ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

NOVEMBER 2026

Celebrate the Season With the ACFC!

November marks the change between standard and daylight savings time. It's also the beginning of the hectic holiday season. The ACFC can help you navigate this season in your life and cope with everyday challenges with ease. Whether you need assistance with parenting, finances, health and wellness, eldercare or other areas that you struggle with, the ACFC is there with "the help when you need it, where you need it." Visit the ACFC website today and discover how we can help you navigate the seasons of your life.

Health and Wellness Awareness

- Adoption Awareness
- Alzheimer's Awareness
- Bladder Health
- COPD Awareness
- Diabetes Awareness
- Epilepsy Awareness
- Family Caregivers
- Healthy Skin
- Lung Cancer Awareness
- Pancreatic Cancer
- Stomach Cancer Awareness

Spring Health

Spring Health provides ACFC members with personalized, confidential mental health support utilizing:

- Free therapy and free coaching sessions with experts who meet your needs
- Flexible appointments for every schedule (virtual and in-person)
- Self-guided exercises for sleep, stress, and more

There are here to help you thrive, even in areas beyond mental health. You can connect with an expert consultant or browse thousands of articles across a variety of legal, financial and work-life subject areas.

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

When the calendar season goes head-to-head with your work schedule, Bright Horizons can save the day. You can book high-quality back-up care for your child, adult or senior loved ones to fill the gaps. You can also access a network of family resources with valuable savings: child care, household support, senior care and tutoring. Watch this webinar to learn more.

- ***End-of Year Support through Bright Horizons***
  On-demand. Access the webinar here

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!

Your Personal Concierge

Did you know you have a personal concierge that can provide personalized support for a wide range of family needs, such as child care, elder care, tutoring, housekeeping, camps, and after-school care? Imagine being able to work directly with an experienced Care Expert who listens, understands your situation and creates a tailored plan using your Bright Horizons benefits. A Family Concierge is a dedicated Care Expert who can help you find, coordinate and schedule the best Bright Horizons benefits solutions for child care, elder care, pet care, housekeeping, education enrichment and more. As your needs change, your Care Expert proactively updates your plan and offers ongoing guidance, saving you time and helping you feel confident in your decisions. There is no limit to the number of times you can reach out. You can reach out as many times as you like in order to develop a care plan that best suits you and your family. Find out more by visiting clients.brighthorizons.com/acfc.

Monthly Website

Understood.org

Understood.org is a non-profit organization turns trusted knowledge about ADHD, dyslexia, and other forms of neurodivergence into clear guidance and practical tools. Neurodivergence is a non-medical term that describes when an individual's brain processes, learns, and behaves differently from what society considers "typical" or standard. Information is available for parents for dealing with STEM, IEP and 504 plans. Parents will also find everyday learning support, a Back-to-School Guide and a summer guide for families. The Tools and Podcasts section offers podcasts, videos and a variety of guides and lesson plans. There is also a section for kids with interactive quizzes and games to learn about themselves and support their classmates.
Women with ADHD can find information and resources under the Daily Life tab.

Made in the USA

Darn Tough Socks

Whether you're looking for socks for hiking, running, skiing, hunting or just for leisure socks, Darn Tough Socks has choices for everyone in the family. Made in Vermont for over 40 years, Darn Tough socks comes in a variety of heights, weights, colors and patterns. Their goal is to knit socks that feel good, often better, the longer you wear them. All of their socks are knit on small needle, fine gauge knitting machines. This approach produces durable, high density stitching without bulk. Less bulk means a better fit. They are made with fine-gauge, low micron 100% Merino Wool. They offer an unconditional lifetime guarantee that if these aren't the longest lasting socks you've ever owned, you can return them to for another pair. No receipt needed, just the pair in question. Their warranty data helps them improve to continue to knit a better sock.

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 inpcludes 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 anThe d 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