

EXPLORE. EVOLVE. THRIVE.

ThriveOn Thursday | April 24, 2025

CONFIDENTIAL CARE, WHENEVER YOU NEED IT.

The [Emotional Wellbeing Solutions](#) (EWS) offers confidential support for everyday challenges. These resources are available 24 hours a day, 7 days a week. EWS is available to benefits-eligible employees, their dependents and household members, even if they aren't enrolled in the medical plan. This benefit is provided at no cost to you.



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CLICK THE IMAGE OF THE STORY TO LEARN MORE



PRESCRIPTION DRUG SAFETY STARTS AT HOME

Learn how to keep your home safe by properly using and disposing of prescription drugs, especially opioids.



MAXIMIZE YOUR RETIREMENT

Join OPERS and Enrich for a two-part webinar series and learn how to maximize your retirement benefits.



SIGN UP FOR A FREE MEAL KIT AND COOKING DEMONSTRATION

Sign up by May 11 to receive a free meal kit and join a fun, pre-recorded cooking demo. Learn to make shakshuka using fresh, local, organic ingredients, and enjoy a healthy meal with your family.



EXPLORE ALL WELLNESS PROGRAMS

The Franklin County Cooperative and ThriveOn offer an abundance of resources to you and your family. Learn about wellness programs that you can access today.



EMOTIONAL WELLBEING INSIGHTS

This monthly article features wellbeing advice from your Onsite EAP consultant, Valerie Schenk-Greil.

WANT A HARD COPY OF THIS NEWSLETTER?

Head to BeWell.franklincountyohio.gov > Menu > ThriveOn Thursdays to print a copy.

UPCOMING EVENTS & WEBINARS

DATE / TIME	PROGRAM	TITLE & DESCRIPTION
May 1 & 8 12PM -1PM	Enrich & OPERS WEBINAR	Retirement Roadmap Learn how to maximize your OPERS retirement benefits and set a clear course for the retirement lifestyle you want.
May 6 9AM-12PM	CancerBridge VIRTUAL EVENT	Virtual Health Fair Join CancerBridge for this virtual health fair, focused on healthy living, wellness education and cancer prevention! This event will include expert-led mini-sessions, interactive question-and-answer opportunities, and easy-to-use resources to empower your health journey.
May 21 9am-4PM	ThriveOn IN-PERSON EVENT	Mobile Mammogram Screenings ThriveOn and the Franklin County Cooperative are bringing The James Mobile Mammography Unit directly to you at the Government Tower (corner of Mound St & High St). To schedule, you can call 614.293.4455 or 800.240.4477 . Be sure to schedule at least two weeks in advance.



PRESCRIPTION DRUG SAFETY STARTS AT HOME

Prescription medications can be life-saving when used correctly. But when they're misused or left unused, they can pose serious risks, including accidental poisoning, addiction, and in some cases death. This is especially true for strong drugs like opioids, which are a large part of the overdose crisis in the United States.

According to the [National Center for Drug Abuse Statistics \(NCDAS\)](#), nearly half (45.8%) of American adults have used a prescription drug—legally or not—within the past 30 days. Healthcare specialists generally agree that a high rate of use and availability drives reported rates of prescription drug abuse, addiction, and ultimately, overdose. Alarmingly, only 12.7% of individuals struggling with prescription drug addiction recognize or acknowledge their condition.

UNDERSTANDING THE RISKS OF OPIOID MISUSE

Opioids are the most commonly misused class of drugs in the United States. Because of the uses and availability, misuse often begins with medications found in the home. Common signs of opioid misuse include:

- Confusion
- Poor coordination
- Slowed breathing
- Pinpoint pupils
- Euphoria

While Ohio has seen a [decrease in overdose deaths since 2022](#), the risk remains. It's important to know how to recognize an overdose and respond quickly. Warning signs of an opioid overdose may include:

- Cold, clammy skin
- Tremors or shaking
- Trouble breathing
- Slurred speech or difficulty speaking
- Unresponsiveness or unconsciousness

WHAT OHIO IS DOING

Ohio continues to expand public education and access to resources such as [Naloxone](#) (Narcan), a life-saving medication. The state also supports safe medication

disposal programs to reduce the risk of misuse in the home.

One major initiative is [National Prescription Drug Take Back Day](#), created by the [Drug Enforcement Administration \(DEA\)](#) to encourage individuals to safely and anonymously dispose of unused or expired medications. By participating, you're not just protecting your household—you're supporting a nationwide effort to combat substance misuse and save lives.

SUPPORT IS AVAILABLE

If you or someone you care about is struggling with substance use, you're not alone. Help is available through Emotional Wellbeing Solutions (EWS), a free, confidential resource for benefits-eligible employees, their dependents, and household members, even if they're not enrolled in a health plan.

EWS offers resources specifically designed to support individuals dealing with substance use, including:

- Eight free counseling sessions per issue, per plan year with a licensed provider, in-person or virtually.
- A 24/7 helpline staffed by professionals who can help you take the first step.
- Self-guided recovery tools, including [Talkspace](#) and the [Calm app](#), and the new [Sober Sidekick app](#).
- Helpful guides like [Here for You in Recovery](#), [Self-Care in Recovery](#), [Recovery Support Guide](#), and more.
- Additional support through WorkLife services for navigating challenges like caregiving, family stress, or financial strain—factors that can contribute to or complicate substance use issues.

GETTING STARTED IS EASY:

Call **1.800.354.3950** (TTY 711) to speak with an EWS Specialist and receive an authorization code, or you can visit [liveandworkwell.com](#) and enter the access code EAP to explore resources.

Taking back unneeded medications is an important first step. Reaching out for help is another. Together, they can make a powerful, life-changing difference.



MAXIMIZE YOUR RETIREMENT

Are you on track to enjoy retirement? Whether you're just getting started or nearing retirement, this two-part webinar series hosted by OPERS and Enrich is your opportunity to get expert guidance on how to make the most of your benefits and fine-tune your financial plan for the future you want. Join one or both sessions—whatever fits your goals!

[May 1 | 12–1 PM – Understanding the Value of Your OPERS Retirement](#)

Learn how your OPERS benefits work for you and why it's important to understand their full value as part of your retirement picture.

[May 8 | 12–1 PM – Retirement Tips & Additional Savings from Enrich](#)

Discover practical steps you can take now to boost your retirement savings and gain tips on how to build a plan that supports the lifestyle you envision.

Your retirement journey is personal—make sure you're equipped with the right tools and knowledge to navigate it with confidence. Don't miss this chance to invest in your future!



SIGN UP FOR A FREE MEAL KIT AND COOKING DEMONSTRATION

ThriveOn and YellowBird Food Shed is back to provide a unique meal kit and cooking demonstration experience, completely free to you! Join Maddie Bidwell, Registered Dietitian & Benji Ballmer, Owner of YBFS, to learn how to make your very own classic shakshuka! Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO or local products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this innovative & fun meal kit demo!

HOW IT WORKS:

1. Sign up by **May 11th** to receive a free meal kit with the ingredients to make classic shakshuka.
2. Receive your free meal kit the week of May 21st.
3. Watch the pre-recorded cooking demo that will be sent out on May 21st.
4. Cook along and enjoy a delicious and healthy meal with your family!

Cost: \$0.00 (JUST ENTER COUPON CODE *THRIVEON2025* AT CHECKOUT) One Recipe Box is provided per household each year. Watch the cooking demo and complete the feedback survey to receive a code for a second free box in 2025.

Meal kits will be delivered on **5/21, 5/22, and 5/23**. You will receive an email the week of deliveries with more information, including your delivery date. This cooking demo will be prerecorded and will be shared with you in a separate link on May 21st, 2025. When you receive your meal kit it will contain all the necessary ingredients and a recipe card for you to refer to. You can prepare all your produce for the recipe and click the cooking demo link when you are ready to create your meal!

SIGN UP FOR YOUR MEAL KIT

EXPLORE ALL WELLNESS PROGRAMS

The Franklin County Cooperative offers a variety of benefits designed to support you and your family's overall well-being. Here's an overview of additional programs available:

Bloom: This program is a set of digital courses and videos to help you help the kids in your life build mental wellbeing. It's free, it's confidential, and it was designed for busy working parents and caregivers.

CancerBridge: Whether you or your family member has been newly diagnosed, undergoing treatment, or transitioning into survivorship, CancerBridge is dedicated to offering comprehensive support and guidance throughout their cancer journey.

Emotional Wellbeing Solutions: Offers confidential support for everyday challenges. These resources are available 24 hours a day, 7 days a week.

Enrich: This personalized finance program is brought to you by Franklin County Cooperative & ThriveOn. Gain access to tailored 1:1 financial coaching, ensuring you have the support and resources needed to achieve your financial aspirations.

Gym Reimbursement: You can receive up to \$50 per month in reimbursement for using a gym membership.

Health Coaching: Struggling with good nutrition? Thinking about quitting smoking? Need someone to help keep you on track and motivated toward reaching your goals? You can work one on one with a trained health coach to help you set and reach your wellness goals.

Health Engagement Nurses: Your go-to resource for navigating care, managing chronic conditions, finding providers, and connecting with wellness programs.

Nutrition Counseling: All Cooperative members enrolled in the healthcare program have available to them unlimited visits with an in-network nutritionist or dietitian covered at 100%.

Onsite EAP Consultant: As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated EAP Consultant, Valerie Schenk-Greil.

Tobacco Cessation: ThriveOn and the Franklin County Cooperative offer several resources to help you reduce your tobacco use, including health coaching, EWS support, United Behavioral Health services, and prescription or over-the-counter options.

WeightWatchers: Franklin County Cooperative and ThriveOn have partnered with WeightWatchers to help you reach your weight-loss and wellness goals at no cost to you. With the WeightWatchers program and award-winning app, you can lose weight, eat healthier, move more and develop a more positive mindset.

Wellness Your Way: ThriveOn offers the Wellness Your Way program to allow you to choose your own path for living healthy and achieving personal goals, while earning incentives along the way.

For more information on these and other benefits, visit [BeWell.franklincountyohio.gov](https://www.beWell.franklincountyohio.gov). ThriveOn and the Benefits Office are here to guide you in making the most of your benefits package.

EMOTIONAL WELLBEING INSIGHTS



Hello Spring Time - With warmer weather it can also bring new routines and better feelings- Hooray! It seems we wait months to get a break in the weather to get back outside, feel the sun on our faces, move our bodies more and connect with others more easily. Spring promises new growth in our external and internal world. How we choose to create new spring opportunities can be fun and exciting.

If you can't think of some new and fun spring opportunities, let me provide a list of just some options. Pick 3 and get moving, what do you have to lose?

- Get cleaning, spring deep cleaning! Pick a room or a closet, remember to start small until you gain more momentum and continue expanding your reach in organizing and cleaning. Make room for the new and out with the old.
- Visit a farmer's market/ street fair – Spring brings more fruits and vegetables so try a new recipe
- Visit a new park or nature hike.
- Get outside during lunch hours and breaks to try some deep breathing and getting sunshine on your face – don't forget to bundle up on colder days.
- Stay close to home – get outside, clean up your yard, do some weeding or lawn care or add a small spring wreath to provide some new color.
- Visit a garden center and get a flowerpot with some frost resistant flowers to enjoy the visual journey of color and spring to summer promises (Primrose, Pansies).
- Plan a road trip for the upcoming months for an adventure to come! Gathering ideas and planning it out is exciting.
- Plan a Spring Potluck- with friends or neighbors. After months of distance and seasonal isolation, reconnect!
- Create a new play list or find a new podcast- the [Calm App](#) is a great resource!
- Visit someone who may be unable to get outside- spread your joy and sunshine.
- Get a fresh haircut or a new outfit.
- Donate old coats and clothes to someone who may benefit from them.
- Wash your car, clean the inside too!
- Find a new hobby or get anew book!
- Re-arrange furniture to feel different in the same space.

Spring can be anything you want it to be, so try something new and step into longer days filled with sunshine and light. Keep focused on your goals for Spring and jump right in, summer is coming !

As a member of the Franklin County Cooperative, you have access to several confidential and free resources designed to support you in various aspects of life. One invaluable resource is Valerie Schenk-Greil, your dedicated EAP Consultant through Optum. Valerie is available to help you navigate challenges such as work-life balance, parenting and family concerns, depression, anxiety, stress, and more.

*Your discussions with Valerie are completely confidential and incur no cost to you. You can reach out to her by calling the Onsite EAP and Health Engagement Nurse Support Line at **614.525.6773** or you can contact Valerie with the prompts to the right.*



Valerie Schenk-Greil LPCC, LICDC, NCC

Email Valerie

Book An Appointment