



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JANUARY 2026

Happy New Year From the ACFC!

The ACFC hopes 2025 was a great year for every one of you and that we were able to be a part of your success with the services and programs we provide for our members. We are excited about 2026 and look forward to what the new year holds.



Visit the [ACFC website](#) often to learn about new resources as they become available. We continue to explore new options that will be beneficial to you and your family to successfully balance work and life.

Health and Wellness Awareness

[Birth Defects Prevention](#)

[Family Fit Lifestyle](#)

[Healthy Weight Awareness](#)

[Blood Donor](#)

[Financial Wellness](#)

[National Radon Action](#)

[Cervical Cancer Screening](#)

[Glaucoma Awareness](#)

[Thyroid Awareness](#)

Spring Health

Take advantage of informative webinars available from Spring Health. If you missed any webinars from 2025, don't worry, you can watch replays of previous webinars on a variety of information topics such as:

- Mental Wellness
- Healing
- Striving
- Managing Anxiety
- Managing Change

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

Caring for an elderly parent or relative can be difficult. Bright Horizons has a Resources For My Elders library with extensive articles to help you navigate this important time. Topics include:

- Sandwich Generation
- Elder Care
- Coping With Stress
- Family Routines
- Grandparents
- Multi-generational Care

You can access this helpful information here: [My Elders](#)

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!



Monthly Website

[CardioSmart](#)

[CardioSmart](#) is a patient education and empowerment initiative provided by the American College of Cardiology. Their goal is to help individuals prevent, treat, and manage cardiovascular disease. You can download their medication reminder app, sign up for their monthly eNewsletter and search for [CardioSmart](#) events in your community. The site provides an array of information, tools, and videos about types of heart disease and how you can lead a healthier life. You also have the option to set health goals and track your progress when you join [CardioSmart](#) at no charge. There are also resources for caregivers where you can learn how to help you care for yourself and find information on how best to help a person with a specific heart condition.

Maintaining a healthy heart is key to a long, fulfilling life.

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

Beat the Flu with Back-Up Care

It's flu and cold season and you may find yourself in a situation where you need care for a sick child, a recovering ill relative, or your aging parent.



That's where **Back-Up Care Advantage** comes in. Imagine being able to place a call in the morning and having a qualified caregiver at your, or your family member's, home so you don't have to miss work. You may utilize up to 160 hours of care for an affordable rate of \$2 per hour for center-based child care and \$4 per hour for in-home child and/or adult/elder care. Go to the [ACFC website](#) and click on the Back-Up Care tab under Family. To learn more about how the program works, click on the Back-Up Care Advantage Program Overview to watch an informative video.

Please note: You will need your Employee ID# to register for Back-Up Care.



Made in the USA

[Kettle Heroes](#)

Kettle Heroes was launched in 2013 to help make a difference in the world through amazing artisan popcorn. They give back to local causes and charities through every purchase of their popcorn and support veterans through the [Pat Tillman Foundation](#).

Purchase their signature popcorn in individual bags, variety packs, gifts tins and for party favors. Party favors can be customized with pictures, text and dates. Each bag or tin is lovingly crafted in small batches using non-GMO kernels and all-natural ingredients, ensuring that every handful delivers the perfect crunch and flavor. Subscribe for monthly deliveries and save 10%. Choose the Heroes Care Package and Kettle Heroes will donate a care package to support local front-line healthcare workers, caregivers and first responders. Orders over \$50.00 ship free.

