



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



DECEMBER 2025

## Ready, Set, Go With the ACFC!

What an exciting time of the year! 2025 is ending and 2026 is about to begin. It's the ideal time to evaluate what you accomplished in the current year and what your goals are for the new year. The ACFC has the services and programs to help you accomplish the changes you are striving for.

Whether your focus is on finances, health, family or education, there are resources available on the [ACFC website](#) to help you move forward in the new year.



## Health and Wellness Awareness

[Drunk & Drugged Driving Awareness](#)  
[Identify Theft Prevention and Awareness](#)  
[Safe Toys & Gifts](#)

[Handwashing Awareness](#)  
[National Impaired Driving Prevention](#)  
[Universal Human Rights Month](#)

## Spring Health

Take advantage of this upcoming webinar available from Spring Health.

- ***Caring for Your Wallet, Caring for Yourself: Protecting Your Financial Wellbeing with Compassion***

(Tuesday, December 16, 2025, 3:00 p.m. ET) [Register Here.](#)

Take charge of your financial stress with Spring Health's tools and support to build peace of mind and emotional resilience, one step at a time.

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 informative webinars from Bright Horizons.

- ***Supporting the Sandwich Generation***

(Thursday, December 11, 2025, 3:00 p.m. ET)

Caregiving logistics and responsibilities can be a lot to manage, especially if you're caring for an older loved one and your child at the same time.

- ***End-of-Year Support For Your Family***

On Demand- [Access here](#)

Your family, they come first. That's why you have access to Bright Horizons® benefits to help support your many family needs, for every life and career stage.

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](https://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!



## Monthly Website

### [My Money](#)

Making the most of your money starts with five building blocks for managing and growing your money -- The MyMoney Five. Keep these five principles in mind as you make day-to-day decisions and plan your financial goals.

- Earn
- Save & Invest
- Protect
- Spend
- Invest

The Tools section can help you locate and use on-line calculators, budget worksheets, planning checklists and other helpful resources from the federal government for making financial decisions. Select the category from the list to locate the right resource for your needs. The site will display a list of federal resources in the category, along with brief descriptions and links for each.

## 2025 Health and Wellness Reimbursement!

The holidays and the deadline to apply for the 2025 Health & Wellness Reimbursement Program is fast approaching! All applications and paperwork must be postmarked on or before January 5, 2026.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's Employee ID and Enterprise must be on the application (both can be found on the Verizon eWeb).
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$200 within the applicable dates (July 1 – December 31, 2025, only)

Click on the **Health and Wellness Reimbursement Program** tab on the [ACFC website](#) for all the details and to access the application.

## Made in the USA

### [Portrait Puzzles](#)

Putting together a puzzle is a great family activity, especially in the winter months when everyone is home more. Imagine the fun of putting together a puzzle with a personalized family photo. Portrait Puzzles is the leader in custom puzzles. They began selling custom jigsaw puzzles in 2005 and have been refining their processes and upgrading to new technology ever since. They are focused on providing the highest quality customized puzzles. They print with large format, flat bed, inkjet printers directly to high density puzzle board. Even after extensive use the top layer won't peel. Puzzle sizes range from 30 pieces to 1,000 pieces. Once the puzzle is complete it can be mounted on a board to display as a photo.

Orders typically leave within 1-2 days and gift certificates are available.



PORTRAIT PUZZLES



## 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

