



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



MAY 2026

Begin Anew With the ACFC!

As the peak of spring, May is commonly associated with new beginnings, prosperity and emotional growth. This is what the ACFC thrives to provide our members. We aspire to help you and your family be as strong and successful as possible. We do this by providing the resources for reducing stress, saving money and being healthier. Begin anew by visiting the [ACFC website](#) and make a commitment to discover how successful you can be.

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

[Arthritis Awareness](#)

[Celiac Awareness](#)

[Lyme Disease Awareness](#)

[Osteoporosis Prevention](#)

[Asthma and Allergy Awareness](#)

[Clean Air Month](#)

[Mental Health Month](#)

[Skin Cancer Prevention](#)

[Better Sleep Month](#)

[Blood Pressure Awareness](#)

[Older Americans Month](#)

[Stroke Awareness](#)

Spring Health

Spring Health offers informative webinars to help you achieve your optimal mental health. Take advantage of this webinar in May.

- **Choosing Your Path: Understanding, Shaping and Authoring Your Mental Health Journey**

(Tuesday, May 28, 2026, 3:00 p.m. ET)

Mental health and wellness can never be one-size-fits-all; it must be grounded in your needs, values and unique experiences. This webinar will dig into how reflecting on your experiences, leaning on supportive resources and strengthening shared connections can empower you to shape your path with intention.

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



Bright Horizons

Supporting ACFC Families

Take advantage of this informative webinars from Bright Horizons.

- **Saving for College**

(Tuesday, May 5, 2026, 12:00 p.m. ET)

- **Launching Your College Search**

(Tuesday, May 5, 2026, 3:00 p.m. ET)

- **Admission to the Ivies and Other Highly Selective Schools**

(Tuesday, May 19, 2026, 3:00 p.m. ET)

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!



Union Plus College

Union Plus is here to assist you and your family members earn the college degree you've always dreamt of. With affordable online options and annual scholarship awards, Union Plus is here to help your union family reach your education goals without breaking the budget. Union members can earn an affordable:

- Associates Degree
- Bachelors Degree
- Graduate Degree
- Online Certificate Degree

The Union Plus Scholarship Program awards annual scholarships to current and retired members of participating unions, their spouses and their dependent children. Applications for 2027 will be available mid-summer. Go to unionplus.org/benefits/education for all of the information.

Monthly Website

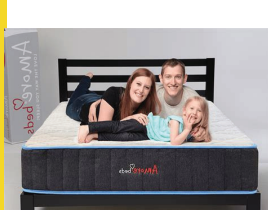
[Family Doctor](#)

Family Doctor is a comprehensive website where you will find extensive information to help keep you and your family safe and healthy. Search for information on conditions and diseases from A-Z. Use the Symptom Checker to find more information on your health issue. The MyHealth Finder Tool will show you which screening tests and vaccines you or your loved ones need to stay healthy. You'll find specific health information for infants and toddlers, kids and teens, men, women, parenthood and seniors. Topics include fitness, nutrition, mental health, immunizations and more. The Nutrition section outlines how to maintain a healthy diet by understanding the nutritional information of the foods you eat. If you need health and wellness support, you'll find it on Family Doctor. It's like having a family doctor right in your home.

familydoctor.org



[Amore! beds](#)
LOVE THE WAY YOU SLEEP!



Made in the USA

[Amore Beds](#)

Amore Beds strive to make every customer their perfect made-to-order mattress. They insist on premium materials from trusted suppliers and meticulous craftsmanship. They're so confident you'll love your Amore Bed, they offer a 100 Night Risk-Free Trial and a 10 to 25-Year Warranty. For incredible comfort and American-made quality, order your custom mattress online today. Their mattresses feature flippable 2-sided designs where you can select different firmnesses and the most advanced fabric options in the industry with the highest quality 340 GSM. They ship free via UPS within the contiguous USA and your mattress typically arrives in 5-10 business days.

Amore Beds has a "10x" program where they donate a mattress to various charitable organization for every 10 sold.

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

