



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



JUNE 2026

Swing Into Summer With the ACFC!

June marks the start of summer—a season of new goals and fresh opportunities. Whether you're planning a summer vacation, tackling home improvement projects, or beginning your journey toward better health and wellness, the ACFC has resources to support you every step of the way. By visiting the [ACFC website](#), you'll discover tools and information to help improve your health and wellness, strengthen your finances, and support your family's success all summer long.

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

[Adopt-A-Shelter Cat](#)
[Cataract Awareness](#)
[Men's Health Month](#)
[PTSD Awareness](#)

[Alzheimer's Awareness](#)
[Fruit and Vegetable Month](#)
[Migraine and Headache Awareness](#)

[Camping Month](#)
[Great Outdoors Month](#)
[National Safety Month](#)

Spring Health

Did you know that Spring Health has a mobile app? You can use the app to browse providers, manage your care, tap into Moments exercises, and track your well-being goals right from your smartphone. The app is free to download from the App Store or Google Play.

Spring Health supports a broad range of needs, from navigating daily struggles to treating mental health conditions. Common examples include personal or professional challenges, stress, anxiety, depression, grief, burnout, anger, trouble focusing, sleeplessness, alcohol or substance use and suicidal thoughts. Your care is private and confidential.

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.

- ***The Different Ways Children Play***
(Wednesday, June 10, 2026, 2:00 p.m. ET)
Learn why imaginary, independent, guided and sensory play are all important and why.
- ***Curated Resources for Your Family - [Register here](#)***
(Live webinar offered monthly on Wednesdays)
Learn more about your options for child care, family care, household support, senior care, tutoring and test prep, enrichments, camps, and more.

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!



Time to Shape Up!

It's the time of year when everyone wants to look their best in their summer attire! Join a gym or weight loss program and receive a \$200.00 reimbursement from the ACFC. All applications and accompanying paperwork must be postmarked on or before July 5, 2026.

- A new application is required with each submission. The employee's printed and signed name must be on the application.
- The employee's 10-digit Enterprise ID must be on the application.
- A copy of the contract with the gym or program. You do not have to send the contract if you are on the same one as previous reimbursements.
- The contract and proof of payment must show the employee's name.
- Proof of payment up to \$200 within the applicable dates (January 1 – June 30, 2026, only)

Click on Health and Wellness Reimbursement Program under the Wellness tab on the [ACFC website](#) for all the details.

Monthly Website

[Fabulous50s](#)

Fabulous50s is the ideal website for women in their 50s, 60s and beyond to build strength, understand their hormones, protect their bones and feel energised and confident in their bodies again. Founded by certified human performance coach, Schellea Fowler, the site provides extensive resources for exercise, nutrition and well-being. The heart of Fabulous50s is simply to help you move your body, calm your mind, and live this stage of life feeling proud of who you are. You'll find a collection of free resources on the website

Follow Schella on YouTube where you'll find hundreds of free videos to help you get strong, lose weight, prevent osteoporosis, meditate and stay mentally healthy. Workouts can be as short as 5 minutes or up to 30 minutes and are combined with fun, lively music so you can have fun while getting fit.



Made in the USA

[4Freedom](#)

Honoring the heroes who fought 4 Freedom is the driving force behind creating 4Freedom Apparel™. Jonathan and Shari, a veteran military couple, love all things American and built their brand to fulfill their desire to not just wear the American flag, but to wear clothes that are actually made in America. They take pride in being a company that gives back to those who were willing to give all to this great country. Each month they donate a portion of their proceeds to a veteran non-profit organization.

You'll find a selection of t-shirts, tank tops and raglan shirts for men and women. There is also a selection of accessories such as hats, Koozies and pet apparel. All items sold by 4Freedom™ are made for Americans by Americans.

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

