



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JANUARY 2025

Begin Again With the ACFC!

What does it mean to "begin again"? It means moving past prior mistakes and defining a new start with a fresh outlook, making new decisions and choices. The ACFC can be your partner to your new start. We have the resources to help you "begin again" and live a life of contentment and fulfillment. From mental health support, to family care, to financial and legal matters, the programs and services you need are available on the [ACFC website](https://www.acfcconnections.com). Are you ready to "begin again"?



Health and Wellness Awareness

[Birth Defects Prevention](#)

[Family Fit Lifestyle](#)

[Healthy Weight Awareness](#)

[Blood Donor](#)

[Financial Wellness](#)

[National Radon Action](#)

[Cervical Cancer Screening](#)

[Glaucoma Awareness](#)

[Thyroid Awareness](#)

Spring Health

Take advantage of these upcoming webinars available from Spring Health:

- **Money and Your Mind**
(Thursday, January 16, 2025, 3:00 p.m. ET)
- **Mental Health Tips for a Successful Year Ahead**
(Multiple dates and times available-see website for details)
- **WellSprings: Start the New Year with a Fresh Focus**
(Thursday, January 30, 2025, 8:00 a.m. ET)

Visit verizon.springhealth.com to create your account, register for these webinars and discover other upcoming webinars.



Supporting ACFC Families

If 2025 is a year that you'll welcoming a new member to the family, you'll need The Parental Leave Toolkit. This is a unique online resource and app that provides easy to use tools to help you plan your journey to parenthood. This interactive guide enables you to create a custommade, easy-to-follow plan for your leave and return to work and provides support for all aspects of your professional transition. Personalized checklists, videos and interactive tools provide engaging ways of thinking through options, along with helpful advice from new parents and coaches. You can access the Parental Leave Toolkit through the ACFC My Bright Horizons site. The Parental Leave Toolkit tile will be posted in the "Services funded by your employer" section of your My Bright Horizons profile. Once registered, you may opt in to download the Parental Leave Toolkit app or continue to use through the website directly.

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

JANUARY: CHALLENGES

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

—Joshua J. Marine

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!



Parenting in the 21st Century

Parenting today is not what it was even ten years ago. Children are exposed to social media and pressure from peers to conform to new expectations.



The ACFC, in partnership with Active Parenting, has the tools to help you parent for today's generation. Learn effective parenting skills that will help you raise responsible, courageous and confident children. Skills that will give you the confidence that you are parenting with confidence and knowledge. The ACFC offers FREE online, video-based parenting classes to its members. Classes are 24/7 and can be completed at your own pace. There is also an Online Video Library with videos for parents of children of all ages, from birth to teen. Discover all of the invaluable parenting resources available to you and your family by clicking on the Active Parenting tab under Family on the [ACFC website](#).

Monthly Website

[America Saves](#)

Many Americans are struggling to make ends meet with increased prices on everything from groceries to insurance and other higher costs. The mission of [America Saves](#) is to motivate, encourage and support low- to moderate-income households to save money, reduce debt and build wealth. Choose one of the nine financial goals and you'll find tips and helpful links to help you achieve your goal. You'll also find encouraging stories from savers who are working towards or have achieved their goals. The Resources tab leads you to pages of articles on a variety of topics important to everyone. When you take the America Saves Pledge, you'll receive short emails, text reminders, resources and tools to keep you on track toward your savings goal.



notes to self®
positive affirmation socks



Made in the USA

[Notes to Self Socks](#)

Do you believe in the power of positive thinking and daily affirmation! These [notes to self® socks](#) seek to remind every person of their value, uniqueness and potential to be their best. Practicing positive affirmations is one of the simplest ways to increase your happiness, boost your confidence, and improve your mindset. The ultra-soft socks are woven from a premium combed cotton blend, with a touch of spandex, for lasting comfort and a supportive, slouch-free sock fit. They gently hug your foot with arch compression and are engineered with athletic sock features like a mesh top for ventilation and cushioned soles and toes for comfort and durability. They are available in a variety of sizes, colors and saying and make great gifts. The company donates socks to women's shelters, the homeless and children in great need.

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

