



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



NOVEMBER 2024

Be Thankful with the ACFC!

This year has been difficult for many of our members, but it's important to always be thankful for the good things in your life. The ACFC thrives to provide services and programs to our members to make your life as stress-free as possible. We are thankful to all of you for your continued support and participation. Find the resources you need at the [ACFC website](#).



Health and Wellness Awareness

[Adoption Awareness](#)
[COPD Awareness](#)
[Family Caregivers](#)
[Pancreatic Cancer](#)

[Alzheimer's Awareness](#)
[Diabetes Awareness](#)
[Healthy Skin](#)
[Stomach Cancer Awareness](#)

[Bladder Health](#)
[Epilepsy Awareness](#)
[Lung Cancer Awareness](#)

Spring Health

Mental healthcare isn't one-size-fits-all. Your Spring Health benefit includes a variety of services that can help you reach your well-being goals.

24/7 Crisis Support
Coaching
Family Support
Therapy
Work-Life Resources

Care Navigation
Educational Webinars
Moments Exercises
WellSpring Conversations

Get started with Spring Health. Create your account at [verizon.springhealth.com](#). You'll receive a confirmation email from Spring Health. Note the [E] in the subject line. Download the Spring Health app on any device.



Supporting ACFC Families

Take advantage of these informative webinars from Bright Horizons.

- **Saving for College**
(Tuesday, November 12, 2024, 4:00 p.m. ET)
In this session, you'll get an introduction to the tax advantaged savings plan commonly used to plan for future college expenses.
- **Caregivers: Are You Spread Too Thin?**
(Wednesday, November 13, 2024, 12:00 p.m. ET)
What can you do when you feel pulled in all directions? Get expert tips and learn where to find help.

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

NOVEMBER: THANKFULNESS

"The more you practice the art of thankfulness, the more you have to be thankful for."
— Norman Vincent Peale

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!



Health & Wellness Deadline

The deadline to apply for the 2024 ACFC's Health & Wellness Reimbursement Program will be here before we know it! All applications and accompanying paperwork must be postmarked on or before January 5, 2025.

- 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 (July 1 – December 31, 2024, only)

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

Monthly Website

[WireCutter](#)

Finding unbiased, honest reviews on everything you purchase is exceedingly difficult. Wirecutter's mission is to recommend what really matters. Each year, they independently test and review thousands of products to help you choose the best product or service. Their goal is to save you time and eliminate the stress of shopping. They strive to be the most trusted product recommendation service and work with total editorial independence. They won't post a recommendation unless their writers and editors have deemed something the best through rigorous reporting and testing. You'll find reviews on topics such as home and garden, health and lifestyle, tech, kitchen and baby and kids. The Wirecutter deals and gift guides are popular around the holidays. [Wirecutter](#) is free to use but unlimited access is available with a paid subscription.

 **Wirecutter**



Made in the USA

[Darn Tough Socks](#)

With cooler weather on the way, you want to be sure you have plenty of socks to keep your feet warm. [Darn Tough](#) Socks are made in Vermont and are knit on small needle, fine gauge knitting machines. This approach produces durable, high density stitching without bulk. Less bulk means a better fit. The better the sock fits, the longer it will last. The wool they use in their wool socks is fine-gauge, low micron 100% merino wool (the good stuff). They reinforce the outside and inside of the sock with nylon and lycra for added comfort, durability, and fit. Styles for men, women and kids are available in a variety of sizes, colors and patterns and are guaranteed for life. [Darn Tough](#) Socks has been family-owned for three generations. Pick up a pair at your local REI store or order online with free shipping with orders \$50.00+.

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

