



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



OCTOBER 2025

## Seize the Day With the ACFC!

The ACFC wants to be your source for change, strength, and growth. Whether you need help with finances, health, caregiving, or coping with life, we strive to have the resources and services that will help you grow and develop into your best self. Take the steps to dream, aspire and achieve your goals. We're beside you all the way. Go today to the [ACFC website](#) to discover the vast number of programs and resources we have waiting for you. Carpe diem! Seize the day!



## Health and Wellness Awareness

[Adopt A Shelter Dog](#)  
[Dental Hygiene Month](#)  
[Domestic Violence](#)  
[Eye Injury Prevention](#)  
[Long Term Care Planning](#)

[Breast Cancer](#)  
[Depression Education](#)  
[Down Syndrome Awareness](#)  
[Emotional Wellness](#)  
[Sudden Cardiac Arrest](#)

[Bullying Prevention Month](#)  
[Dyslexia](#)  
[Eat Better, Eat Together](#)  
[Financial Planning](#)  
[Sudden Infant Death Syndrome](#)

## Spring Health

Take advantage of these upcoming webinar available from Spring Health.

- ***Mental Health Matters: Sharpen Your Mind, Strengthen Your Life***  
(Friday, October 10, 2025, 3:00 p.m. ET)

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



## Supporting ACFC Families

Take advantage of these information webinars from Bright Horizons!

- Paying for College  
(Tuesday, October 7, 2025, 3:00 p.m. ET)
- Navigating Tech and Social Media  
(Wednesday, October 15, 2025, 12:00 p.m. ET)
- Family Care You Can Trust  
Wednesday, October 21, 2025, 12:00 pm.m. ET) [Register Here](#)
- Professional Tutoring for All Ages  
Wednesday, October 22, 2025, 12:00 pm.m. ET) [Register Here](#)

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)

# 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 Hardship Help

Many families are struggling to provide what they need for their families. If you're facing difficult financial times, Union Plus may have services that can help. Assistance is available in areas such as:



- Strike Benefits
- Layoff or Furlough Assistance
- Mortgage Assistance
- Save My Home Hotline
- Credit Counseling
- Bankruptcy Counseling
- Disaster Relief Grants
- Hospital Grants
- Disability Benefits
- Hospital Bill Negotiating Service

For more information, go to [UnionPlus Hardship Help](#).

## Monthly Website

### [MedLine Plus](#)

MedlinePlus is an online health information resource for patients and their families and friends. Their mission is to present high-quality, relevant health and wellness information that is trusted, easy to understand, and free of advertising, in both English and Spanish. Available anywhere, anytime, on any device—for free. Comprehensive information is provided on:

- Exercise and Physical Fitness
- Health Topics
- Medical Encyclopedia
- Genetics
- Drugs and Supplements
- Medical Tests
- Healthy Recipes

You can also view the Medline Plus Magazine for trusted information on current health issues and conditions.



## Made in the USA

### [Light of Day Organics](#)

North America's only dual-certified USDA Organic and Demeter Biodynamic® Tea Farm, their mission is to grow and produce the healthiest and highest quality products which nurture and balance hearts, minds and bodies. They are dedicated to enlivening, renewing and revitalizing the Earth by respecting its natural resources, cycles and life-carrying rhythms. Their teas are hand-harvested, dried in their licensed commercial farm kitchen and packaged with great care. They produce private recipe teas in hand-blended small batches to promote consistency, to maximize freshness and offer them in their most pristine state so that you may enjoy the maximal nutritive benefits as Mother Nature intended. If you're in the Michigan area, you can tour the farm, join a tea workshop or visit the tea 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

