



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



APRIL 2026

Act Now With the ACFC!

As the days grow longer and the weather warms up, it's the perfect time to take action toward your goals. The ACFC offers a wide range of resources to support you every step of the way. Whether your goals are financial, health-related, caregiving, or educational, you'll find valuable tools and programs on the [ACFC website](#).

Explore the many options available to you and your family, and start building the life you envision. Be sure to check the website regularly so you can access the support and help when need it, where you need it.



Health and Wellness Awareness

[Alcohol Awareness](#)

[Community Service Month](#)

[Irritable Bowel Syndrome](#)

[Oral Cancer Month](#)

[Autism Awareness](#)

[Donate Life Month](#)

[Keep America Beautiful](#)

[Parkinson's Awareness](#)

[Child Abuse Prevention](#)

[Financial Literacy Month](#)

[National Garden Month](#)

[Stress Awareness](#)

Spring Health

Spring Health includes a variety of services that can help you reach your well-being goals. After a simple sign-up, members access a personalized care plan and a list of curated providers to meet their exact needs and goals.

- **Clinical Assessment:** In just 3-5 minutes, answer questions that can help identify areas where you might need support
- **Personalized Recommendations:** Receive a care plan based on your goals and assessment results, including a curated list of providers from their diverse network.
- **Inclusive Care:** Quickly browse and schedule appointments with the provider who best fits your needs and preferences - or get started with on-demand digital exercises.

Visit verizon.springhealth.com to create your account and take advantage of the programs available for a happier, healthier life.



Supporting ACFC Families

Take advantage of this informative webinars from Bright Horizons.

- **Raising Healthy Eaters**
(Wednesday, April 15, 2026, 3:00 p.m. ET)
Discover simple, research-based ways to support your child's nutrition and make mealtimes less stressful.
- **Alternatives to a 4-Year Degree**
(Thursday, April 16, 2026, 2:00 p.m. ET)
This webinar will showcase the variety of options available to high school graduates not immediately pursuing a bachelor's degree and families identify the best options based on their student's strengths and interests

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!



Parenting in the 21st Century

The challenges facing parents these days are much different than what their parents faced. Children are exposed to social media and pressure from peers to conform to new expectations. The rules and ways of parenting from the past don't work in today's society. The ACFC, in partnership with Active Parenting, has tools to help you parent for today's generation. Learn effective parenting skills that will help you raise responsible, courageous and confident children. Skills that will prepare you to face today's parenting challenges. The ACFC offers a FREE Online Video Library with videos for parents of children of all ages, from birth to teen. To access the videos, go to: app-streaming.com.

Log in using Username: acfc@streaming.com
Password: ACFCcares

Choose one or all of the videos available to you. Videos are available in English and Spanish.

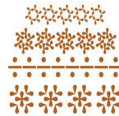
Monthly Website

[Mother Earth News](#)

If you're looking for information about how you can make your life more organic, green and natural, then Mother Earth News is the site for you. You'll find extensive, easy-to-use information on topics such as:

- DIY projects
- Organic gardening
- Homesteading
- Natural health
- Renewable energy
- Green homes
- Nature and environment
- Green transportation

They offer free newsletters on a variety of topics that may be of interest to you and have a magazine that you can subscribe to. Click on the Events tab to see if a Mother Earth News Fair is coming to your community. Podcasts are also available.



beehive
handmade



Made in the USA

[Beehive Handmade](#)

Beehive has been making handcrafted metalwork inspired by the past but at home in the present in Rhode Island since 1999. They offer a large collection of classic home goods, custom engraved jewelry, pewter Holiday ornaments and personalized baby gifts to be enjoyed for a lifetime. Every production run is tested by a certified, third party laboratory to ensure the quality and safety outlined by the Consumer Safety Protection Commission. Their Gift Guide will make ordering a gift for any occasion easy to do. You'll find options for cooks, gardeners, weddings, hosts and grads. Customized gifts are also an option.

If you're in the area, be sure to visit their retail shop is located at 332 Water Street in the historic town of Warren, RI, where you will also find curated goods from other local artisans as well.

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

