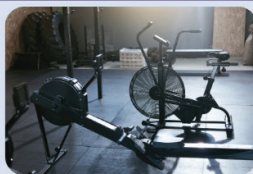




# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



FEBRUARY 2025

## Feel the Love Of the ACFC!

The ACFC loves to provide our members with the support and resources they need to live healthy, productive lives. Whether you are just starting your life's journey or nearing your retirement years, you'll find solutions for every aspect of your life. Don't miss out on the life-changing opportunities available to you and your family members on the [ACFC website](#). Let's spread the love!



## Health and Wellness Awareness

[American Heart Health](#)  
[Children's Dental Health](#)  
[Self-Check Prevention](#)

[Bird Feeding Month](#)  
[Random Acts of Kindness](#)  
[Teen Dating Violence Awareness](#)

## Spring Health

Take advantage of these upcoming webinars available from Spring Health:

- **Embrace You: Unlock the power of self-love and acceptance**  
(Tuesday, February 25, 2025, 9:00 a.m. ET)
- **WellSprings: Helping Children Build Self-Love and Confidence**  
Tuesday, February 25, 2025, 6:00 a.m. ET)
- **WellSprings: Exploring Self-Love and Positive Thinking Together**  
(Thursday, February 27, 2025, 8:00 a.m. ET)

Visit [verizon.springhealth.com](https://verizon.springhealth.com) to create your account, register for these webinars and discover other upcoming webinars.



## Bright Horizons Supporting ACFC Families

Bright Horizons will be providing these informative webinars this month. Plan to attend to learn effective ways to support your children.

- **Understanding Early Brain Development**  
(Wednesday, February 12, 2025, 12:00 p.m. ET)  
How do infants and toddlers think? How do their brains develop? Young children's brains absorb even more information than you might realize. Learn strategies to support your child's brain development so they can reach their full potential.
- **The High School Plan**  
(Wednesday, February 26, 2025, 3:00 p.m. ET)

Register for Bright Horizon Services using your 10-Digit Verizon Enterprise ID. This can be found on your Verizon Profile. Get started with Bright Horizons today: [clients.brighthouse.com/acfc](https://clients.brighthouse.com/acfc)

Thoughts to  
Live By

FEBRUARY: LOVE

One word frees us of all the weight and pain in life. That word is love! —Sophocles

# 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!



# UnionPlus Insurance

Insurance costs are rising and many people are finding it difficult to find affordable insurance. UnionPlus may be able to help you find coverage at a price you can afford. They offer union families a wide range of insurance products to meet their needs. Find coverage for your family at the best union rates available from trusted insurance partners. Insurance programs offered include:

- Auto Insurance
- Homeowners Insurance
- Renters' Insurance
- Accident Insurance
- Life Insurance
- Senior Term Life Insurance
- Retiree Health Insurance
- AFT Insurance
- Pet Insurance

Find out more at [www.unionplus.org/benefits/insurance](http://www.unionplus.org/benefits/insurance).

# Monthly Website

## [Project Yellow Light](#)

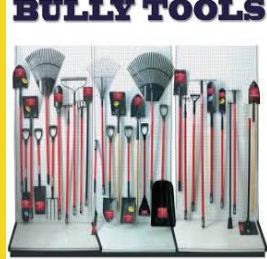
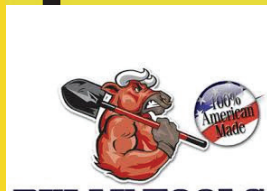
Everyone knows that distracted driving is dangerous, but many people do it anyway. Project Yellow Light is a scholarship competition designed to bring about change. Applicants are challenged to create a PSA to encourage their friends to avoid distracted driving, specifically using their phone while driving.

For the video competition the winner will receive a scholarship in the amount of \$8,000. Videos are due April 1.

For the billboard competition the winner will receive a scholarship in the amount of \$2,000. Billboard designs are due March 1.

For the radio competition the winner will receive a scholarship in the amount of \$2,000. Recordings are due April 1.

Learn more at [ProjectYellowLight.com](http://ProjectYellowLight.com).



# Made in the USA

## [Bully Tools](#)

The next time you are shopping for tools, be sure to visit [Bully Tools](#). Bully Tools has been proudly producing 100% Made In The USA products since 1994. The tools come with a lifetime limited warranty.

Categories include:

- Shovels
- Spades
- Leaf and Bow Rakes
- Garden and Field Hoes
- Home Gardening
- Digging Tools and Tampers
- Snow and Ice Removal

Be sure to visit the Projects and Ideas tab for gardening, home improvement and storage information. There are bulk and military discounts available and they are currently offering free shipping on orders over \$60. Gift cards make a great gift for gardeners and DIYers.

# 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

