



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



APRIL 2025

No Fooling Around By the ACFC!

The ACFC doesn't believe in fooling around as we continue to strive to provide the best and most beneficial resources to our members. We're here, every step of the way, to help you and your family live the richest, most fulfilling lives you can. You'll find a solution to nearly every obstacle preventing you from enjoying the time you need to experience your children, partners, family members and friends every day. Stop fooling around and visit the [ACFC website](#) today to find the solutions you need to live your best life.



Health and Wellness Awareness

[Alcohol Awareness](#)

[Community Service Month](#)

[Irritable Bowel Syndrome \(IBS\)](#)

[Oral Cancer Month](#)

[Autism Awareness](#)

[Donate Life Month](#)

[Keep America Beautiful](#)

[Parkinson's Awareness](#)

[Child Abuse Prevention](#)

[Financial Literacy Month](#)

[National Garden Month](#)

[Stress Awareness](#)

Spring Health

Take advantage of these upcoming webinars available from Spring Health:

- **WellSprings: Supporting Your Child's Tech Habits and Stress**
(Friday, August 25, 2025, 7:00 a.m. ET)
- **WellSprings: Tech, Stress and Finding Balance**
(Monday, April 28, 2025, 12:00 p.m. ET)
- **Stress Less, Thrive More: Managing Stress & Building Resilience**
(Wednesday, April 30, 2025, 11:00 a.m. ET)

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



Bright Horizons

Supporting ACFC Families

Take advantage of these informative webinars from Bright Horizons.

- **Social-Emotional Learning for Success**
(Wednesday, April 16, 2025, 3:00 p.m. ET)
In the first five years of life social-emotional development creates foundational skills, such as learning about emotions and empathy and how to build relationships with other children and adults.
- **Chart Your Early Childhood Career: A Webinar for High School Students Interested in a Career in Early Childhood Education**
(Thursday, April 24, 2025, 12:30 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

Thoughts to
Live By

APRIL: LAUGHTER

"Laughter opens your heart and soothes your soul. No one should ever take life so seriously that they forget to laugh at themselves." — Robin S. Sharma

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!



Take Charge of Your Future With



FutureLink program services are a joint Verizon and CWA bargained-for benefit for CWA-represented Verizon associates offering a one-stop source to help employees connect to learning and educational resources and services. FutureLink offers educational and career services that can help you take charge of your future and your career. Take advantage of this program's free workshops and other educational aids to enhance your skills in areas such as resume writing, interviewing, and networking.

FutureLink also operates a virtual career center that gives Verizon workers access to information on career opportunities and strategies for professional development. Additionally, the program provides higher education and training services that workers can take advantage of to improve their skill set and marketability for future positions.

Start building your future today!
To register for FutureLink, go to <https://vz-futurelink.net>.

Monthly Website

[Birds in the Tree](#)

If you're a bird lover, you will love Birds in the Tree. The site provides helpful articles, detailed guides and tips for identifying birds. You'll find detailed knowledge about different species, their habitats and the best bird-watching spots. If it's bird-related, they have got it covered. The articles are clear, engaging and tailored for everyone, with help you can understand without being overwhelmed with technical jargon. Their mission is to inspire curiosity and appreciation for birds and help more people discover the joys of bird watching while offering practical advice and useful tools to make it easier. Birds bring beauty and wonder to our lives that everyone should experience. You can also find tips on setting up a bird-friendly garden.

Happy birding!



Made in the USA

[Love Bottle](#)

Hydration is an important part of a healthy lifestyle. With recent news about the potential harm from plastics, a glass water bottle is the ideal option for daily water consumption. Our bodies and our planet are both around 70% water and need daily hydration to function as it should. Love Bottles are proud to support over five USA manufacturers, most of them small family businesses, to create a 100% USA-sourced and manufactured product. They use a non-leaded ceramic ink that passes all regulations for safety. The added benefit of Love Bottles is the beautiful art and motivational wording available, making this a true labor of love. You can also create a custom design. 5% of their revenue is donated to charities helping to get clean water to people who need it.

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

