



The Torch

The official newsletter for State of Indiana employees

JAN
2024

Gold course grads earn kudos for Leadership at All Levels completion

A core tenet of the longstanding Leadership at All Levels program is finding a way to be a leader in any position.

A total of 64 Indiana Department of Health employees celebrated completion of the program's Gold course at 2 N. Meridian St. in Indianapolis Dec. 14, taking with them not only a well-earned certificate, but also a renewed commitment to lifelong learning.

Deputy State Health Commissioner of Local Health Services Pam Pontones led the graduation ceremony, which recapped some of the key takeaways

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The latest Leadership at All Levels Gold course graduates gathered for a fitting send-off at 2 N. Meridian in Indianapolis on Thursday, Dec. 14. The program was centered on authentic leadership, motivation, self-empowerment and communication.

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

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

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IDOH's Gardner-Rice recognized as 'Emerging Public Health Leader'

When it comes to careers in public health, it's seldom a straight line that guides a professional to their destination; rather, it's often a winding road.

For Naima Gardner-Rice, the journey to her present work has been a fulfilling one. Her goal of providing access to affordable nourishing food drives her work as the Indiana Department of Health Division of Nutrition and Physical Activity's (DNPA) SNAP-Ed and Nutrition Programs Director. Gardner-Rice's vitally important mission led DNPA Director Lindsey Bouza to nominate her for a top award from the Indiana Public Health Association. Read on to learn Gardner-Rice's thoughts on being named an "Emerging Health Leader," her career goals and more.

IDOH: How did you learn about this nomination, and how did you feel when you found out?

Gardner-Rice: I was informed by my supervisor, Lindsey Bouza, that she had nominated me for the Emerging Public Health Leader Award from the Indiana Public Health Association and that I had been selected as the recipient! I was completely humbled and touched that Lindsey had nominated me, and even more honored to have been selected as the recipient. It felt really wonderful to be acknowledged in this way, especially being nominated by Lindsey, who I regard as a dear friend and trusted partner.

Pulse: What are your thoughts on the awards ceremony?

Gardner-Rice: The awards ceremony was really lovely. It was full of

positive energy and excitement. Lindsey attended with me and there were several other IDOH members in attendance as well. It was particularly special to me because a professional mentor of mine, Danielle Patterson (my former supervisor from the American Heart Association), was in the audience, and one of my fellow award recipients, Ambre Marr with AARP, is another dear friend and former colleague that I was able to re-connect with. Both Ambre and Danielle worked with me to develop and lead the Indiana Healthy Food Access Coalition when I was with AHA before I started at IDOH. We joked that it felt like we were getting the band back together. I was humbled to tears to hear the words that Lindsey wrote about me when my award was announced. It also felt so significant to have our Chief of Staff, Shane Hatchett, in the front row during the ceremony, especially since I had read his email announcing his departure from the agency that very morning. I have worked closely with Shane over the last several years to build and grow our IDOH Health Equity Council, and this event felt like such a lovely way to bookend that work. Overall, the awards ceremony felt like so many phases/seasons of my career were in the same place at the same time. It was wonderful!

Pulse: How and when did you decide to pursue a career in public health?

Gardner-Rice: I came to public health (like so many of us do) in a roundabout way. When I was an undergrad at IU Bloomington, I studied political science and English and aspired to be a civil rights lawyer. After undergrad I moved to Charleston, South Carolina and worked in a law office for a very short time, which promptly dissuaded me from my aspirations to enter the field of law. During my time in Charleston, I discovered my passion for food, nutrition, and food systems. During that time, I attended Culinary School at Johnson and Wales University and received a degree in Culinary Arts. I worked as a professional chef for a few years, but what has always driven my interest in food is the connection between food, health and community – and over time, I realized that I needed to learn more about the systems that influence those things in order to make an impact. I fervently believe that nourishing food is a fundamental human right, and I knew that



Naima Gardner-Rice (left) received the Public Health Leader award from the Indiana Public Health Association. She was nominated by her supervisor, Lindsey Bouza (right).

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ISEP Officer Brant Mendenhall presented with NLLEA Alcohol Law Enforcement Agent of the Year award

Last October, Officer Brant Mendenhall of the Indiana State Excise Police was presented with the national Liquor Law Enforcement Association's (NLLEA) Alcohol Law Enforcement Agent of the Year award. The Agent of the Year Award is given for acts of heroism or bravery, creativity resulting in innovative programs, recognition by peers and/or the local community, or other actions that enhance the image of an agency or law enforcement in general.

Indiana State Excise Police (ISEP) officers act as the law enforcement division of the Indiana Alcohol and Tobacco Commission (ATC) and are plain clothed, fully sworn police officers tasked with enforcing the state's alcohol and tobacco laws. ISEP officers also investigate other crimes such as drug and tax violations, fraud, human trafficking, and unlawful gambling or type II gaming operations. Officer Mendenhall recognized the need for a digital forensics investigator within the agency and took it upon himself to go back to college where he earned a master's degree in digital forensics from the University of the Cumberland in 2022 with a 4.0 GPA. Currently, he is a PhD candidate at the University of the Cumberland in leadership with a criminal justice concentration.

The Agent of the Year award was presented to Officer Mendenhall during the 2023 NLLEA Annual



Officer Brant Mendenhall, Indiana State Excise Police

Conference held October 4-6 in Virginia Beach, Virginia for his efforts related to the establishment of ISEP's Digital Forensics Unit. Over 35 law enforcement agencies were represented at this year's conference, including federal, state and local units of law enforcement. The theme of this year's conference was "Making the Case for Alcohol Law Enforcement." The goal of the conference was not only to honor those who go above and beyond in alcohol law enforcement, but also to provide a platform for attendees to share their insights and experiences. During the conference, there were multiple discussions about innovative ways to improve law enforcement practices in the alcohol industry.

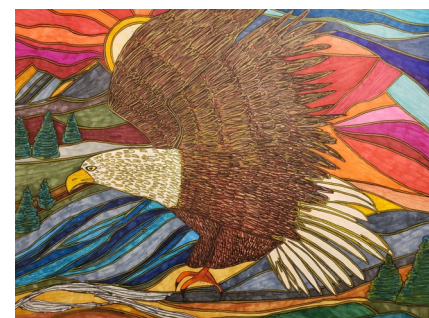
Officer Mendenhall also had the unique opportunity of speaking and presenting at the conference in a workshop entitled "Bytes of Proof: Crafting a Digital Forensics

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Artwork by Kayla, submitted by Debra Blake (Indiana State Personnel Department)



Artwork by Heather Wolfe (Family and Social Services Administration)



33rd annual State of Indiana Dr. Martin Luther King Jr. Holiday Celebration

The Dr. Martin Luther King Jr. Indiana Holiday Commission, the Indiana Civil Rights Commission, Indiana Black Expo, Inc., Alpha Phi Alpha Fraternity, Inc., and AFSCME Local #725 will be hosting the 33rd Annual State of Indiana Dr. Martin Luther King Jr. Holiday Celebration. There will be a wreath placing ceremony on Wednesday, January 10, 2024, at 6 p.m. at the Indiana War Memorial Soldiers and Sailors Monument, including a commemorative light show. The following day, there will be a Celebration including an award ceremony on Thursday, January 11, 2024, at noon at the Indiana Statehouse. The celebration will also be live-streamed to the public [here](#).

Dr. Martin Luther King Jr. was born on January 15, 1929 and, thanks to efforts from late Indiana Congresswoman Katie Beatrice Hall, his birthday was approved as a federal holiday in 1983, which we celebrate on the third Monday of January each year. The Annual State of Indiana Dr. Martin Luther King Jr. Holiday Celebration honors Dr. King's life, commitment to service and pursuit of equal rights for all.

This year's program is centered around Dr. King's quote "Walk in the light of altruism" from his speech to an audience in Montgomery, Alabama in 1957. During this speech, King calls on us all to actively seek ways to elevate the needs of others within our society.

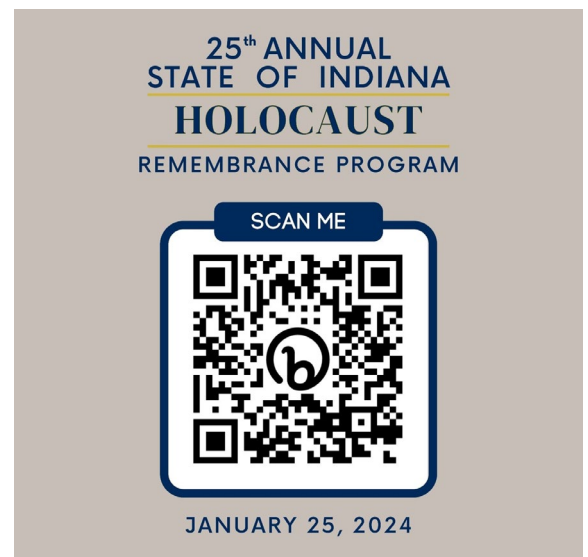


25th annual State of Indiana Holocaust Remembrance Program

The Dr. Martin Luther King, Jr. Indiana Holiday Commission, the Indiana Civil Rights Commission, and the Indianapolis Jewish Community Relations Council will be hosting the 25th Annual State of Indiana Holocaust Remembrance Program on Thursday, January 25, 2024, from noon to 1:30 p.m. at the Indiana Statehouse North Atrium. This event will also be live-streamed to the public [here](#).

This year's program is centered around the theme of "L'Dor V'Dor," which translates to mean "generation to generation". The program will highlight the importance of passing down stories and history between generations.

There will be remarks given from state leaders and members of the Indianapolis Jewish Community Relations Council. There will also be awards given to community leaders and organizations who have shown a commitment to sharing teachings of the Holocaust in order to inspire others to stand up against hate and bigotry. Awards will also be given to students who have participated in the Hoosier Student Creative Expressions Contest in which students created pieces of art, writing or music in response to a prompt about the Holocaust. The program will end with a commemorative candle lighting ceremony, musical arrangements and prayer.



Earn the latest data literacy badge from Indiana MPH

In December, the Indiana Management Performance Hub (MPH) released the final lessons of the Data Proficiency Program. Once you complete the final two lessons, you can now earn your Level 3 – Gold Badge.

If you've not started your journey towards improving your data knowledge and skills, please visit the [Data Proficiency Program Home](#) to get started. MPH encourages you to treat this as any other state-issued training and take the time to review the material.

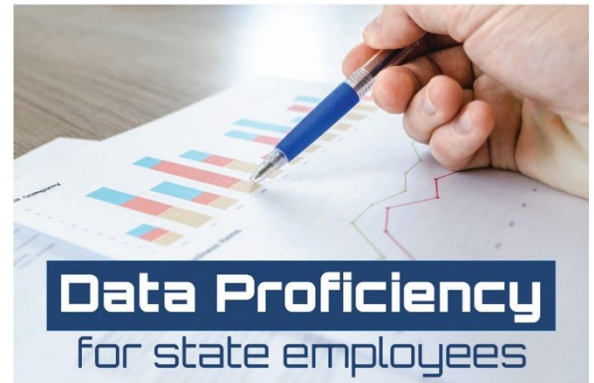
The lessons are all located on the MPH website (IN.gov/mph) and include videos from Arizona State University's Study Hall: Data Literacy series on YouTube and some extra reading links. Badges are earned

by taking the quiz at the end of each series that's available via Microsoft Forms through your state employee account.

By completing this free training program, you'll gain important knowledge and skills for dealing with and making sense of data.

The series covers various topics in data literacy, like grasping different data types, exploring where data comes from, understanding charts and graphs and learning some basic data analysis techniques. We hope you take away an understanding that the collection, organization and analysis of data is a part of all state employees' daily activities.

The world of data keeps changing



as new sources and tools become available. Staying open to continuous learning helps you adapt and keeps your data skills up to date. MPH is excited to be part of your data literacy journey, supporting employees across the state in understanding their role in data and helping them improve their skills.



INDIANA UNCLAIMED RETURNS
\$1 MILLION

IN UNCLAIMED PROPERTY TO HOOSIERS EVERY WEEK

SEARCH NOW FOR YOU AND YOUR LOVED ONES!

START MY SEARCH

The Governor's Summer Internship Program is just around the corner!

The internship program was created in 1989 to introduce bright and motivated college students to the operations and officials of state government. This program provides interns the opportunity to work with state agency officials, as well as participate in co-curricular components to enrich their experience.

Last summer, interns visited with Governor Eric J. Holcomb, Lt. Governor Suzanne Crouch and various agency leaders from across state government. They also volunteered at White River State Park and were able to participate in a resume building and professional development workshop with Indiana State Personnel Department's Talent Acquisition team.

The program kicks off in May and positions are posted at workforindiana.in.gov. Search "internships" to view the openings.



2023 Interns with Governor Holcomb at the meet and greet.



2023 Interns volunteering at White River State Park.

Governor Holcomb accepting applications for Fellowship Program

Governor Eric J. Holcomb recently announced that applications will be accepted through January 31, 2024, for the 2024–2025 Governor's Fellowship. The Governor's Fellowship is highly selective and provides a unique experience in Indiana state government by placing fellows in various state agencies on a rotating basis throughout the year.

"Our Governor's Fellows are such a valuable piece to our team," Governor Holcomb said. "The wide range of assistance they provide over the course of their fellowship is key to serving Hoosiers. The experience is mutually beneficial as the fellows gain immeasurable

professional skills that will serve them well into their professional careers."

The program is open to college graduates who receive their bachelor's degrees beginning in either summer or fall of 2023 or spring of 2024. Fellows are paid, full-time employees who participate in the day-to-day activities of state government.

Many Governor's Fellow participants have gone on to successful careers in both the public and private sectors—with some serving at the highest levels of local, state and federal government.

The application and submission guidelines can be found online at in.gov/gov/fellowship.htm. To be eligible for consideration, the application and all supporting materials must be postmarked or submitted via email by January 31, 2024.

Applicants should know if they have been selected for an interview no later than February 14, 2024. Recipients of the fellowship will begin July 1, 2024.

If you have questions about the fellowship, contact Emily Clancy at the Governor's Office at eclancy@gov.in.gov.

2024 Wellness Rewards Program

Dear State of Indiana employees,

Improving your and your family's health outcomes is our number one goal at the State Employee Health Plan, and evidence-based medicine tells us that preventive care is the most effective way to do that. That's why I am happy to say that in 2023 we set a new record for the number of members completing an annual physical, and more of you than ever are taking advantage of other free preventive care like dental cleanings and cancer screenings.

The 2024 Wellness Rewards Program will continue to reward employees and spouses on the State Employee Health Plan with up to \$500 each in gift card rewards. There are over 25 rewardable activities to choose from, enabling you to customize your wellness program to fit your specific needs.

Start earning rewards



Wellness Rewards Program

Get Rewarded for What Matters

Here are some of the notable changes to the program:

- The reward for physical activity tracking is increasing from \$50 to \$180.
- New rewardable activities include; mental health check-ins, participating in a 5K, exercise class or sports league, and building a healthy habit.
- Also new this year is the Challenge Bonus, which will give employees a chance to earn a bonus \$25 in rewards throughout the year. The first challenge starts in January with the agency vs. agency Health Assessment Battle, which will encourage employees to complete their online Health Assessment. Employees of the winning agencies who have also completed their Health Assessment in January will receive an additional \$25 in wellness rewards. More information about this will be announced this week.

To learn more about how the program works and how to start earning gift cards right away, sign up and attend one of the [Maximize Your Program webinars](#) and earn your first \$10.

Get started in the ActiveHealth Portal

Check out the [Rewards Center in the ActiveHealth portal](#) to see all rewardable activities. As you complete each activity, the Active Health Rewards Program tracker will show how much you have earned. As a reminder, gift cards are available in \$50 increments up to the \$500 maximum. And these rewards are taxable.

A list of all rewardable activities is also available at www.investinyourhealthindiana.com/wellnessrewards.

I encourage all of you who are members of the State Employee Health Plan to start completing activities and earning your rewards today. Together, we will continue to work towards better health outcomes for ourselves, our families and our loved ones.

Sincerely,

Matthew A. Brown
Director, Indiana State Personnel
Department

Introducing the first Challenge Bonus

>>> Agency vs. Agency Health Assessment Battle

The 2024 [Wellness Rewards Program](#) is starting off with a friendly agency vs. agency competition! New this year is the [Challenge Bonus](#), which gives you the opportunity to earn a bonus \$25 in wellness rewards.

The first Challenge Bonus is the agency vs. agency Health Assessment Battle! If your agency has the highest percentage of completed Health Assessments in January, you will earn a bonus \$25 in wellness rewards on top of the \$25 for completing your health assessment (\$50 total), all while getting a better picture of your health. A win, win, win!

The agency vs. agency Health Assessment Battle will be broken into four groups, and one agency will be crowned winner for each group! Any individual that is in a winning agency AND has completed their Health Assessment by January 31, 2024, will receive a bonus \$25 in wellness rewards.

The four groups are:

- Mastodon: Agencies with 3,000+ employees
- Bison: Agencies with 500 to 2,999 employees
- Cardinal: Agencies with 100 to 499 employees
- Firefly: Agencies with less than 100 employees

View the [Challenge Bonus webpage](#) to find your agency's group and view the current rankings. Rankings will be updated weekly.

How to participate?

All you need to do is [log in to the ActiveHealth portal](#) and successfully complete a health assessment by January 31! The health assessment will give you an easy-to-understand summary of your current health, and only takes 5 to 10 minutes. Note: You will earn \$25 in wellness rewards for completing your health assessment even if your agency does not win the challenge bonus.



Wellness Rewards Program

Get Rewarded for What Matters

[Get Started](#)

The Challenge Bonus is available to employees and spouses eligible for the ActiveHealth program. Spouse participation will not factor into the agency completion percentages, however, spouses must complete their health assessment by Jan. 31, 2024, to be eligible to receive the bonus \$25 in wellness rewards.

Get prepared for the total solar eclipse on April 8

Excitement and interest are growing for the total solar eclipse on April 8, 2024. Much of the state will experience momentary darkness as the moon passes in front of the sun. Hundreds of thousands of people are expected to visit Indiana to get a prime viewing of the eclipse.

Communities and families can visit eclipse2024.in.gov to learn how to prepare for the eclipse and get safety information.

INDIANA IS A PRIME LOCATION TO VIEW THE UPCOMING TOTAL SOLAR ECLIPSE!

APRIL 8, 2024 IS GOING TO BE SPECIAL!

START PLANNING TODAY!

eclipse2024.in.gov

APRIL 8 MONDAY

The graphic features a dark background with white and yellow text. On the right, there is a photograph of a total solar eclipse with the sun's corona visible. A calendar icon shows the date April 8, Monday.

New group coaching series in January

ActiveHealth is offering both in person and online group coaching sessions in January.



In person classes:

Reduce Your Risk of Prediabetes
Wednesday, January 10, 2024 from
12:30-1:00 p.m.

In person classes are 30 minutes and last for six weeks. This class will be hosted by Coach Jackie at the IGC South Building, Marathon Health Clinic.

[Register here](#)

Online classes:

ActiveHealth is offering a variety of online classes in January including:

- Reduce your Risk of Diabetes (**Wednesday, Jan. 3 at 5:30 p.m. ET**)
- ABCs of Healthy Eating (**Thursday, Jan. 4 at 4:30 p.m. ET**)
- Start Now, Why Weight (**Friday, Jan. 5 at 9 a.m. ET**)

[Log in to ActiveHealth](#) to see the other online classes offered and to register.

Earn wellness rewards

When you complete a group coaching session, eligible employees and spouses can earn \$5 in wellness rewards, for a maximum of \$25 annually.

Vaccine Clinic at IGC-S on Jan. 17

Available vaccines include: Flu, High Dose FLU, Covid (Pfizer only), Tdap, Hep A, Hep B, Pneumonia (Pneumovax20), Shingles & RSV.

Wednesday, Jan. 17 | 8 a.m.
to 3 p.m. | IGC-S Room C

Employees will need to register in advance. Walk-ins may be accepted but are not guaranteed.

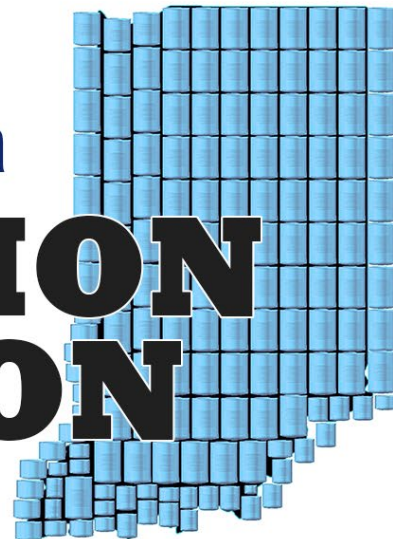
[Register here](#)
Enrollment code: IN97832

The on-site vaccination clinics are available to State of Indiana employees and dependents. Routine vaccines are available for anyone 3 years and over, and the COVID vaccine is available for those 5 years and over. Contractors working for the state can also be vaccinated at these clinics if they use their own insurance. Employees using a state insurance plan will have no cost for the vaccines. While most insurance plans cover vaccines, individuals utilizing non-state insurance plans are encouraged to check coverage with their insurer in advance. Please bring your employee badge and insurance ID card.

As part of the wellness rewards program, eligible employees can earn \$25 per vaccine, up to \$100. Note: To earn the wellness reward incentive, you must provide insurance information when registering and must be billed through insurance. Full details can be found in the ActiveHealth Rewards Center: myactivehealth.com/stateofindiana.

Please contact the Benefits Hotline at 317-232-1167 or 877-248-0007 with any questions.

2024 State of Indiana CANSTRUCTION COMPETITION



It's time to bust our those Construction hard hats again! Registration is now open for Construction 2024. Last year, Indiana State Fair Commission held on to their title of "Best Structure" in a tie with DOC Wabash Valley Correctional Facility. Both agencies set the bar high, so bring your A-game this year!

What is Canstruction?

Canstruction is a structural design competition and a canned food drive all in one! We pit agency against agency looking for the most creative designs made entirely of donated cans. And most importantly, it's a fun and creative way to help food pantries restock their shelves after the holidays! With a little bit of creativity — and a lot of canned goods — state employees CAN make a difference in their communities.

All state agencies are invited to participate, and there is no limit to the number of teams per agency. Participating teams of

state employees will build a structure of their choice entirely from cans of donated food. Teams can build their structures in any work location where they won't create safety issues or impact ordinary agency operations.

Be sure to register by Jan. 12!

The structures must be completed between Jan. 16 and Jan. 30. Photos with descriptions and total number of cans should be sent to spdcommunications@spd.in.gov by noon on Jan. 30.

At the end of the competition, the structures will be dismantled, and all the food will be donated to a local food bank or other charity chosen by the participating team.

Click here for complete rules and additional details.



Wabash Valley Correctional Facility took home the "Most Cans Collected" awarded in 2023 and tied with the Indiana State Fair Commission for "Best Structure."



The Indiana State Fair Commission's submission, which tied for "Best Structure" in 2023.

[Register your team >](#)

Jan. 3 - 5, 2024

Feed the Birds B-I-N-G-O | Indiana Dunes State Park

Join the Naturalist at the Nature Center to help fill all of the bird feeders and play this fun game at our bird feeding windows!

[More Information >](#)

Jan. 6-7, 2024

Pelt Party | Patoka Lake

Have you ever wanted to pet a raccoon? Now is your chance! Swing by the Nature Center to learn more about some of the critters that can be found around the property and feel their winter coats.

[More Information >](#)

Jan. 7, 2024

Devonian Sculpting | Falls of the Ohio State Park

Using sculptey clay, participants will create models of Devonian sea life. Guided by artist Mike Gibson.

[More Information >](#)

Jan. 13, 2024

Sunrise Eagle Watch | Mississinewa Lake

View Bald Eagles as they leave the roost site for the day.

[More Information >](#)

Critter Feeding | Chain O'Lakes State Park

Come to the warm Stanley Schoolhouse for feeding time and learn about the gray treefrog and some other amazing amphibians that call Indiana home.

[More Information >](#)

Hoots and Handicrafts! | Mounds State Park

Bring whatever handicrafts you are working on and head to the Mounds State Park Nature Center's Wildlife Observation Room. Join others and work on your project while you enjoy nature and learn how to identify a few birds.

[More Information >](#)

Jan. 15, 2024

I Spy: Indoor Animals | Pokagon State Park

The naturalist has hidden some woodland animals around the Nature Center Exhibit Room. Take pictures of them all and earn a small prize!

[More Information >](#)

Eagles in Flight Friends Silent Auction | Turkey Run State Park

Help support the Friends of Turkey Run and Shades State Parks by participating in their annual Eagles in Flight online auction. Books, plants, sweets, art and a huge variety of new and gently used items are available for bid.

[More Information >](#)

Jan. 17, 2024

Life and Fossils from the Coal Age | Falls of the Ohio State Park

The coal age covered North America and most of the world between 325 and 300 million years ago. Geologist and educator Steve Greb will explain what we know about life during the Pennsylvanian Period.

[More Information >](#)

Jan. 20, 2024

Mysterious Monument Hike! | Spring Mill State Park

Take an easy stroll along the stream to the mysterious monument near Donaldson Cave and hear the story of the Scottish gentlemen associated with it.

[More Information >](#)

Jan. 26, 2024

Full Moon Hike | Spring Mill State Park

It's the first full moon of 2024! Come howl at the "Full Wolf Moon" as Anthony leads you on a night hike on Trail 5. Meet at Lakeview Activity Center.

[More Information >](#)

Jan. 27, 2024

Grapevine Wreath Workshop | Chain O'Lakes State Park

In this workshop we will use grapevines harvested from the park for resource management to make winter wreaths. We will have staff and volunteers on hand to provide instruction and supplies to decorate your wreath.

[More Information >](#)

Jan. 28, 2024

Art at the Falls: It's the Beadles! | Falls of the Ohio State Park

Create your own personalized beetle using walnuts, beads and driftwood. Led by artist / naturalist Mike Gibson.

[More Information >](#)

[View all DNR special events >](#)

This Month WITH



Jan. 12, 2024

Candlelight Tours | Levi & Catharine Coffin State Historic Site

See the Levi and Catharine Coffin home by candlelight and engage with stories that highlight the experience of the freedom-seekers who chose to risk everything to escape slavery. Understand why winter was a common season for escapes, and why some freedom-seekers stayed in Fountain City before moving further north. Also, find out how free Blacks were instrumental to the Underground Railroad.

[More Information >](#)

Jan. 13, 2024

Life in an Early Indiana Home Children's Tour | Levi & Catharine Coffin State Historic Site

See what life was like in the early 1800s for the Coffin family children. Compare the chores you do today with chores they did, find out how school was different back then versus now and learn many fun tidbits.

[More Information >](#)

History of Pottery in New Harmony | New Harmony State Historic Site

Join us for a talk and demonstration of the history of pottery in New Harmony, from pre-history to present, with Tony Treadway of Treadway Clay. Come learn about a craft that has allowed humans to survive and thrive for centuries!

[More Information >](#)

Jan. 14, 2024

Special Tour: Staff Favorites in the Steele Library | T.C. Steele State Historic Site

The staff at T.C. Steele spend a lot of time with the books in the House of the Singing Winds. Enjoy this tour that highlights their favorites from the collection!

[More Information >](#)

Jan. 15, 2024

Free Day: Dr. Martin Luther King Jr. Day | Indiana State Museum

Join us as we honor the life and legacy of Dr. Martin Luther King Jr., through a day of celebration and reflection. Partake in multicultural performances as well as community-focused activities such as creating a mural, speech making and more. Interact with community members and learn more about the ongoing struggle for civil rights and equity through artifact investigation, chats with our curators and videos highlighting King's most iconic speeches.

[More Information >](#)

Jan. 20, 2024

Ohio River Pirates | Lanier Mansion State Historic Site

All hands on deck! Join us for a fun-filled exploration about pirates. From the notorious French pirates on the Gulf of Mexico to the unsung buccaneers of the Ohio River, we will dive deep into pirate myths and reality.

[More Information >](#)

Lecture: A History of the Northwest and Indiana Territories | Vincennes State Historic Site

This program consists of a slideshow/lecture and Q&A session about the history of the Northwest and Indiana Territories.

[More Information >](#)

Jan. 27, 2024

Planet Party | Indiana State Museum

Join us for an out-of-this-world party as we celebrate and prepare for the upcoming total solar eclipse! Explore what happens during an eclipse, discover more about the planets of our solar system and get the latest eclipse fashion by designing your own special viewing glasses for the big day.

[More Information >](#)

Special Tour: 1920s Tech | T.C. Steele State Historic Site

The House of the Singing Winds boasted a victrola, a player piano, and factory-made furniture and would eventually be one of the first homes in the county with electric lights, a real refrigerator, a kerosene stove and a generator! Selma Steele was one of the first owners and drivers of a Model-T! Check out this special tour dedicated to the modern improvements the Steeles enjoyed!

[More Information >](#)

View all Indiana State Museum and Historic Sites events >

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Gold course grads earn kudos for Leadership at All Levels completion

from the class. She said the 11-week course allowed participants to look at their own leadership abilities and discover who they are as leaders.

Deputy Health Commissioner and Chief of Staff Shane Hatchett provided a keynote address that further encouraged the graduates to remember that they will shape their own futures. Hatchett called his presence at the event “bittersweet” having recently announced his intention to leave IDOH in 2024. He stated that IDOH is “truly blessed” to be able to provide courses like Leadership at All Levels. He and Pontones complimented the work of the Office of Performance Excellence for continually working to make the program one of great value both in the workspace as well as the participants’ broader lives.

The Leadership at All Levels Planning Team consists of Mia Brewer, Erika Casso, Nicole Morley, Pam Pontones, Patricia Truelove and Shawn Pence. Many of the course graduates joined the presentation in person while others were able to be part of the celebration virtually. Several of those in attendance celebrated the completion of all three Leadership at All Levels courses—Gold, Blue and Silver.

Article submitted by Indiana Department of Health

continued from page 3

ISEP Officer Brant Mendenhall presented with NLLEA Alcohol Law Enforcement Agent of the Year award

Unit for Enforcing Alcoholic Beverage Laws.” During his presentation, Officer Mendenhall shared information with other attendees about how ISEP created its own in-house digital forensics unit, which has the capability to acquire and analyze digital devices such as cell phones, mobile devices, computers, DVR surveillance systems and POS systems for investigations. Utilizing an in-house digital forensics unit has exponentially increased the agency's professionalism by acting as an educational resource, providing subject matter expertise, and improving efficiency of agency operations.

Article submitted by Indiana Alcohol and Tobacco Commission

continued from page 2

IDOH’s Gardner-Rice recognized as ‘Emerging Public Health Leader’

I wanted my career to be in pursuit of that ultimate goal, so I moved back to Indiana to pursue an MPH in public health from my alma mater, IU Bloomington.

Pulse: What are some things you hope to accomplish in your position?

Gardner-Rice: I am so excited about the continued growth of my team. In addition to the SNAP-Ed program (that provides much of our funding year over year) we have successfully secured several other federal grants, from Farm to School to CDC, that have allowed us to strategically build capacity over time to ensure that all Hoosiers have access to nourishing, affordable food that meets their dietary and cultural needs. I am particularly excited about the growth of our Food is Medicine work. After successfully implementing a statewide Produce Prescription pilot program using funding from our CDC Health Disparities grant, we are now thinking about how we can create sustainable infrastructure in Indiana to support these types of programs long-term. We have a Food is Medicine director starting on our team in early 2024, and we have big plans!

Article submitted by Indiana Department of Health



New Year, Healthier You!

The new year is a great time to set fresh health and wellness goals. Maybe you'd like to eat healthier, start working out or get more sleep. Wait...does that sound familiar, like where you were this time last year?

You're not the only one. Did you know:

- About 25% of people give up on new year's resolutions after only one week.
- Only 9% turn their new habits into a long-lasting routine¹.

Here are a few tips to help you make healthy changes that stick²:

Go gradual: Don't try to remake your whole lifestyle all at once. Make small changes, then build on them over time.

Focus on one big change. Focus on the healthy goal that's most important to you right now. Once it becomes a habit, you can work on other goals.

Accept that setbacks happen. If a busy time at work disrupts your healthy routine, don't give up altogether. Just try to get back to your plan as soon as you can.

Cheer your victories. Set short-term benchmarks for success. If you stick to your plan for one week, reward yourself. Plan a movie night or go bowling.

Wellness Webinar Series*:

A new year of health. Your coach offers expert tips to help you get started on your goals and bounce back if you go off track.

Tuesday, January 23, 2024 10:00 AM, 12:30 PM and 4:30 PM, ET



Save your spot

*The Wellness Webinar classes are not offered in Spanish.

¹ The Ohio State University Fisher College of Business. Why most new year's resolutions fail. Available at: <https://fisher.osu.edu/blogs/leadreadtoday/why-most-new-years-resolutions-fail>. Accessed February 2, 2023.

² American Psychological Association. The secret behind making your new year's resolutions last. Available at: <https://www.apa.org/topics/behavioral-health/new-year-resolutions>. Accessed October 22, 2023.

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