use: Supporting Responsible Decision-Making
(Tuesday, July 30, 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](#)

Thoughts to
Live By

JULY: WONDER

Be aware of wonder. Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some. ~ Robert Fulghum



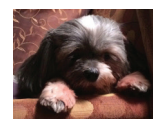
Check Out Our New Website ACFCcares.COM

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

Pamper Your Pet



It's been well documented that having a pet can extend lives, teach children responsibility and provide companionship during difficult times. Emotional bonds with pets help us cope with stress and anxiety, reduce blood pressure and help combat depression and other psychological ailments in adults and children. Walking, sitting, daycare and overnight boarding for your pets are all available through your ACFC Bright Horizons® Pet Care benefit. All caregivers are provided by pet-care industry-leader, Rover.

Once a pet is a part of the family, the items in the free Pet Care Kit will make it easy and fun to care for them. The kit includes:

- 3-Step Pet Lid
- Scoop-It Bowl
- Pet Rescue Sticker

Click on **Pet Care** under the Family tab on the ACFC website for all the details.

Monthly Website

Charities for Vets

Many people feel the importance of donating to charities that support our veterans. It's important that the charities receiving your donations use these funds in the best interest of the veterans.

Charities for Vets provides impartial assessments of dozens of organizations so you can make smart choices with your money. They focus entirely on veterans charities, providing recommendations on more than 100 organizations. Some of the worst-performing organizations spend as much as 90% of their money on "overhead" expenses like salaries and fundraising. There are seven kinds of priority programs that are tracked; Career Support, Community Support, Education, Family Support, Health and Well-Being, Housing and Service Dog Training. You can view a list of charities that feature these benefits.

Charities  For Vets



Made in the USA

Bison Coolers

In this hot, hot weather a cooler is a must. All of Bison's hard and soft coolers are made in Tennessee.* They are committed to providing durable and high-quality products and stand behind the craftsmanship of their rotomolded cooler bodies with a lifetime warranty for Bison Hard Coolers. Their selection of coolers range from back packs to a full 125 quart capacity. Choose from a variety of colors and shapes and add a USA flag graphic custom design to make your cooler unique. These coolers are ideal for camping, boating, hunting, fishing, picnicking or whatever outdoor adventure you have planned. Don't worry, the hard coolers are certified bear-proof.

*Only the Bison coolers are USA-made. Other products may be imported.

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

