



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



FEBRUARY 2026

Moving Forward With the ACFC!

The new year is well under way and the ACFC committee is excited about the progress we have made in finding the best resources available to help you and your family be as stress-free, healthy, and happy as possible. Our goal is to keep moving forward to offer you the best services we can assemble in one place. No matter what obstacles are in your way, we have a solution for you. Be sure to check out the [ACFC website](#) often, so you don't miss any of these exciting new programs. We are always here with the "help when you need it, where you need it."



Health and Wellness Awareness

[American Heart Health](#)
[Children's Dental Health](#)
[Self-Check Prevention](#)

[Bird Feeding Month](#)
[Random Acts of Kindness](#)
[Teen Dating Violence Awareness](#)

Spring Health

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

- **Small Steps, Big Impact** - [Register here](#)
(Thursday, February 26, 2026, 3:00 p.m. ET)
Build habits that support you without adding to your to-do list. Lean into routines that help you feel better and stay steady all year long.

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.



Bright Horizons Supporting ACFC Families

Take advantage of these informative webinars from Bright Horizons.

- **Parenting Tools That Build Connection**
(Wednesday, February 11, 2026, 2:00 p.m. ET)
Find out how to be a compassionate parent while setting and holding limits and boundaries. Get tips from our experts for navigating tough moments and big feelings.

If you're finding yourself in a situation where your children need assistance with their schooling, they can get help with Virtual Tutor, an online tutoring service available seven days a week from 2:00 p.m. to 1:00 a.m. ET. Tutoring is offered for students of all ages, from elementary school through college. Students can connect with a live tutor for one-on-one help in math, science, social studies, and English.

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

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!



Teach. Play. Love.

Each month Bright Horizons shares a podcast offering parenting advice for the early years. The podcasts, Teach. Play. Love., feature parents and early childhood educators coming together to cull the competing advice, separate fact from fiction, and focus on what does – and doesn't – matter during these early years. Be more confident, have less worry... and let Bright Horizons help make parenting the joy it was meant to be. You can also listen to these podcasts on YouTube, Spotify, Apple, Stitcher and Libsyn. Be sure to subscribe to get new episodes! Each episode offers practical advice, research-backed insights, and real-world strategies for raising kids ages 0-8. You'll find information on these podcasts and all of the resources available from Bright Horizons by clicking on the Bright Horizons tab on the [ACFC website](#).

Monthly Website

[All About Birds](#)

If you're a bird lover, All About Birds is the perfect website for you. You can identify birds that you've seen in your yard and learn more about each one using the free [Merlin Bird ID](#). View live cams of birds and their nests from all over the world. You'll also find the best ways to provide food and shelter for backyard birds. Learn the proper way to clean your feeders to prevent disease and what native plants you can use to provide natural foods for your feathered friends.

The Frequently Asked Questions section of the website provides answers to many of our questions and concerns about birds and what you're experiencing in your own backyard. All About Birds will help you create the idyllic backyard habitat so you and your family can enjoy watching and caring for the birds in your yard.



Made in the USA

[Palmer Candy](#)

Valentine's Day is in February and what better way to say, "I love you," than with candy and chocolate. Palmer Candy has been making candy together since 1878.

They are the oldest company of its size to be under continuous family ownership in the United States! Today, over 143 years later, a fifth-generation family member, the great-great-grandson of the founder, E.C. Palmer, runs the company. Their motto of "Making Life Sweeter Since 1878" still rings true today.

They offer a variety of chocolates, barks, pretzels, toffee, candies, snack mixes and Bazooka bubble gum. The gift sets are ideal for Valentine's Day.

If you're ever in Sioux City, Iowa, be sure to visit their store and museum to learn about the history of the company.

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

