



The Torch

The official newsletter for State of Indiana employees

AUG
2023

State Employees' Community Campaign to begin in September

The 2023-24 State Employees' Community Campaign (SECC) will start this September! This year's theme, "Crossroads of Change", is inspired by our state motto and highlights the collective effort of State of Indiana employees making positive changes in communities throughout Indiana.

This year's campaign will run from September 14 through November 10 and there will be plenty of ways for state employees to get involved. You'll be able to join statewide events, give to fundraisers within your agency, set up payroll deductions to donate to your favorite nonprofit and more.

Plus, your favorite statewide events will be back this year including the cornhole tournament, Paddle Battle, a lip sync battle and more! Here is a sneak peek at the first few SECC events and dates:

- Sept. 14: Charity Spotlight at the Statehouse Market
- Sept. 15: State employees' Paddle Battle XVII
- Sept. 18-22: First official week of SECC

Full details including a list of weekly agency sponsors and charities, event registration and information, fundraising goals, and instructions for how to donate will be announced later this month.



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The Torch is published monthly by the Indiana State Personnel Department and is available online at on.in.gov/TheTorch.

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Fatality Review & Prevention Division joins effort to help standardize pediatric drowning investigations

It may come as a surprise to some, but nationally, the second leading cause of death for children 1-4 years old is accidental drowning.

In Indiana, drowning was the leading cause of death for that age group from 2017-2021. Only fatal congenital anomalies outpace the estimated number of 4,000 young children who drown each year in the United States. For children 5-14 years old, drowning is the second leading cause of unintentional injury-related death, according to the National Center for Fatality Review & Prevention (NCFRP). Additionally, data show that racial and socioeconomic disparities play a huge role in drowning deaths, with minority populations adversely impacted at far higher rates.

Despite those grim statistics, there is currently no national drowning registry; and within communities throughout the country, the methods used to investigate and track these accidental deaths can vary as widely as the circumstances of each fatality.

To address these issues and more, NCFRP began its “Drowning Death Scene Investigation and Child Death Review Project” (CDR) in 2022. CDR is utilizing pilot sites throughout the United States for the purposes of developing a standardized drowning investigation tool, enhancing data collection in pediatric drowning deaths (by utilizing currently existing child fatality review programs) and determining the feasibility of a nationwide drowning case registry.

Pilot takes flight

If you ask Fatality Review & Prevention Division Director Jamie Smith her thoughts on such a registry, she won’t hesitate to tout the advantages it could bring. First and foremost, she and her team are the only such group in the Hoosier State to join the CDR pilot, and they did so out of a desire to bring consistency to how pediatric drowning deaths are investigated.

Secondly, the goals of the pilot are a perfect match for IDOH’s FRP team which, at its core, has one overarching mission: prevent as many child deaths in Indiana as possible.

A key element to that is having access to critical details about each fatality.

“My goal is that we will have complete case information for every death that occurs,” said Smith. “So, we’ll know things like, was the child able to swim? Were there gates on the pool? Was there supervision at the river or pond? We’ll know everything that happened when that death occurred so that we can identify opportunities for prevention that were missed for that death, and then we can apply it to some education, some public awareness messaging.”

As it stands now, each Indiana county has professionals who investigate the causes of drowning deaths. But the infrequency with which they occur (in some communities, it may be years between fatal drowning incidents,



Fatality Review & Prevention Division
Director Jamie Smith

which could entail personnel changes and/or the use of different methods of data collection that could leave out key information) and the lack of consistent investigatory protocol may omit pieces of an important puzzle.

“The problem with what we have now is if [the investigators] miss a question, we miss that data piece,” said Smith. “We miss an opportunity to develop prevention. We have to have the complete story – accurate data – in order to come up with evidence-based, data-driven prevention strategies, which is our ultimate goal.”

[Read the full article on Employee Central](#)

Epi center: ‘Rising Leader’ winner Nicole Stone inspires team, earns national epidemiology award

When Nicole Stone learned she was a finalist for a first-of-its kind award, she felt her chances of standing on the stage to accept it at a prestigious epidemiologists’ conference were slim to none.

But the smattering of team members who accompanied her to Salt Lake City for the Council of State and Territorial Epidemiologists (CSTE) conference – not to mention a veritable legion of supporters back home in Indiana – firmly believed otherwise.

And they weren’t shy about telling everyone who’d listen.

When the Indiana Department of Health (IDOH) Senior Enteric Epidemiologist’s name was called to the CSTE stage to accept the organization’s first Rising Leader award, the whoops and hollers that accompanied her were emblematic of the impact she’s had on her colleagues.

The presenters made note of the raucous reception saying, “I believe you might have heard their enthusiasm [because of the loud cheers],” Stone explained.

Stone’s team obviously cares about her, though leaving it at that may be a bit of an understatement; they reciprocate and appreciate her intent to be a leader who builds up her team members and colleagues and who seeks to bring out the best in them in ways that inspire.

Enteric Epidemiologist Dr. Jesse Knibbs, for example, wrote in a full-page nomination letter that she sees Stone as a mentor who helped guide



Nicole Stone was recently honored at a national epidemiologist conference with the organization’s first-ever “Rising Leader” award. Left to right are (back row) Madi Asbell, Hailey Vest, Lindsay Joy-Wenning, Nicole Stone, Shawn Pence, Kira Richardson, Layne Mounsey, and Haley Beeman. In front are Dr. Jen Brown, Makayla Culbertson, and former IDOH epidemiologist Mugdha Golwalkar.

her into a new career chapter.

“Over the last year, Nicole has helped me explore my love for the food industry in a health- or safety-focused lens, compared to a regulatory lens acquired in my prior position,” she said.

The award “recognizes an early or mid-career individual who makes significant contributions to STLT [state, tribal, local and territorial] epidemiology practice,” the CSTE website states.

With that in mind, it might be unfathomable to think that, under different circumstances, Stone might not have followed a path into epidemiology at all.

“I realized in undergrad [at Indiana University] that I wanted to go into public health, and probably

epidemiology,” Stone said. “I thought about biomedical research, but that just wasn’t really for me. I got a history degree because I wanted to graduate and get my master’s in public health (MPH) after.”

Soon enough, however, she found a path that brought several of her disparate interests together.

“I took some classes about the history of infectious diseases and some epidemiology intro courses,” said Stone. “And I found this was the perfect little niche for me – some math, history ... it was the exact right mesh of my skills and interests.”

[Read the full article on Employee Central](#)

Law Enforcement Torch Run supports Special Olympics

The Indiana Law Enforcement Academy's 230th basic class recently participated in the 2023 Law Enforcement Torch Run to support Special Olympics. The class participated after hours, running on the ILEA emergency vehicle operations track, and raised \$9500 for their cause.



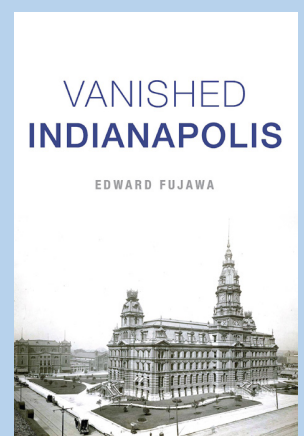
Special Olympics has a special place in the hearts of law enforcement as we help provide year-round sports training, fund raising and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. ILEA has partnered with Special Olympics for many years and enjoys participating in activities that help our special Olympians live better and more fulfilling lives through sporting events.

ILEA students learn early in their training that giving back to the community is an important part of being a police officer.

Article submitted by the Indiana Law Enforcement Academy

New book uncovers lesser-known Indianapolis history

Indiana Department of Insurance (IDOI) Deputy General Counsel Edward (Ed) Fujawa wrote a book titled "Vanished Indianapolis (Lost)." The book uncovers the "lost gems of Circle City history" and explores Indianapolis' landmarks and landscapes which seamlessly disappeared due to the passing of time. Ed also maintains a blog about the history of the Circle City called [Class 900: Indianapolis](#).



The book, published by The History Press, is set to be released on [Amazon](#) and [Barnes and Noble](#) on September 4, 2023. Pre-orders are available now.

Uncover lost gems of Circle City history.

More than two centuries removed from its founding, Indianapolis has seen its share of landmarks and landscapes pass into memory. Some have totally vanished, such as the National Road covered bridge over the White River, the Marion County courthouse, the 1835 Indiana statehouse and the previous headquarters for the long-standing Flanner House organization. Others still exist, but not in their original location or form, like Pogue's Run, the Central Canal through downtown and the remnants of structures at Riverside Park. City historian Edward Fujawa explores the history of lost sites, how they appear today and how some are still used or repurposed.

Governor's Public Service Summer Interns Recap

The Governor's Public Service Summer Internship Program has been an incredible opportunity for young professionals to gain valuable experience in various fields of local government. This year, the program had nearly 150 interns working across 21 different agencies at the central office in downtown Indianapolis and regional offices throughout the state. The interns were able to work on a variety of projects and initiatives, gaining hands-on experience in fields such as public health, transportation, human resources, education and more.

The program has been a huge success, providing interns with the chance to make a real impact in their communities while also learning from experienced professionals. The Governor's Public Service Summer Internship Program is a great example of how we can support the next generation of leaders and professionals, helping them to grow and thrive in their careers.

Throughout the summer, interns had many engagement events where they could meet executive leaders throughout the state government, learn about different agencies and participate in professional



Interns with Governor Holcomb

development all while getting to know how state government works and getting to network with professionals in their fields as well as other interns in their cohort.

Interns had the opportunity to expand their knowledge and network through these events. They provided a platform for the interns to connect with executive leaders in state government, gain insight into the workings of various agencies and take part in professional development.

The interns were able to learn more about how state government functions and understand the various roles and responsibilities that different agencies have in serving the citizens of the state. They were also able to interact with individuals in their field and

other members of their intern group, which helped them expand their professional network. This allowed them to bond with their fellow interns and form lasting relationships that will be beneficial to them in their future careers.

Overall, the engagement events were an excellent opportunity for the interns to learn, grow and network. They provided valuable insights into the workings of state government and helped the interns gain a broader perspective of their field. The interns will no doubt carry these experiences with them throughout their careers and apply the lessons they learned to make a positive impact in their communities.

We started this summer with a visit to the Indiana Statehouse where interns met Joseph Pinnell, the Deputy Chief & Executive Director of Workforce Engagement. During the event, Pinnell discussed his role for the state and emphasized the significance of equity, inclusion and opportunity. The purpose of this



Interns volunteering at White River State Park

[Read the full article on Employee Central](#)

NextLevel State Work program recognized with Eugene H. Rooney, Jr. Award

We are delighted to share that the NextLevel State Work Program, an initiative which was implemented by Indiana State Personnel Department (INSPD) under directive from Governor Eric J. Holcomb, has been recognized with the prestigious Eugene H. Rooney, Jr. Award for Innovative State Human Resource Management Programs. Our executive team humbly accepted the award on behalf of INSPD at the annual meeting of the National Association of State Personnel Executives (NASPE) in Denver, Colorado, on July 19, 2023. Each year NASPE recognizes the exceptional achievements of human resource management personnel at states across the nation.

At INSPD, we are dedicated to creating a work environment that is responsive to employee needs and

we highly value employee feedback. Your active participation in the Pulse Survey, which is conducted twice a year, plays a crucial role in shaping policies, workforce decisions and initiatives like the NextLevel State Work program.

The NextLevel State Work Program was a comprehensive initiative designed to improve the experience of current state employees and to attract more top talent by addressing various aspects employment at the state.

NextLevel State Work would not have been possible without the dedication of everyone involved, including the various teams at INSPD, leadership in every agency, our fiscal partners and of course Governor Holcomb.

Thanks to these changes, we have seen fewer teammates leave, more people apply for our roles and higher employee engagement from you and your colleagues (according to the Spring 2023 Pulse Survey).

This recognition belongs to all State of Indiana employees, as your feedback and active involvement have been instrumental in making the NextLevel State Work Program a success. We are committed to building upon this progress and to continuing to create a more fulfilling and responsive work environment for all.

*Indiana State Personnel Department
(INSPD)*

Nominate your mentor for a shout out

If you have a mentor that has shown you the ropes, offered words of encouragement or has simply been a supportive colleague, we want to hear about it. Send us an email at spdcommunications@spd.in.gov to tell us why this person has been such a great mentor so we can give them a shout out. And if you have a photo of them or the two of you together, send that along too! We look forward to shining a light on your mentors.

Artwork by Amy Hawk (Indiana Department of Workforce Development)



The 2023 Indiana State Fair is here!

July 28 - Aug. 20

The Indiana State Fair is rooted in celebrating all things Indiana agriculture, including the history of why the game of basketball grew here in Indiana. The game was affordable, and the playing season was based around the farmers' planting and harvest season in the late 1800s. After each harvest, farm kids could play basketball, and then when the season ended in March, they could go back to the fields for planting.

Basketball also has a rich history at

the fairgrounds where the iconic Indiana Farmers Coliseum has played host to high school championships, the ABA Pacers, All-Star games and more. Currently, the Indiana Farmers Coliseum is home of the Horizon League Basketball Championships and IUPUI Men's Basketball.

The Indiana State Fairgrounds first opened in 1892 – the same year basketball was introduced in Indiana – both are great Hoosier traditions that have stood the test of time.



Daily Gate Discounts

\$3 Thursdays

Presented by the Indiana Secretary of State

Thursday, Aug. 3, Aug. 10, Aug. 17
\$3 gate admission, \$3 Midway rides, and \$3 food options at each food stand

Art & Nature Day

Presented by Newfields

Wednesday, Aug. 9
Check the IndyStar on Monday, Aug. 7 for a FREE ticket, redeemable at the gates only on Wednesday, Aug. 9

AAA Day

Wednesday, Aug. 16

AAA cardholders receive FREE admission with a valid AAA membership card presented at the gate. One valid card per person.

Military & First Responders' Day

Presented by Peterman Brothers

Friday, Aug. 18

First responders, current and former Military, and their families receive FREE admission with valid ID presented at the gate.

Daily Deals

Want more? We have free entertainment and activities at every turn!

[Click here](#) to view the Top 100 Free Things to Do at the 2023 Indiana State Fair

Free entertainment every day at the Hoosier Lottery Free Stage

[Click here](#) to view this year's lineup!

Free Tractor Shuttle Rides

Get around the grounds for FREE this year on the tractor shuttles.

Bike to the Fair and save!

Save \$1 off Fair admission when you ride your bicycle to the Fair and use one of the free secured bike racks on the Monon Trail north of 38th St.

Taste of the Fair

The most important to-do list you'll make ALL YEAR! Here are the NEW, deliciously wacky food & beverage items added to this year's state fair. Don't forget to try each entry and vote for your favorite at the fair.

[Click here to view all entries >](#)

[Click here to view all state fair entertainment](#)

[Buy tickets today!](#)



INDIANA STATE FAIR

Make sure to stop by these Indiana State Agency booths while at the fair!

Indiana Department of Environmental Management (IDEM)

IDEM will have a booth in the DNR building. Guests can play the game Kahoot and answer questions about Indiana's environment. First, second and third place winners of each game will get a prize from the prize tote (reusable straws, reusable utensils, IDEM mouse pads or an IDEM cup that changes colors). Everyone those who do not win or place will receive an IDEM pencil made with recycled denim. Coloring sheets with packs of crayons donated by the Soybean Alliance will also be available as will handouts about recycling and open burning. Guest can show that learning about the environment can be fun using a provided cutout to take picture and post on social media.

Indiana Department of Homeland Security (IDHS)

IDHS will be at the fair Aug. 16-20 with a booth outside of the Ag/Hort Building. Stop by and learn about the ways you can Get Prepared for any type of emergency. IDHS will have plenty of giveaways like first aid kits, ice scrapers and hot/cold packs. IDHS will also have fire safety demonstrations and EMS demonstrations. Aug. 18 is First Responder Day at the fair an all first responders will get into the fair for free with a badge.

Indiana Department of Insurance (IDOI)

IDOI will be located on the main level of the Indiana Arts Building. They will have information on Medicare and paying for Medicare, information about the how the Indiana Department of Insurance

Consumer Services Division can assist customers in filing a complaint against an insurance company or agent, and information about the Indiana Navigator program and other general insurance information. State Health Insurance Assistance Program (SHIP) counselors will be there to answer questions regarding Medicare and other IDOI representatives will provide general information about insurance. Swag will include magnets, sanitizer, pens, pencils, neon notebooks, basketball stress balls and pill boxes.

Indiana Department of Transportation (INDOT)

INDOT will be located inside the Ag/Hort Building and will be showcasing information on their customer service portal (INDOT4U), HR/SPD, INDOT TrafficWise, the DBE program, long range planning and public involvement, utilities and railroad, multimodal, the EV program, innovation, facilities planning, environmental efforts and materials, and various other programs. Additionally, they will have interactive information for six different programs. Giveaways include bike helmets, activity books, paper airplane kits, hands-free phone mounts and coasters for cars, among other items.

Indiana Department of Veterans Affairs (IDVA)

IDVA will be at the fair Aug. 11-13 and Aug. 18 and will be located next to the Ag/Hort Building, south of the covered bridge. IDVA is partnering with Roudebush VA Medical Center to provide the best outreach to veterans and the veteran community. In addition to veteran healthcare, VA benefits will also be

joining in on the ride and supporting the efforts to reach out to veterans with resources and information. Their booth will have trifold and stickers, as well as representatives from IDVA to chat with veterans and their families.

Indiana State Department of Agriculture (ISDA)

Normandy Barn

Directly behind Pioneer Village
9 a.m. – 8 p.m. ET every day

Explore all things Indiana agriculture inside Normandy Barn and Garden Center! Be sure to check out the newly added solar panels on the side of the barn.

FFA Pavilion

North central side of fairgrounds-
Next to DNR's building
9 a.m. – 8 p.m. ET every day

Join the Indiana FFA State Officers at the FFA Pavilion every day for mini golf and a petting zoo.

Indiana Grown Marketplace

The Mercantile at Ag Hort (next to the Midway)
9 a.m. – 8 p.m. ET every day

Shop locally grown, raised, processed and/or packaged products daily in the Indiana Grown store. The Indiana Grown State Fair Marketplace will offer fairgoers the opportunity to shop over 500 unique products from nearly 100 local Indiana Grown members.

DNR at state fair: Building refresh, old faves and new activities

The prime destination for outdoor lovers at the Indiana State Fair is the Natural Resources Building and its surrounding Kids Fishin' Pond, amphitheater, butterfly garden and more. Hours run from 9 a.m. to 8 p.m. daily (through Aug. 20), excluding Mondays and Tuesdays when the fair is closed.

And just as in past years, you and yours can enjoy it all at no charge after entering the fairgrounds.

On the building's outside, new banners, paint, and freshly cleaned stone (tuckpointing) with fresh mortar joints will welcome you.

Inside, you'll find new public bathrooms. The old ones were demolished from wall to wall and have been replaced with new sinks, toilets, toilet partitions and plumbing.

The inside walls of the main front hall, which were in recent years a yellow color, have been changed back to a shade of seafoam green that resembles the original color when the building opened in 1950.

Matt Pore, project manager for the DNR Division of Engineering, has worked with the DNR's area at the fairgrounds since 1995. He said the renovation, which will continue through the next couple of years, is the first major improvement to the building itself since its 50th anniversary, when the public restrooms were moved to the main floor from the basement and air conditioning was installed.



"The building in general will look better, cleaner and fresher this year," Pore said.

The surroundings of the building last had a major redo in 2005, when the Fishin' Pond was built, the amphitheater replaced the area that had been used for live animal displays and the butterfly enclosure was added.

Expect more improvements over the next few years.

"We have long term goals to unify and present some updated exhibits in the front hall, do some more updates, including to the aquarium display, and continue tuckpointing the exterior," Poore said. "Once that is finished, we hope to do some landscaping improvement."

Along with the updates, you'll see a new face overseeing much of the goings on, said Coni Hudson, director of special projects with the DNR Division of Communications. Expect the old favorites like the butterfly garden, the Architectural Trolley Tour and displays from DNR divisions with a more unified look in the signs, which is another ongoing project.

"When comparing this year's programs to last, you won't notice a ton of differences other than the presence of a fisheries biologist being on hand more often because we will have fish on display the full length of the fair and some additional fishing education activities to reflect that," Hudson said.

DNR will loosely tie into the overall theme of this year's fair, basketball, by focusing on outdoor recreation. Fairgoers can test their skills at the Indiana Conservation Officers' Pellet Gun Range, and kids age 5-17 can try their luck at the Fishin' Pond.

Volunteers are still needed at the Fishin' Pond, helping kids fish, preparing poles, registering anglers and guiding guests. Volunteers receive a free T-shirt, as well as fair admission and parking for days of service. Register at in.gov/dnr/places-to-go/events/dnr-at-the-state-fair/dnr-state-fair-fishin-pond.

For a complete listing of DNR activities at the fair, see dnr.IN.gov/statefair.

Article submitted by Indiana Department of Natural Resources

Health First Indiana set to transform public health in the Hoosier State

On the recommendation of the Governor's Public Health Commission (GPHC), the Indiana General Assembly has passed new legislation. Later signed into law as Senate Enrolled Act 4 and House Enrolled Act 1001 (signed by Gov. Eric J. Holcomb) this new legislation makes a historic investment in public health. The goal of [Health First Indiana](#) (HFI) is to ensure that every Hoosier has access to the core public health services that allow them to achieve their optimal health and wellbeing.

The legislation makes a total of \$75 million available to counties in 2024 and \$150 million in 2025 to provide core public health services, such as preventing tobacco use, protecting children from lead poisoning, providing routine immunizations and reducing obesity. Counties must optin to the program to receive the funding or they will continue to receive their legacy amount.

Optingin dramatically increases the amount of funding available to local health departments. Prior to this landmark legislation, for more than 20 years, Indiana's 95 local health departments had only been appropriated a portion of \$6.9 million per year. Details on how much each county can receive if they optin to the HFI funding compared to the legacy funding can be found on www.healthfirstindiana.com.

As of late July, more than 60 counties had opted into the program. The deadline to optin is Sept. 1, 2023. Funds will be available to counties Jan. 1, 2024.

The legislation leading to Health First Indiana stems from the work of the GPHC, which met for months and conducted a statewide listening tour to hear from local health officials and the public about the health issues that mattered most to them. GPHC began in August 2021 and was implemented to reverse negative public health trends in Indiana, where the state often lags compared to others throughout the country. For example, Indiana ranked 46th in the United States for rates of obesity, 45th in smoking and tobacco use, and 45th in public health funding, according to 2021 information from America's Health Rankings.

HFI allows local officials in each jurisdiction to decide whether to optin and recognizes the fact that health services best support Hoosiers when delivered locally.

"We are incredibly grateful to Governor Holcomb and the legislature for recognizing that when we put Hoosiers' health first, we can build stronger families, stronger communities and a state that is healthier, both physically and economically," said State Health Commissioner Lindsay Weaver, M.D., FACEP. "Reversing decades of poor health outcomes in Indiana will take time and it will take partnerships in every corner of the state, but we have the people, the knowledge and now the resources to make lasting changes that will impact generations to come."

Article submitted by Indiana Department of Health

GIS Day 2023

Inspire the world through GIS

Wednesday, Nov. 15
8:30 a.m. - 3:30 p.m.



Participate in our celebration of Geographic Information Systems (GIS) in the State of Indiana, and beyond. GIS is a set of tools, data and people that gather, analyze and visualize spatial data (maps!) to help us make better decisions. The Indiana Geographic Information Office's GIS Day will focus on helping others learn more about geography and the real-world applications of GIS that help make a difference. GIS day is our opportunity to celebrate the achievements of the GIS community in Indiana, and more broadly. This is our chance to share accomplishments and inspire others to use GIS!

The event is **free** and will take place in the Indiana Government Center South Building atrium. Lunch will be included, courtesy of [Sanborn](#), and sessions will focus on GIS Implementation, Technical Practice in GIS and GIS Innovations in Indiana and elsewhere.

Registration may be limited to the first 400 participants.

[Click here to register](#)



Know where to go: Finding the right medical care

You wake up in the middle of the night with abdominal pain and your doctor’s office is closed. You’re not sure it can wait, but where should you go for care? Your best option isn’t always clear. Luckily, we’re here to help with a guide for where to go when your health is not at its best.

Not only can it be hard to decide in the moment where you should get care, it can also be expensive. Last year, the Indiana State Personnel Department sponsored medical plan paid \$21 million for emergency room care with an average ER visit costing over \$1,500. Over 50% of those visits were avoidable meaning they could have been treated at a doctor’s office, urgent care or retail health clinic. By choosing options other than the ER, your bill can be much lower and result in lower premiums for all employees.

Before understanding the differences in healthcare services, it’s important to remember that 911 is your best resource for any potentially life-threatening emergency. Don’t hesitate to call if your health or someone else’s is in jeopardy and avoid driving yourself to the emergency room if you have concerning symptoms such as difficulty breathing or signs of a heart attack (chest pain or numbness, pain in arms, etc.).

The chart below summarizes the care options available to you, and when to use them.

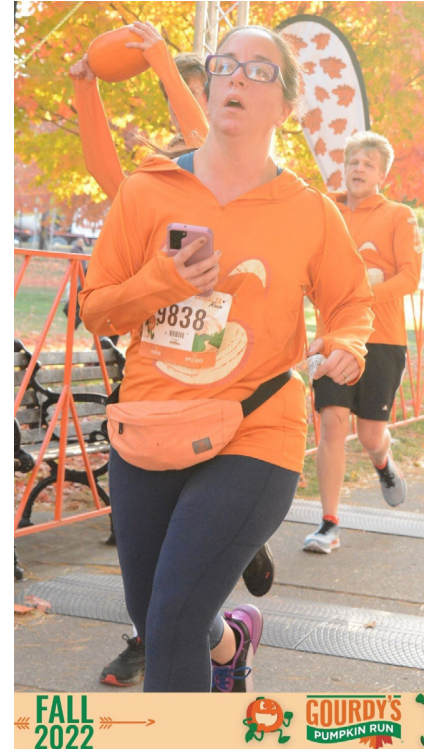
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 Where Should You Go to Get Care?			
Visit Type	Cost	Pros and Cons	Examples Of When To Go
Emergency Room	\$\$\$\$\$	Doesn't require an appointment & has access to the most care resources	Stroke, heart attack/chest pain, severe burns, difficulty breathing, uncontrolled bleeding, head injuries, etc.
Urgent Care	\$\$\$	Typically no need for an appointment & often faster than ER visits	UTI, ear/eye infections, sprains and strains, vomiting or diarrhea, sore throat, stitches
Primary Care Provider	\$\$	Can take longer for an appointment but familiar with your health history	Allergies, UTI, eye infection, sinus infection, rash, mild asthma, flu-like symptoms, aches/pains (not severe), routine care like vaccines
Retail Health Clinic	\$\$	Ease of access but lacks health history that your PCP has & fewer care resources	UTI, sore throat, STI testing, minor cuts and scrapes, ear pain, routine care like vaccines
Live Health Online	\$	Ease of access but may need to seek follow up care for labs/other services	Allergies, eye infection, sinus infection, UTI, rash, flu-like symptoms
NurseLine	Free for members of Anthem plan	Ease of access but may need follow up care for labs/other services	Headaches, ear pain, allergies and questions regarding prescriptions, vaccines or more general health concerns

Join us in celebrating state employees and their health journeys

Amanda Hoagland

Growing up and most of my life, I never played sports (or was good at the ones I attempted), but in the last few years, I have consistently worked out 5-7 days a week. I began enjoying running and I have been in almost ten 5ks now, with my 10th coming in August with the Colts 5k! Then, a few months ago, I started noticing that my left ankle was swollen and occasionally hurting. I went to the doctor and after a CT scan and MRI, it was determined that I have a non-cancerous cyst. I had to go four months with no running, as I completed physical therapy to help avoid surgery, but I was able to run my latest 5k a couple weeks ago! I was heartbroken when I was told to stop running, but I was determined to be able to get back to it, and now I am!



Marsi Edwards

I've been attending classes at Sweat Shop in downtown Franklin since mid-January 2023 and immediately started the 100 Class Challenge. I feel in love with the atmosphere, the classes and most of all the people. Everyone there is an inspiration and we are constantly motivating each other in class. I hit my 100 classes on July 5th, just shy of six months there! I'm lost almost 30 pounds and two pant sizes that led me to buy a new summer wardrobe. And most importantly, I feel so much better. A place like Sweat Shop has not only helped my physical health but my mental health too. It has been such a blessing and a way for me decrease stress and to be a better version on myself.



Send us your story!

Do you have a coworker you'd like to nominate or your own health and wellness story to share? You can send your nominations to SPDcommunications@spd.in.gov or submit your own story directly to investinyourhealthindiana.com/send-us-your-story. We'd love to hear stories about running a race, beating a diagnosis like cancer, quitting smoking and more.

Medical Insurance Terms, Costs and Online Resources CBT review

Last month, as part of Health and Wellness Month, the Indiana State Personnel Department (INSPD) enrolled all members of the state healthcare plan in a Computer Based Training (CBT) titled “Medical Insurance Terms, Costs and Online Resources.” The CBT covered topics such as how medical plan costs are determined, the differences between a deductible and coinsurance, and if there’s a cap on the medical expenses you’ll pay annually. Following the training, employees were asked 12 questions to test and reinforce knowledge. You can review those questions and see the correct answers here. This training is the first in a series of healthcare trainings designed to levelset employee knowledge about the state’s benefits and wellness programming.

1. What is a premium?

- A. The share of the health insurance cost that an employee pays bi-weekly for health insurance coverage.
- B. The portion of healthcare costs that an individual must pay before insurance coverage begins.
- C. The percentage of healthcare expenses shared between the individual and the insurance company.
- D. A tax-free savings account used to cover qualified medical expenses.

2. What is a deductible?

- A. The amount paid by the insurance company for covered services.
- B. The fee for routine doctor's appointments.
- C. The amount of money an employee pays before insurance coverage kicks in.
- D. The cost of over-the-counter medications.

3. What is coinsurance?

- A. The portion of the premium paid by the employer
- B. The portion of healthcare costs that an individual

must pay before insurance coverage begins.

- C. The percentage of healthcare expenses shared between the individual and the insurance company once the deductible is met.
- D. The additional fee for specialist visits.

4. What best describes the state’s HealthSync network?

- A. The difference in coverage between each of the state’s health insurance plan.
- B. Savings accounts specifically for healthcare expenses.
- C. The types of medical conditions covered by each insurance plan.
- D. In-network providers who provide quality care at the lowest rates available.

5. How does a provider’s Tier (1 or 2) impact how much you pay?

- A. It doesn’t matter.
- B. Tier 1 Health Sync Providers have a lower deductible than Tier 2 & 3 Providers.

Meet with a Health Coach Today

If you’re looking for a great way to work towards your health goals and keep earning Wellness Rewards, set up an appointment with a health coach today. Members of a State Personnel Department health plan earn **\$20 each session up to five sessions in 2023 for a total of \$100** and all you have to do is chat with a coach about your health goals. It’s one of the easiest ways to help you reach your full \$500 in Wellness Rewards, especially if you’ve already completed your annual physical.

This is what you can expect from a health coaching experience:

- Personal conversation to support you in your wellness goals.
- Expert help to make healthy changes in exercise, diet, sleep, mindfulness, work-life balance, quitting smoking, weight management or other areas you want to focus on.
- You set the priorities and your health coach provides information and suggests small changes to get you where you want to be.

Here is what one of our ActiveHealth coaches had to say about health coaching:

“I encourage you to think about it like having a conversation with a friend.” -Sarah

Call **(855) 202-4219** to schedule an appointment today. Health coaches are available from 9 a.m. to 9 p.m. ET Monday through Friday and from 9 a.m. to 2 p.m. on Saturdays by appointment.

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continued from page 11

Know where to go: Finding the right medical care

The ER is your best option for severe or life-threatening issues like severe allergic reactions, intense and unexplained pain, difficulty breathing, head injuries and chest pain. For less urgent and routine care, your best options are urgent care, making an appointment with your primary care provider, visiting a retail clinic found in many pharmacies or making a virtual appointment through [LiveHealth Online](#).

If you need more guidance on a non-life-threatening health issue, contact Anthem's NurseLine. You can talk to a nurse that will listen to your concerns and help you decide on a treatment plan. This is a free service for members of the State Personnel Department sponsored medical plan and can save you from a long wait and a big bill. Add the NurseLine phone number to your contacts now so you have it when you need it! NurseLine can be reached 24/7/365 at **(800) 337-4770**.

And remember, taking care of your health year-round can help to reduce health emergencies. If you're enrolled in a State Personnel Department sponsored medical plan, you can earn wellness rewards for the preventive visits that keep your health in check. For example, you can earn a \$200 reward for getting your [annual physical](#). Learn more about your wellness rewards [here](#) and make your health a priority year-round.

continued from page 13

Medical Insurance Terms, Costs and Online Resources CBT review

- C. Tier 1 Health Sync Providers have a co-insurance cost that is three times less than a tier 2 provider and five times less than a Tier 3 provider.
D. B & C
6. **What is an Out of Pocket Maximum?**
A. The maximum limit on the total annual amount an individual or family has to pay for covered healthcare services.
B. The total cost of health insurance for a family.
C. The deductible amount paid by the insurance company.
D. The percentage of medical costs covered by the insurance company.
7. **What types of services are considered preventative and are covered 100% by your insurance?**
A. Annual physical
B. Annual dental cleaning
C. All prescription medication
D. A & B
8. **What is a Health Savings Account (HSA)?**
A. A tax-advantaged savings account used to cover qualified medical expenses.
B. The fee charged for emergency room visits.
C. The maximum limit on out-of-network expenses.
D. The cost of prescription medications.
9. **For which of the state's health insurance plans does the state deposit more than half of a Tier 1 deductible's worth of tax-free money into a Health Savings Account (HSA) for you to use?**
A. CDHP 1
B. CDHP 2
C. Traditional PPO
D. A & B
10. **How many Optum Employee Assistance Program (EAP) counseling sessions are available to all state full-time state employees and those in their households?**
A. 1 free counseling session with a licensed provider.
B. unlimited counseling sessions with a licensed provider.
C. 12 free sessions
D. 8 free sessions
11. **What is the Wellness Rewards Program?**
A. A program that provides financial incentives for employees who complete qualifying wellness activities.
B. A program that offers discounts on gym memberships and fitness classes to residents of Indiana.
C. A program that provides free medical checkups and screenings to eligible individuals in Indiana.
D. A program that promotes mental well-being and offers counseling services to residents of the Indiana.

Indiana Civil Rights Commission Annual Conference 2023

This year's Indiana Civil Rights Commission Annual conference brought together community leaders, state and federal agencies, educators, lawyers and social service professionals to educate and inspire over 300 participants in person and virtually. The conference took place starting Monday, June 19 and lasted until Wednesday, June 21 at the Crowne Plaza Downtown Union Station in Indianapolis.

The Indiana Civil Rights Commission (ICRC) and the Governor's Council for People with Disabilities (GCPD) teamed up to facilitate the conference while advancing this year's theme, humanity. The ICRC maintains the mission of "enforcing the Indiana civil rights laws and providing education and services to the public to ensure equal opportunity for all." Along the same scope, the GCPD ensures their mission of "advancing social and policy change that leads to respect for and meaningful inclusion of people with disabilities and their families." With this, the ICRC and the GCPD both serve to make Hoosier communities more inclusive, accessible and sustainable for future generations.

The idea of humanity that was touched on by many of the keynote speakers and session speakers instilled that we could integrate humanity into our jobs, our communities and ultimately how we live our daily lives. According to the ICRC "no matter what career we choose for ourselves, we must make a career of humanity, because not only will it make us better—it will make a better world for us all." While advancing this message

the conference guests were welcomed to the "Crossroads of America" to attend and interact with sessions on best practices, emerging issues and relevant case law that furthers equal opportunity, civil rights, fair housing, and diversity and inclusion.

Participants were given the opportunity to choose sessions that aligned with their interests while also being able to choose from four different tracks that incorporated relevant sessions to these topics. The highlighted tracks were enforcement training, law and policy, diversity equity and inclusion, and civil and human rights. In fact, one of the first sessions of the day followed the civil and human rights track and was a case study of community empowerment, led by Marshawn Wolley; president and CEO of Black Onyx Management. Black Onyx Management is a black-owned applied research firm and management consultancy that focuses on solutions to build more equitable communities. This session focused on the community development techniques utilized in rebuilding the Martindale-Brightwood neighborhood on the northeast side of Indianapolis. This historic neighborhood is utilizing partnerships like Black Onyx to address housing instability and homeownership challenges that many in the community face. Sessions like these built a foundation on the importance to put people first and to deliver a continuous presence of humanity to



communities in need.

Other sessions focused on inclusive messaging, employment discrimination updates, disability rights and etiquette, fair housing updates and much more. While the sessions were led by experts in all fields, participants were encouraged to ask questions and engage in conversations that are necessary in advancing civil rights. The many sponsors, exhibitors and speakers utilized their knowledge and passion for equal rights to advance the conversation on equitable outcomes within the community and showcased how we as individuals can make changes every day to advocate for a more inclusive world. The conference not only focused on steps we can take to break down barriers created by inequity but also reflected on our shared history and a celebration of the strides we have made in the advancement of equal opportunity for all.

Article submitted by Sonia Fuller, Indiana State Personnel Department

Indiana Archaeology Month

This September is the 28th anniversary of a statewide celebration of archaeology in Indiana. The Department of Natural Resources Division of Historic Preservation & Archaeology (DHPA) coordinates the event to encourage learning about Indiana archaeology, while universities, museums, organizations and individuals throughout the state host a variety of archaeology programs and activities.

The 2023 poster

The commemorative poster focuses on the archaeology of early Indiana industry. Archaeologists have recorded and investigated various industrial sites, some from the early 1800s, in our state. The information regarding these locations has helped us understand early Hoosier efforts at brick and tile manufacturing, redware production and iron making. The poster highlights some of these sites and the archaeological investigations which have taken place at several of them.

Free posters (folded and unfolded) will be available to pick up in person at the DNR Central Office lobby in the Indiana Government Center South complex in Indianapolis. Hours are 8:30 a.m. - 4 p.m., Monday - Friday. When attending Archaeology Month events, DHPA staff will also bring posters to distribute. Requests for folded posters (limit of five per person) to be mailed may be sent to ajohnson@dnr.IN.gov.

Find out more about the poster design and check out the Archaeology Month events which will take place at on.IN.gov/archaeologymonth.



Article submitted by Indiana Department of Natural Resources

Artwork by Taylor Murdock (Indiana Department of Child Services)

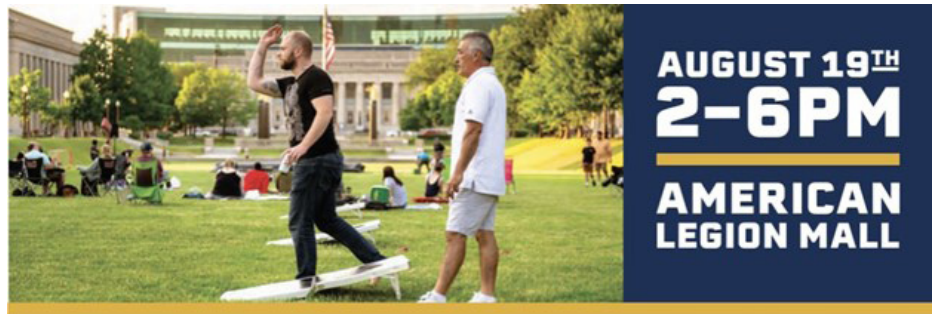


2023 Indy Cornhole Classic

The Indiana Department of Veterans Affairs (IDVA) and INVets (nonprofit organization helping veterans transition to civilian life and connecting them with Indiana employers) invites you to help make history by participating in the word record attempt the largest one-day cornhole tournament. The Indy Cornhole Classic Throwing for Veterans event will be held on August 19 at the American Legion Mall in Indianapolis. There will be two classifications of the tournament: competitive and recreational. If you are a serious cornholer you will be able to compete for the top money prize. If you are an amateur cornholer gather your friends and register teams to have some fun in the sun. Player registration is with Eventbrite, and you can find the link at the IDVA website: in.gov/dva/home/indy-cornhole-classic/.

Anyone can join the fun whether you are playing or simply enjoying the family fun atmosphere. Local professional team mascots (including Rowdy from the Indianapolis Indians) will attend inviting anyone to a friendly game and challenging all to defeat the odds and win! Food trucks will be on hand throughout the day and for those 21 years and older there will be vendors to support your requests for beer, wine and spirits. In addition to the tournament there will be a silent auction and free games and activities for everyone. All proceeds will go to the Indiana War Memorials Foundation.

The foundation is a 501(c)(3) non-profit organization that provides financial support for the museum, memorials, monuments and parks representing the sacrifices of Indiana



**AUGUST 19TH
2-6PM**
**AMERICAN
LEGION MALL**

The largest single-day cornhole tournament in the country!

COMPETITIVE TOURNAMENT

\$70/TEAM CASH PRIZES

RECREATIONAL TOURNAMENT

\$40/TEAM DONATED PRIZES

SIGN UP TODAY!



[eventbrite.com/
e/568253630907](https://eventbrite.com/e/568253630907)



SILENT AUCTION. FOOD TRUCKS. BEER VENDORS.



**ALL PROCEEDS GO TO THE
INDIANA WAR MEMORIAL FOUNDATION.**

veterans. The museum collections, memorials, monuments and parks allow us to share the stories of the heroic service men and women so that future generations can learn, honor and be inspired by them.

Be sure to visit “Veterans Row” featuring nonprofit, state and federal veteran organizations. They will have a plethora of information to assist veterans and the veteran community with claims, how to apply for benefits, and how to obtain services and resources. Join

us in supporting veterans and the Indiana War Memorial Foundation at the Indiana Cornhole Classic! There is something for everyone to enjoy at this spectacular fundraising event.

**Register to play, or
be a Veterans Row
vendor**

Article submitted by Indiana Department of Veterans Affairs

Refer a friend to the Guard and earn \$1K

Indiana National Guard is pleased to announce the continuation of the Referral Enlistment Program (REP) in fiscal year 2024. Eligible Guardsmen and civilians can earn \$1,000 by referring names of qualified individuals for enlistment in the Indiana Army National Guard or Indiana Air National Guard. Those who submitted a lead in fiscal year 2023 are still eligible for payment pending the lead's enlistment status.



How it Works:

1. Sign up to become a Personnel Development Coordinator (PDC).
2. Submit the name of an Indiana National Guard lead.
3. While you wait for your recruit to pass Military Entrance Processing Station (MEPS), you will receive a phone call from our team to verify your payment information.
4. Receive \$1,000 straight to your bank account once your referral signs an enlistment contract.

FAQ:

How quickly will I get paid?

Payment is dependent on how quickly your lead signs an enlistment contract and completion of your required paperwork. However, most PDCs are paid within 45 days of submitting a lead name.

How many leads can I submit?

You may submit as many leads as you like. You will be asked to submit a new lead registration form and PDC contract for each individual person.

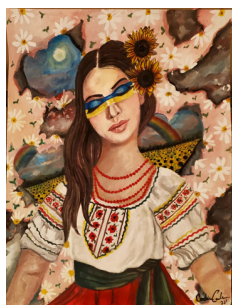
Who is eligible to be a Personnel Development Coordinator (PDC)?

Members of the public, veterans, current Guardsmen and civilian/DOD employees over the age of 18 are eligible. Individuals who are employed by Indiana Recruiting and Retention Battalion or share a household with Indiana Recruiting Commands employees are not eligible.

Article submitted by the Indiana National Guard

Get started at REP.NationalGuard.in.gov

Artwork by Candice Comelleri
(Indiana Department of Child
Services)



IDVA announces new Employee Resource Group

Attention all veterans and veteran supporters who work for the state of Indiana! The Indiana Department of Veterans Affairs (IDVA) is excited to announce a new Employee Resource Group (ERG).

What is an ERG? Employee Resource Groups are voluntary, employee-led groups promoting diversity and inclusion. They inherently provide support, enhance career development and contribute to personal development. These groups are led by employees who share characteristics such as gender, ethnicity, lifestyle or a common interest.

This ERG will be the forefront of resources and networking opportunities for state employees who are currently serving or have served in the military, and

employees who support the veteran community. This veteran ERG will include and promote the ideas brought forth by those within the group.

Joining this resource group is voluntary and will be supported by an executive sponsor. Dennis Wimer, Director of the Indiana Department of Veterans Affairs, will honorably serve as the initial executive sponsor. The group will be led by state employees currently serving or who have served in the United States military.

The first organizational meeting will convene in September 2023. Monthly meetings will be conducted on Microsoft Teams with an opportunity to attend in person at the Indiana Veterans Center located at 777 North Meridian St



in Indianapolis and other selected locations.

Those interested in learning more about Indiana's Veteran ERG can email Laura McKee at lamckee@dva.in.gov.

Article submitted by the Indiana Department of Veterans Affairs



INDIANA UNCLAIMED RETURNS
\$1 MILLION

IN UNCLAIMED PROPERTY TO HOOSIERS EVERY WEEK

SEARCH NOW FOR YOU AND YOUR LOVED ONES!

START MY SEARCH

Annual MLK Days of Service

Join the Indiana Civil Rights Commission (ICRC) for two days of collective impact and community service in honor of Dr. Martin Luther King, Jr. on September 19 and 20, from 8:30 a.m. to 4 p.m.. ICRC, the MLK Holiday Commission and Indiana Black Expo, Inc. are excited to once again host their [Annual MLK Days of Service](#) along MLK Street. in the Northwest Landing Neighborhood of Indianapolis.

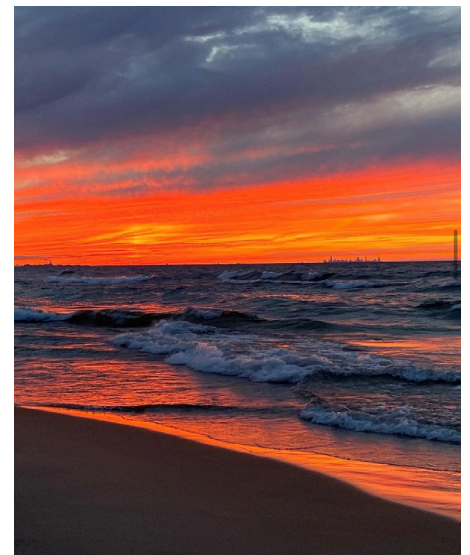
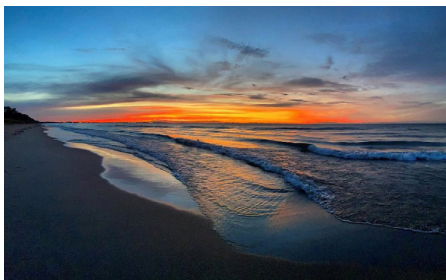
Volunteers will have the opportunity to participate in beautification projects that will work to improve the neighborhood's quality of life. Volunteer check-in begins at 8:30 a.m. each day at the Watkins Park Family Center. Light breakfast refreshments will be served from 8:30 a.m. to 9:30 a.m. Lunch will be served in the afternoon.

Thanks to Governor Holcomb's executive order, all state employees have up to 15 hours of community service leave. State employees can use their community service leave to participate in one or both of the days of service. [Learn more about the leave policy here.](#) ICRC will have a representative on site to sign the Community Service Leave Form. Employees should check with their supervisors to use their leave for this service project.

Join ICRC for one or both days of service and "make a career of humanity" in honor of Dr. Martin Luther King, Jr. Sign up to volunteer [here!](#)



Artwork by Michele Murday Pariso (Indiana Department of Environmental Management)



Upcoming changes for Form I-9 completion

Hiring managers, beginning in September, new hires or rehires at centralized agencies utilizing SuccessFactors for the State of Indiana will complete their Form I-9 electronically through SuccessFactors onboarding. The information collected on the Form I-9 will route to E-Verify to determine the eligibility of an employee, both U.S. and foreign citizens, to work in the United States.

SAP SuccessFactors



What is Changing?

- Employees will receive a welcome letter with a specialized link to complete their Form I-9. This link will allow the new hire or rehire to complete their Form I-9 voluntarily prior to day one.
 - We will no longer be accepting physical Form I-9s after September 18, 2023, from centralized agencies and will redirect new hires or rehires to SuccessFactors onboarding.
- Employees who attend orientation not facilitated by HR will have their Form I-9 completed by their hiring manager.
 - New hires or rehires who attend orientation at the Indiana Government Center South will have their Form I-9 completed by the onboarding coordinator.
- Employees who attend orientation located in State Hospitals, Department of Correction facilities, and Department of Transportation will have their Form I-9 completed by HR.

What is staying the same?

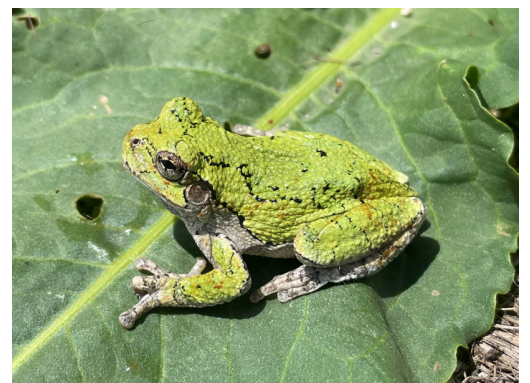
- Employees are still required to bring original documents for physical inspection.
- The requirement for processing Form I-9 and E-Verify cases remains three (3) business days after date of hire.

How can we be successful?

- Ensure that new hires or rehires are completing their Form I-9 within SuccessFactors and not utilizing the I-9 tile in PeopleSoft.
- All steps in the onboarding module must be completed within the first three (3) days of hire for a case to be generated in E-Verify.
 - Failure to complete the Form I-9 and E-Verify case may result in substantial fines if the State of Indiana is audited.
- Communicate any changes for your employee to HR.
 - Start date changes
 - Failed to starts or separations
 - Needing the Form I-9 reassigned to a different hiring manager

Before changes go live, hiring managers will be provided additional information, job aids and communications to help you take advantage of this new functionality. We appreciate your cooperation as we make these updates to improve our employee experience.

Artwork by Nate Engbrecht
(Indiana Department of Natural Resources)



Special enrollment offer at Day Early Learning!

[Day Early Learning](#) has a special offer in honor of Get Ready for Kindergarten Month in August. If you enroll your child in preschool or pre-k at Day Early Learning between now and August 31, you'll receive one week of tuition at 50% off after they have been enrolled for one month, and you will also receive 75% off the one-time enrollment fee.

This special is valued at \$184. Take advantage of this offer by joining the interest list [here](#). Once you have joined the interest list, you will receive an email with the next steps. On top of this offer, remember that state employees receive priority placement and \$10 off a week at Day Early Learning centers!



Join the State of Indiana Bowling League fall season



Join the State of Indiana Bowling League fall season starting Sept. 1.

Every Friday | 6:15 p.m.
Western Bowl | 6641 W. Washington St.

Two person teams | \$18 per bowler per week or \$216 in full per bowler

All skill levels are welcome!
All bowlers will receive a cash prize.

To register your team, or for more information, contact Leah Day (Baire) at Lbaire@dwd.in.gov, stofinbowling@gmail.com or 317-665-7963.

The 2023 Fall Pulse Survey is coming!

The Fall Pulse Survey will be open between **Wednesday, Aug. 23** — **Friday, Sept. 8.**



The Pulse Survey is coming

Aug. 23 - Sept. 8

Speak up. We're listening.

The chance to voice your thoughts about the State of Indiana employee experience is almost here. By sharing your opinions through the Pulse Survey twice a year, you allow the Indiana State Personnel Department (INSPD) to:

- measure the overall employee experience statewide.
- evaluate the impact of recent workforce changes.
- improve agency work culture based on your feedback.
- prioritize workforce decisions that improve the overall employee experience.

As always, the Pulse Survey is confidential, and no identifiable information will be shared with your agency or your manager.

It is our goal to make state work work for you, so we highly encourage you to take the survey and share your experience working with the State of Indiana.

Artwork by Amelia Harden, submitted by Carla Cly-Williams (Indiana Department of Health)



New free DNR smartphone app available

The upgraded, free smartphone app of the Indiana Department of Natural Resources is available now to help you maximize your enjoyment of the outdoor recreation that DNR offers in The Hoosier state.

Although there is information in other apps about DNR recreation, the information in the DNR app comes straight from the source.

The app is available to iPhone and Android users and is also formatted for use on tablets like iPad and Galaxy Tab.

Returning users will notice that the app has been completely rebuilt on a new platform for better device compatibility, featuring a new interface, better maps, more content and the ability to receive

notifications.

“Our DNR team is continuously looking for ways to improve our guests’ experience at our properties across the state,” said Dan Bortner, DNR director. “With this new app, finding a campsite, a trail or your new favorite fishing hole is now even easier while you’re on the go. Whether you’re new or seasoned in outdoor recreation, this is an app you’ll definitely want to download.”

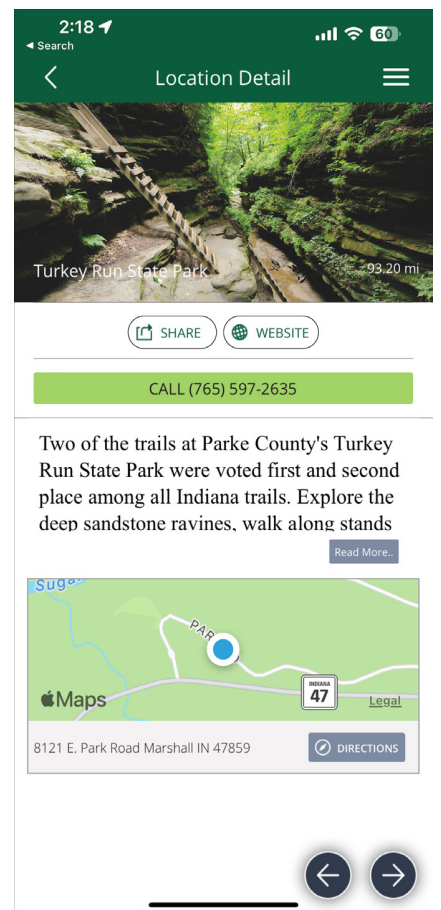
This is the third major rewrite of the app, which was first launched in 2010. To install, search the app store for Indiana DNR, where you’ll see the DNR logo in the icon. More details on how to install are at on.IN.gov/dnr-apps.

“We are thrilled to partner with the

Department of Natural Resources to provide a new channel of communication for their customers across the state,” said Andrew Hoff, general manager of Tyler Indiana. “DNR’s innovative implementation of the MyCivic platform is one of the first in the nation and will allow the agency to keep outdoor enthusiasts updated with the latest information and important alerts.”

While downloading this app, you may also be interested in downloading the [Indiana State Nature Passport](#) from Visit Indiana, which allows users to collect check-ins at DNR properties to exchange for prizes.

Article submitted by Indiana Department of Natural Resources



Smokey Bear's Birthday Celebrations

Save the date to help us celebrate Smokey Bear's Birthday!

August 5, 2023

Birthday Bash | Patoka Lake

[More Information >](#)

Birthday Bike Parade | Ouabache State Park

[More Information >](#)

Birthday Bash | Lieber State Recreation Area

[More Information >](#)

August 9, 2023

Birthday Bash | Summit Lake State Park

[More Information >](#)

August 12, 2023

Birthday Bash | Harmonie State Park

[More Information >](#)

Birthday Bash | Chain O'Lakes State Park

[More Information >](#)

Birthday Pedal Parade | Raccoon State Recreation Area

[More Information >](#)

August 4, 2023

National S'mores Day | Indiana Dunes State Park

Celebrate National S'more's Day AND Smokey Bear's Birthday with the Indiana Dunes State Park! There will be a whole s'moregasboard of fun that will include a trivia game, marshmallow toss and a chance to sample from the many s'more variations thanks to the Friends of the Indiana Dunes.

[More Information >](#)

August 5, 2023

Sand Sculpture Contest | Pokagon State Park

Put your own artistic skills to the test in our annual sand sculpture contest at the Main Beach. Prizes will be awarded at the end of the contest!

[More Information >](#)

August 12, 2023

Perseid Meteor Shower & Stargaze | Indiana Dunes State Park

This is an annual shooting star event that marks the peak of the Perseid Meteor Shower. Telescopes for deep sky viewing and constellation talks will be set-up at the West Parking Lot at 8:30 p.m. CST. The best star observations taking place after 9:30 p.m. CST.

[More Information >](#)

August 18 - 19, 2023

Paddler's Weekend | Summit Lake State Park

Bring your canoe or kayak to the boat rental and enjoy the beauty of the setting sun over the lake. Boats will not be available for rental, so you must have your own. Headlamp or flashlight required.

[More Information >](#)

August 19, 2023

Monarch Mania | Chain O'Lakes State Park

Details to come.

[More Information >](#)

August 26, 2023

Great Lakes Hummingbird Presentation and Banding Demo | Indiana Dunes State Park

Join us at the Nature Center as our special guest hummingbird bander, teaches all about his research with these tiny-winged jewels of the dunes. Learn about the Ruby-throated Hummingbird and see them up-close this morning!

[More Information >](#)

[View all DNR special events >](#)

This Month WITH



August 5, 2023

A Walk Through Time | Gene Stratton-Porter State Historic Site

Travel through time in this guided tour of Gene's cabin, the grounds and the Sower's Woods/Farmstead where you'll discover more about Gene's family, her passions and her legacy.

[More Information >](#)

Butler Community Art School Adult Ensemble Concert | Indiana State Museum

Join the Adult Strings Ensembles of the Butler Community Arts School for an end-of-summer celebration. From Cole Porter to George Gershwin, it will be a toe-tapping great time!

[More Information >](#)

Crafting with Fire | Angel Mounds State Historic Site

Wield fire as a tool to craft your own spoon with a process called coal-burning! This method has been used all around the world, including by tribes of this region and even at Angel Mounds to craft watertight containers, from bowls to canoes.

[More Information >](#)

Swift Night Out | Limberlost State Historic Site

Sorry Swifties, this isn't a program about Taylor Swift, it's about the wonderful chimney swift birds! Enjoy a presentation on these creatures in the Limberlost Visitor Center classroom, and then head downtown to watch swifts in action as they go headfirst, fearless, into a chimney to roost for the night! Are you ready for it?

[More Information >](#)

August 12, 2023

Bike Fair & Bike Helmet Giveaway | Indiana State Museum

Celebrate the summer by learning about bikes and bike safety! Meet our friends from the IU School of Medicine as they host a free helmet giveaway. You'll learn a variety of safety tips too including how to properly wear a helmet. Take a ride on one of our available bikes and have fun creating bike art as you discover the history and science behind the bike wheel.

[More Information >](#)

August 19, 2023

Adult Herb Garden Workshop | Levi and Catharine Coffin State Historic Site

Join Wayne County Extension gardener Beth Lipps as she shows you the tips and tricks of herb gardening. Using the Coffin House's historic herb garden as a backdrop, you'll explore how to locate, plant, grow and maintain an herb garden and take home some seeds.

[More Information >](#)

Culbertson Rummage Sale | Culbertson Mansion State Historic Site

The Culbertson Mansion and the Friends of Culbertson Mansion have lots of things to rummage through. No, not the artifacts! Join us for a sale of items no longer in use such as linens, place settings, and more used during special events. Oddities, odds and ends – we have it all! All proceeds support the Culbertson Mansion State Historic Site.

[More Information >](#)

Myaamiak: A People with a Past, not a People of the Past | Corydon Capitol State Historic Site

Join Tribal Historic Preservation Officer of the Miami Tribe of Oklahoma Logan York for a discussion on the history of the Miami people and their life in Indiana. Q&A to follow.

[More Information >](#)

August 24, 2023

Odyssey of Architecture! Greek Revival Styles in Madison | Lanier Mansion State Historic Site

Embark on an epic journey of Madison's premier Greek Revival homes. The odyssey begins at the Lanier Mansion with stories of this "crown jewel's" legacy and creation. From there, you'll visit the Costigan House to see how Greek Revival can be done on a smaller scale.

[More Information >](#)

August 26, 2023

Boat in a Packet | Whitewater Canal State Historic Site

Canal boats, also called packet boats, were a specialized vehicle with many unique features designed for canal travel. Visitors will discover different types of boats – and how their use changed their design – and then build and test a boat of their own using a packet of household materials.

[More Information >](#)

View all Indiana State Museum and Historic Sites events >



Simple changes power up your immune system

Your body's immune system works around the clock. It helps your body fight infections like flu or cold.

Simple changes help your defense system do its job. Get regular exercise and sleep. Stay at a healthy weight. Don't smoke. These steps can help prevent heart disease and Type 2 diabetes, too¹.

Here are more tips:

- See your provider for regular checkups, health screenings and vaccines.
- Get regular dental care to help prevent gum disease and screen for oral cancers.
- Be aware of your family history of cancer, heart disease or diabetes².
- Manage stress in healthy ways. Try deep breathing or yoga. See a therapist if you need care³.
- Stay social. Meet with friends or family to go for a walk or prepare a meal together⁴.

Wellness Webinar Series:

Give your immune system a boost. Your immune system helps protect your body from outside invaders, like bacteria and viruses. Join us to discuss how to help keep your immune system healthy, strong and ready to fight for you.

August 22, 2023 | 10:00 AM, 12:30 PM and 4:30 PM, ET

**The Wellness Webinar classes are not offered in Spanish.*

[Click to Register](#)



Use your camera app to register

1. CDC, "Six Tips to Enhance Immunity," reviewed Sept. 30, 2021
<https://www.cdc.gov/nccdphp/dnpao/features/enhance-immunity/index.html>

2. CDC, "Are You Up to Date on Your Preventive Care?" reviewed Apr. 19, 2023
<https://www.cdc.gov/chronicdisease/about/preventive-care/index.html>

3. CDC, "About Mental Health," reviewed Apr. 25, 2023.
<https://www.cdc.gov/mentalhealth/learn/index.htm>

4. National Institutes of Health, "Social Wellness Toolkit," reviewed Aug. 26, 2021
<https://www.nih.gov/health-information/social-wellness-toolkit>



Coach's corner

with **Coach Lissette, RN, BSN**

Coach Lissette is a Registered Nurse who has been with ActiveHealth for more than 7 years. She specializes in condition management and lifestyle coaching, including cardiac health, diabetes and home health.



Vitamin D: What's up, sunshine?

Vitamin D is a powerful nutrient. It can help your immune system keep working well. Most of us get vitamin D in fortified foods like dairy, plant milks, fruit juice and cereal. You can also get it in a multivitamin. More tips to get what your body needs⁵:

- Get sunlight on your skin for a few minutes to make your own vitamin D. Use sunscreen if you'll be outside for longer spans.
- Fish like salmon, tuna, shrimp and trout are other good sources of vitamin D. Mushrooms and cheese contain a little D.
- Ask your provider before you take a vitamin D supplement. Too much may cause nausea, pain or kidney stones.

Coach Lissette's well-being tips:

What can you do to boost your immune system? There are no quick fixes, but here are 6 everyday, simple steps:

- Eat a variety of fresh veggies and fruits.
- Get exercise on most days of the week.
- Stay at a healthy weight.
- Aim for 7-8 hours of sleep each night.
- Don't use tobacco or get help to quit.
- Drink alcohol only in moderation.



Shrimp, Avocado and Feta Wrap

Feed your hungry crew this quick, cool lunch wrap during an active day in the sun. Shrimp, avocado and feta are good sources of vitamins and healthy fat. Serve with fresh fruit.

Time to prepare: 5 minutes

Calories: 371

MyActiveHealth.com > Resources > Learning Center.



For more tips on how to manage your well-being, visit [MyActiveHealth.com](https://myactivehealth.com)

5. National Institutes of Health, "Vitamin D," updated Nov. 8, 2022 <https://ods.od.nih.gov/factsheets/VitaminD-Consumer>

