



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



SEPTEMBER 2025

Keep Learning With the ACFC!

It's never too late to learn something new! Education is one of the most powerful tools available to us. The ACFC wants to educate you on the services, programs and resources they work hard to provide their members so you can take advantage of opportunities to expand your education. When you are free of stress and worries, you can focus on positive steps you can take in your life. Visit the [ACFC website](#) often and start your education of the resources and services available to you and your family.



Health and Wellness Awareness

[Atrial Fibrillation](#)

[Child Obesity](#)

[National Preparedness](#)

[Pain Awareness](#)

[Baby Safety](#)

[Cholesterol Education](#)

[National Recovery](#)

[Prostate Cancer](#)

[Blood Cancer](#)

[College Savings](#)

[Newborn Screening](#)

[Sepsis Awareness](#)

[Childhood Cancer](#)

[Healthy Aging](#)

[Ovarian Cancer](#)

[Sickle Cell](#)

Spring Health

Take advantage of these upcoming webinar available from Spring Health.

- **Strengthen Your Mind Through Your Senses**

(Tuesday, September 16, 2025, 3:00 p.m. ET)

In this webinar, Spring Health providers will share simple, science-backed ways to use your five senses to feel more calm, focused, and grounded—so you can navigate stress with more ease and stay present in the moments that matter most.

If you missed a webinar from a previous month, don't worry, you can watch replays of previous webinars on a variety of information topics. To view previous webinars go to: [Spring Health Replays](#). Visit verizon.springhealth.com to create your account, register for these webinars and discover other upcoming webinars.



Supporting ACFC Families

Ready, Set, School! Let the ACFC help you and your family start the new school year! Bright Horizons has a catalog of resources to ensure your children succeed in school.

- Teach, Play, Love - Subscribe to the Bright Horizons parenting podcast, featuring expert advice from their education team. Learn what really matters—and what doesn't—in your child's earliest years of learning, growth, and development.
- Virtual Tutoring - Book professional tutoring for every subject and every age.
- Back-Up Care -An affordable, dependable solution for those urgent, high-stress situations when you need temporary care and don't have time to arrange it yourself. Access up to 160 hours for in-home or center-based care.

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

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!



Your Guide to College Coach

If you have a college-bound student of any age, College Coach will guide you through the entire process, along every education phase.

- Resources to instill strong learning habits, cope with stress and explore a range of academic options for high school education.
- Insights on saving and paying for college, evaluating universities and preparing great applications.
- Expert guidance on reviewing career paths based on majors and honing money management skills.
- FREE 1:1 expert guidance with a college coach to help navigate the college admissions.

88% of employees who used advising say their child was accepted to one of their top schools.

Get Started Today! Visit <https://clients.brighthouse.com/acfc> or go to the [ACFC website](#) for all the details.

Monthly Website

Environmental Working Group

EWG's mission is to empower you with breakthrough research to make informed choices and live a healthy life in a healthy environment. They're dedicated to keeping the environment safe and your loved ones healthy. EWG launched Skin Deep, in 2004, to educate the public about the ingredients in their cosmetics and personal care products. Skin Deep makes it easier for shoppers to understand potential hazards and health concerns related to ingredients in cosmetics and personal care products. Search the extensive database for the products you use to learn about their safety and ingredient concerns. You can also search for EWG-verified products to ensure what you are using is safe and hazard free. Access their library of consumer guides for up-to-date information to keep your family healthy and free from toxic ingredients.



softstar



Made in the USA

Softstar Shoes

Unable to find healthy minimal shoes for their daughter, Tim Oliver and his wife Jeanie, learned to sew soft leather shoes from a local artisan. They've been making their shoes in Philomath, Oregon since 1985. Softstart shoes are like gloves for your feet, allowing for natural movement and healthy foot development. You can customize your own pair of shoes by choosing from hundreds of colors and patterns. They offer a variety of running and barefoot shoes, boots, sandals and moccasins for adults, children and babies. They are proud of our more than three decades of experience handcrafting beautiful, glove-like, natural material shoes that will carry you on your adventures in comfort and health. Back-to-school shoes are currently on sale. Shipping and returns are free.

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

