



# ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



MARCH 2026

## Get New Results With the ACFC!

Most of you are familiar with the sayings, "If you keep doing the same things, you'll end up getting the same results" and "Old habits die hard." To get new results, you need to form new habits and create a new mindset. The ACFC can help you on your path to change. Whether you need to improve your physical or mental health, financial situation or family relationships, there are programs and services available to help you begin new habits.



Explore all of the programs available to you and your family on the [ACFC website](#). We are always here for you with the "help when you need it, where you need it."

## Health and Wellness Awareness

[American Red Cross](#)

[Brain Injury Awareness](#)

[Colorectal Cancer Awareness](#)

[Credit Education](#)

[MS Education/Awareness](#)

[National Kidney Month](#)

[National Nutrition Month](#)

[Endometriosis Awareness](#)

[Save Your Vision](#)

## Spring Health

Spring Health includes a variety of services that can help you reach your well-being goals. You have easy access to personalized mental health support to help you navigate any of life's challenges. Your care with Spring Health is private and confidential. Services available include:

- Personalized, confidential mental health support
- Therapists and coaches that fit your needs
- Flexible appointments for every schedule (virtual and in-person)
- Self-guided exercises for sleep, stress, and more

Visit [verizon.springhealth.com](https://verizon.springhealth.com) to create your account and take advantage of the programs available for a happier, healthier life. View the informative video to see how the Spring Health program works for you and your family.



## Bright Horizons Supporting ACFC Families

Take advantage of this informative webinars from Bright Horizons.

- **Selecting Best Fit Colleges**  
(Wednesday, March 4, 2026, 12:00 p.m. ET)  
The goal of this workshop is to help families understand how to narrow their options and ultimately select the right college. Families will learn how to:
  - Identify their children's strength and interests
  - Utilize their children's academics, activities and extras to put together the strongest college list possible
  - Match their children with the colleges that are the best fits

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!



# UnionPlusReal Estate Rewards

If you're in the market for a home, you need to take advantage of the UnionPlus Real Estate Rewards Program. Your benefits include:

- 25% Cash Rebate: Receive a check for 25% of your agent's commission at closing when you use a referred agent
- Stackable Savings: Buying and selling? Use a referred agent for both and double your rewards.
- National Expert Network: Access experienced, pre-screened agents in your local market.
- Integrated Home Search: Use our MLS-connected tool to browse the latest listings in real-time.

Visit [UnionPlus Benefits](#) for more information or contact Mutual of Omaha Mortgage at 855-872-1340.

# Monthly Website

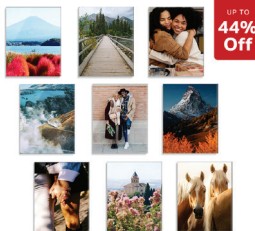
## Nutrition Value

It's been well documented how important it is to track your daily food and exercise to reach optimal health. Nutrition Value is a comprehensive website for everything related to nutrition. You will find the nutritional value of just about any food you can think of. Search for foods based on vitamins or minerals you need to add to your diet and use the Nutrition Calculator and Recipe Builder to create recipes to fit your dietary needs. Start a diary to log food consumption, exercise, weight, waist circumference, sleep and meditation to track trends on your page. You can also track water intake, supplements and your BMI. A journal is available to add notes to your daily diary.

Compare the nutrient value of multiple foods to choose which ones meet your specific needs. Create your account in Nutrition Value today and begin your journey to your ideal health.



fracture



# Made in the USA

## Fracture

Fracture was created to help you treasure your stories and memories. Fracture prints your images directly on glass, transforming them into vibrant, stunning works of art. They provide an affordable, beautiful and sustainable product that allows anyone to print photos on simple pieces of glass and easily hang them in your living spaces. Every Fracture print starts out as a piece of durable glass, cut and hand-prepared for each print size. Ink is then sprayed directly onto the glass and instantly cured through our special UV process. A bright, opaque layer of white ink is applied directly beneath the color layer. This brings your print to life and adds depth to the overall color. You can choose from a variety of print sizes and each piece comes with a lightweight and minimal mount. The beautiful prints make a perfect gift for weddings, birthdays or holidays.

# 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

