



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



MAY 2025

Renew Yourself With the ACFC!

May is the month of renewal, growth and celebration. The month brings chances to start again. Like spring itself, May offers hope and new beginnings to everyone. The ACFC also offers hope and new beginnings for their members. There are services and programs available to help you and all of your family grow, renew yourself and start again. Explore [The ACFC website](#) to discover the vast resources providing education and solutions for every aspect of your life and begin your renewal journey today.



Health and Wellness Awareness

[Arthritis Awareness](#)

[Celiac Awareness](#)

[Lyme Disease Awareness](#)

[Osteoporosis Prevention](#)

[Asthma and Allergy Awareness](#)

[Clean Air Month](#)

[Mental Health Month](#)

[Skin Cancer Prevention](#)

[Better Sleep Month](#)

[Blood Pressure Awareness](#)

[Older Americans Month](#)

[Stroke Awareness](#)

Spring Health

Take advantage of these upcoming webinars available from Spring Health:

- **From Awareness to Action: Building Your Mental Health Action Plan**
(Tuesday, May 13, 2025, 12:00 p.m. ET)
- **WellSprings: Small Changes, Big Impact: What Works for You?**
(Monday, May 19, 2025, 7:00 a.m. ET)
- **WellSprings: Parenting for Mental Wellness**
(Thursday, May 22, 2025, 12:00 p.m. ET)

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



Bright Horizons

Supporting ACFC Families

Learn more about Bright Horizons resources by attending these live webinars

- **Reliable Back-Up Care for Your Family**
Live webinar offered monthly on Tuesdays, [Register Here](#)
Watch this webinar to learn more about reliable child care at centers near you or in your own home and trusted in-home care for adult and elder loved ones.
- **School-Break Support for Your Child**
On-demand webinar, March - July, [Access Here](#)
Watch our webinar to learn about back-up child care options and additional care resources

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.brighthorizons.com/acfc

Thoughts to
Live By

MAY: RENEWAL

"Renewal requires opening yourself up to new ways of thinking and feeling"
— Deborah Day

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!



Parental Leave Toolkit

Is parental leave in your future? Then you need the Parental Leave Toolkit. What's included?



- Step-by-step tools for creating hand-off and hand-back plans
- Guides for important conversations with colleagues and managers
- Timely reminders and resources for things like finding child care and other important help
- Links to helpful additional resources including articles, videos and podcasts from pre/postnatal care experts and other new parents
- Access to the toolkit via desktop or mobile app

All reminders are tailored to your individual dates of leave and return. The goal is to find the help you need, so you go out feeling ready, come back with confidence and enjoy this important time with your family. You register on the Parental Leave Toolkit website Visit: <https://clients.brighthorizons.com/acfc>

Monthly Website

Life's Essential 8

Life's Essential 8 are the key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems. On this site you will learn the essentials to:

Eat Better Control Cholesterol
Be More Active Manage Blood Sugar
Quit Tobacco Manage Blood Pressure
Get Healthy Sleep Manage Weight

You can use My Life Check, an online tool to assess your own heart health and better understand your risk for heart disease and stroke. The Resources section provides extensive information to improve your health and there is a special section for kids.

Be sure to sign up for health and well-being tips.



Made in the USA

American Giant

American Giant resolves to "make things better" and "make better things." This company makes better hoodies, jeans, t-shirts and more, while valuing people over profit. They provide military discounts, a lifetime warranty and free shipping on orders of \$100 or more. American Giant makes and sells basic pieces like hoodies, t-shirts (this brand is very popular with its t-shirt!) and sweatpants for men and women. Their mission is to make clothing of exceptional quality for people who want something different than the status quo. They make products from quality materials that are built to last, in straightforward styles that endure beyond trends.

Join the Giant loyalty program to earn thread points to redeem for exclusive rewards every time you shop.

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

