



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



DECEMBER 2024

Start the New Year with the ACFC!

As 2024 comes to an end, it's time to celebrate our successes as we see better days ahead. The ACFC strives to be a positive presence in your life by providing services and programs that make life less stressful and more productive for you and your family. We hope we have been a pivotal part of your successes this year. If we've been a positive force in your life this year, share your experience on our Sound Off page on the [ACFC website](#).



Health and Wellness Awareness

[Drunk & Drugged Driving Awareness](#)
[Identify Theft Prevention and Awareness](#)
[Safe Toys & Gifts](#)

[Handwashing Awareness](#)
[National Impaired Driving Prevention](#)
[Universal Human Rights Month](#)

Spring Health

You're invited to participate in WellSprings, which are small-group conversations about big topics, hosted by Spring Health. Here are just some sessions available for December.

- **Supporting Our Teens: Managing Stress at School**
(Wednesday, December 11, 2024, 2:00 PM ET)
- **Goodbye, Grudges: Teaching Forgiveness at Home**
(Thursday, December 12, 2024, 12:00 PM ET)
- **Stress Check: Managing Stress in Daily Life**
(Thursday, December 19, 2024, 1:00 PM ET)

Get started with Spring Health. Create your account at verizon.springhealth.com.



Supporting ACFC Families

Take advantage of these informative webinars from Bright Horizons.

- **Self-Study for Busy Parents**
(Tuesday, December 10, 2024, p.m. ET)
- **Social-Emotional Development**
(Thursday, December 12, 2024, 12:00 p.m. ET)
Find out how you can be sure your child feels safe, loved and well cared for healthy development.

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

DECEMBER:

ACFC Promotions

The ACFC offers their members FREE special promotions to help you balance your life on and off the job. These promotions can be found on the [ACFC website](#). Supplies are limited so be sure to visit the website regularly to see what promotions are currently being offered.

Look for new promotions coming soon!



Joe Beirne Scholarship Program

The CWA Joe Beirne Scholarship Program will award 16 partial college scholarships of \$4,000 each for two years for the 2025-2026 academic year. Winners, selected in a lottery drawing, also will receive second-year scholarships of the same amount contingent upon satisfactory academic accomplishment. CWA members, their spouses, children and grandchildren are eligible for the scholarships, including the dependents of retired, laid-off, or deceased members. Applicants must be high school graduates or at least high school students who will graduate during the year in which they apply. The foundation was established in October 1974 by the Communications Workers of America Executive Board to honor the name and memory of the founding President of CWA, who served for more than 30 years.

Applications are available at cwa.org/beirne-application. The deadline to apply is April 30, 2025. The Beirne scholarship program is made possible by funding from CWA locals. Read more about the program [here](#).

Monthly Website

[Made in America Movement](#)

The [Made in America Movement](#) is dedicated to educating consumers on the importance of buying American and showcasing those companies who still produce products here. They are the leading objective, independent, non-partisan organization dedicated to promoting American businesses and the families that rely on them. Their mission is to empower conscious consumers and strengthen the American economy by fostering meaningful connections between businesses, manufacturers, service providers and the people committed to supporting American-made products. The website contains a list of companies that have been vetted and verified, so you can buy from them with confidence and pride. You also have the opportunity to take the pledge to buy American and become a patriotic supporter.



Made in the USA

[Naturally London](#)

With colder weather approaching, your hands and feet can become dry and scratchy. [Naturally London](#) meticulously source natural, earth-derived ingredients such as botanical extracts, essential oils and clays that are chosen specifically for their ability to nourish and protect the feet. All of their products are created from scratch and made with intentional ingredients in their Laurel, MD studio. Their products are Vegan-Action certified, PETA certified and formulated by a certified aromatherapist. They are taking action against plastics by using cruelty-free, non-toxic frosted glass bottles & jars and ship in 100% recyclable materials. [Naturally London](#) purposefully focuses on your hands and feet because of their significance to your overall wellness. Your feet ground you like roots and your hands are your strong branches.

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

