



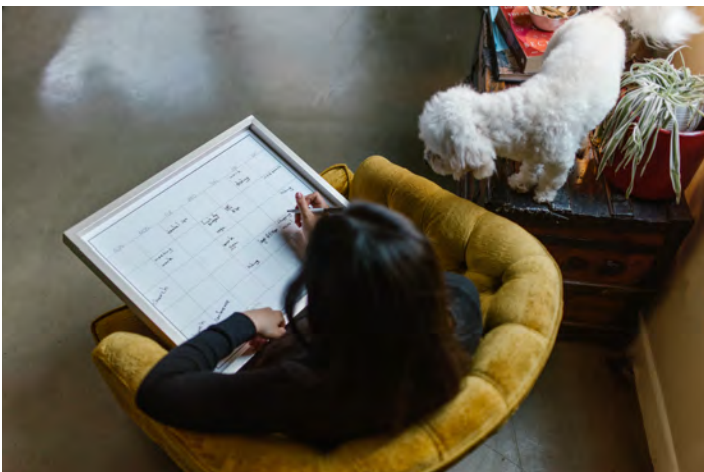
## In This Edition

- **A Moment of Awareness:** Do You Know How to Save a Life from a Stroke?
- **An Ounce of Prevention:** Steps to Prevent the Common Cold
- **Learn & Thrive:** Join a Free-to-You Virtual Wellness Webinar
- **Community Highlight:** Let's Get Spooky for Halloween Weekend!
- **Congrats!** Winners of the 2022 Franklin County 5k & ThriveOn Challenge

## Mark Your Calendar

- **Friday, November 11:** Veterans Day observed.
- **Thursday, November 24:** Thanksgiving Day
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your *Wellness Your Way* incentives. [Get started here.](#)

It's more important than ever to get your flu vaccine. **Be a Flu Fighter.** [Find a flu shot location near you.](#)



## A MOMENT OF AWARENESS: Do You Know How to Save a Life from a Stroke?

An alarming **one in four adults over the age of 25 will have a stroke in their lifetime** according to the American Stroke Association. Yet, most American adults don't know the signs of a stroke nor how to respond.

In honor of **World Stroke Day on Saturday, October 29**, here are the **BE FAST** signs of a stroke:

- **B**alance – **loss of balance or coordination:** A stroke to the back of the brain can cause vertigo, which is an acute presentation of the stroke.
- **E**yes – **trouble seeing out of one or both eyes:** A stroke to the back of the brain can compromise vision on one side of the visual field and develop a blind spot.
- **F**acial **weakness:** When you have poor blood flow on one side of the brain, you may develop weakness on the opposite side of the face, causing a facial droop.
- **A**rm **weakness:** Hand-in-hand with facial weakness is weakness of the limbs.
- **S**peech **difficulty:** Depending on where the stroke happens in the brain, you may experience one or more of the following: the context of speech is normal, but it doesn't sound clear; incomprehensible speech and doesn't make sense; loss of speech.
- **T**ime to call **9-1-1.**

The **"T"** in **BE FAST** is the most critical. [Dr. Nirav Vora](#) - OhioHealth chief of vascular neurology - shares: "From when the symptoms of stroke start, we have four and a half hours or **270 minutes** to get them to the nearest hospital, but the treatment is most effective within **60 to 90 minutes** and can even reverse the most severe strokes."

You can [read a personal account of stroke and additional life-saving steps at OhioHealth's blog here.](#)



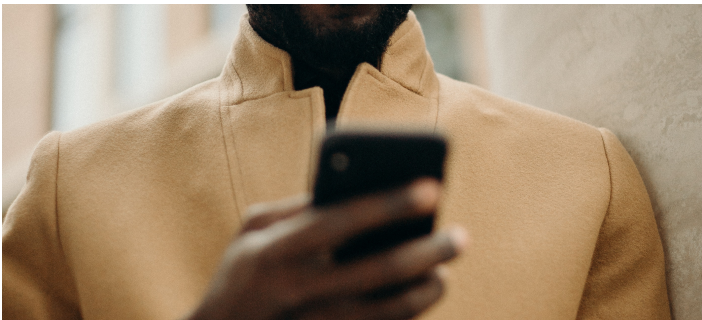
## AN OUNCE OF PREVENTION: Steps to Prevent the Common Cold

As the sun sets earlier in the evenings and the days continue to get cooler, we typically find ourselves spending more time indoors this time of year. It also means we're literally rubbing shoulders with more people in closed spaces (hello, elevators!) and exposed to more germs.

According to the Centers for Disease Control and Prevention (CDC), common colds are the main reason that children miss school and adults miss work. Each year in the United States, there are millions of cases of the common cold. Adults have an average of 2-3 colds per year, and children have even more.

Here are a few commonsense practices to help reduce your risk of getting a cold:

- **Wash your hands often with soap and water.** Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.** Viruses that cause colds can enter your body this way and make you sick.
- **Stay away from people who are sick.** Sick people can spread viruses that cause the common cold through close contact with others.



## LEARN & THRIVE: Join a Free-to-You Virtual Wellness Webinar

Our partners at [CancerBridge - a part of The OSU James Cancer Center](#) and a member of the [National Comprehensive Cancer Network](#) – invite you to join two conversations in the upcoming weeks:

- **2022 Virtual Kitchen Series: Gut Health** | Thursday, November 3 | 11am | *Join us for a conversation about our gut and how foods can influence our microbiome and overall health. Following our conversation, we will demonstrate a healthy recipe to enjoy!* | [Register here](#)
- **2022 Virtual Support Series: Lung Cancer Screening** | Thursday, November 17 | 11am | *Join us to learn more about lung cancer screening guidelines - who qualifies, how do you screen for lung cancer, why is screening for lung cancer so impactful, and where can you be screened.* | [Register here](#)

As a member of the Franklin County Cooperative, [you also have access to workshops and resources from BMI Federal Credit Union.](#) With the holidays around the corner, consider joining this webinar next week:

- **Holiday Spending** | Tuesday, November 1 | 11:30a | *Plan for your holiday festivities while staying on track with budget.* | [Register here](#)



## COMMUNITY HIGHLIGHT: Let's Get Spooky for Halloween Weekend!

If you're looking for some spook-tacular social connectedness this weekend (Halloween is Monday!), here are a few local haunts we suggest exploring:

**Pumpkins Aglow** @ Franklin Park Conservatory & Botanical Gardens | Friday - Sunday | \$25 | [Learn more](#)

**Boos and Books** @ Thurber House | Saturday | Free | [Learn more](#)

**'Psycho' Movie** @ Gateway Film Center | Thursday - Sunday | \$15 | [Learn more](#)

**Boo at the Zoo** @ Columbus Zoo and Aquarium | Friday - Sunday | (Franklin County) Adult: \$17; (Franklin County) Child: \$12 | [Learn more](#)

# CONGRATS!

Here are the winners of the **2022 Franklin County 5k & ThriveOn Challenge**. Thanks to everyone who participated. The ThriveOn team looks forward to seeing you next year!

**Small agency:** Fleet Management

- **Honorable mention:** Purchasing & COCIC – these agencies tied with Fleet with 100% of registrants participating. Fleet won the tie breaker with 100% of employees participating!

**Medium agency:** City of Grandview Heights

**Large agency:** Public Defender's Office

**Top Finishers** - Please also help us in congratulating our top finishers!

- **In-person:** Gregory Antonini (Engineer's Office) & Mariah Hicks (Public Defender's Office)
- **Virtual:** Fritz Crosier (Engineer's Office) & Josie Grashel (City of Grandview Heights)

**Photo Contest Winners** – Thank you to everyone who submitted photos showing us how you participated in the 5k! Featured below are this year's photo contest winners.



Daniel Hendez (JFS)



Brett Holley (SWACO)



David Tubaugh (PFM)



Vincent Galluppi (Sheriff's Office)