



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



SEPTEMBER 2026

Cool Down With the ACFC!

Cooler temperatures are on the way and the ACFC wants to help you stay cool when life throws you a rainy day! We provide services, resources and programs to help you deal with stress, anxiety and pressure. When you feel yourself getting steamed and hot under the collar, go to the [ACFC website](#) for information, guidance and support to help you reduce stress, improve your health, build a happier, healthier life and stay cool! We're always here with the help when you need it, where you need it!



Health and Wellness Awareness

[Atrial Fibrillation](#)
[Child Obesity](#)
[National Preparedness](#)
[Pain Awareness](#)

[Baby Safety](#)
[Cholesterol Education](#)
[National Recovery](#)
[Prostate Cancer](#)

[Blood Cancer](#)
[College Savings](#)
[Newborn Screening](#)
[Sepsis Awareness](#)

[Childhood Cancer](#)
[Healthy Aging](#)
[Ovarian Cancer](#)
[Sickle Cell](#)

Spring Health

Spring Health offers informative webinars throughout the year but you may not always be able to attend them live. No worries! All of these webinars are available to watch where and when it's convenient for you. You'll find a vast selection of webinars on a wide range of topics. It's like having a mental health library right at your finger tips. Topics include:

- Anger
- Anxiety
- Sleep
- Self-Love and Care
- And much more.....

[Click here](#) to access Spring Health webinars.

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



Supporting ACFC Families

Get Back-to-School support from Bright Horizons by attending this on-demand webinar

- **Back-to-School Support-On-demand-[Access It Here](#)**
Skip the school-year scramble — your Bright Horizons benefits make the busy season easier. Back-up child care is available in centers, camps, and at home to help cover hectic schedules, school breaks and more. Looking for even more support? Access a network of family resources — care, tutoring and enrichments — with valuable savings. Watch this webinar to learn 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.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!



Stay Safe Online With Aura

Cyber security is an important topic these days. You can help protect your family with Aura's intelligent safety solutions — the gold standard in proactive, personalized, preventative digital safety. CWA members get up to a 50% discount on all available plans from Aura which includes:

- Experian credit lock
- Password protection
- Secured online connections
- Fraud support
- \$5M insurance coverage

Family coverage for up to 11 adults with unlimited kids, and up to \$5M in identity theft insurance per adult — all starting at just \$4/month with no contracts.

For all the details, visit [Union Plus Aura](#).

Monthly Website

[AARP: Scams and Fraud](#)

Today's seniors are being targeted by scammers and fraudsters at an alarming rate. It's important to learn what to watch for and how to avoid these scams. The AARP Scams and Fraud website provides extensive information about type of scams and how to protect yourself from being prey to these fraudsters. With the advance of AI, fraudsters are able to mimic the voice of family members, create fake emergencies and give instructions on how to transfer funds. Specific types of scams are outlined and ways to avoid them are explained. The site also offers an 800 number to report scams and get help if you feel you have been targeted by a scam. You'll find podcasts that you can listen to for more information and you can sign up for Bi-Weekly Watchdog Alerts. Find and report local scams using the Scam Map.



Made in the USA

[Johnson Woolen Mills](#)

Nothing says cozy in cooler weather than a flannel shirt. Johnson Woolen Mills has been making flannel clothing and blankets in Vermont since 1842. Traditional processes still remain at the mill such as hand cutting, sewing, piecing, serging and finishing of our traditionally patterned, checked and plaid clothing lines. The old store has survived floods, brutal Vermont winters, the great depression and two world wars. It's hosted dignitaries from around the world, politicians, film stars and sports figures. If you find yourself visiting Vermont, be sure to stop by the factory store. You're sure to enjoy the old hardwood floors, tall ceilings and rustic wood walls lined with woolen outerwear for the whole family. You'll find clothing for men, women and children, along with wool blankets, gloves, sock, scarves and other accessories.

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

