



## IN THIS EDITION:

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## We Want to Hear Your ThriveOn Success Story!

Has participating in ThriveOn positively impacted your life? Maybe ThriveOn helped you develop a new healthy habit or reach one of your well-being goals. Whatever it might be, if you've had a great experience, we want to hear from you! Your story might just be featured in an upcoming ThriveOn Thursday newsletter. [Click here](#) to submit your ThriveOn success story today!



## Don't feed your feelings: A Guide to Emotional Eating

During emotional times, including stress and grief, some of us turn to comfort food to help us cope. But allowing our emotions to control our eating habits can be problematic. Join WeightWatchers and behavior change experts on Tuesday, March 28th at 1pm for a live webinar about emotional eating and strategies for managing those situations. [Click here](#) to register!

ThriveOn subsidizes the cost of Weight Watchers memberships for all employees and enrolled spouses/domestic partners. You can join today for over 50% off the retail price (starting at just \$9.75/month). Plus, join by April 30 to receive a free WW welcome kit. Learn more and sign up at [WW.com/FCC](http://WW.com/FCC).



## Understanding the Value of Your OPERS Retirement

The Ohio Public Employees Retirement System (OPERS) has been providing retirement benefits to Ohio's public employees since 1935. As a member of OPERS you contribute 10% of your salary toward retirement and your employer contributes an amount equal to 14% of your salary. But have you ever wondered where those contributions go, what a pension is, or what happens if you leave public employment? OPERS regularly offers webinars to help you understand the value of your retirement. [Click here](#) to register or [click here](#) to access additional webinar topics and resources.

# Stay Informed

## FCEM&HS Countywide Emergency Management Text Message Alerts



**TEXT FCReady  
TO 888777**

### Severe Weather Awareness

March 19-25, 2023 is Ohio's Severe Weather Awareness Week. Severe weather can occur at anytime and anywhere, without advanced notice. The time to prepare is now.

**Be aware and know your risk!** Tornadoes, large hail, strong winds, flooding, and lightning are all hazards associated with severe weather. Knowing what to do in the event of severe weather is important.

Heavy rain/flooding – it only takes 6 inches of flowing water to knock a person over, and 12 inches to carry away a car.

- Don't drive through moving or standing water
- If you can't see the road, turn around and don't drive around barricades
- Get to higher ground
- Obey evacuation orders
- Stay out of water that might have electricity in it (i.e., basements with water covering electrical outlets)

Severe thunderstorms (hail, strong winds, lightning)

- Move indoors and away from windows
- Do not go to large open rooms such as cafeterias, gymnasiums or auditoriums
- If outside, find a sturdy building immediately (sheds and storage facilities are not safe)
- If in a vehicle, drive to the closest secure shelter if time allows

Tornadoes – know where to go.

- Stay indoors and away from top floor rooms, exterior rooms and rooms with windows
- If you have a basement, quickly move there and bring your emergency supply kit
- If you don't have a basement, move to an interior room with no windows
- If you are outside, drive to a designated shelter, basement, or safe room - seeking refuge in a vehicle or under an overpass is NOT safe

**Stay informed!** When emergencies strike, how will you get information on what's happening? You can sign up for Franklin County Emergency Management Alerts by texting FCReady to 888777 to receive information on your mobile device.

Know the difference between a Tornado Watch and a Tornado Warning and what to do in each situation.

- Tornado Watch – a tornado is possible. Be ready to act quickly if a Warning is issued.
- Tornado Warning – a tornado is happening or about to happen. Take action and seek shelter immediately! During a Warning, the sirens will sound for 3 minutes and then be silent for 7 minutes, repeating until the Warning is canceled.

**Be prepared!** Assemble a emergency kit with basic supplies that your household may need in the event of an emergency, including things like food, water and supplies, that can last you and your family for several days. [Click here](#) for a list of essential supplies. It's also important to have a plan and to know who to contact if you are separated from family members. [Click here](#) for additional resources to help you develop your family's emergency plan.

For more information about severe weather awareness, visit [ready.gov/severe-weather](https://ready.gov/severe-weather).