



# The Torch

The official newsletter for Indiana state employees

## Open enrollment

### Take time now to prepare for open enrollment

Open enrollment is just around the corner. Rather than wait until the last minute to determine what options to select, take time now to carefully review your health care needs. That way, you are better prepared to select the plans that best meet the health care needs of you and your family. Here are a few tips to get started:

#### Review this year's medical, vision and dental expenses.

How much did you spend on medical, vision and dental needs? These are your out-of-pocket expenses. Compare the total out-of-pocket costs you spent this past year in medical, vision and dental expenses and the cost of your overall medical expenses. Be sure to include your premium costs. After you total this number, a CDHP combined with a Health Savings Account (HSA), may be significantly cheaper than a traditional PPO medical plan. It can potentially give you other tax advantages since contributions are made before tax

An HSA is a savings account set up to fund only eligible medical, vision and dental expenses. Not only does the state deposit money into the account, but an employee can also elect a portion of their paycheck to be deposited into a HSA, before taxes. An employee must open up a HSA in order to receive the contributions the state makes to each account.

**Examine how much you contribute to your Flexible Spending Account (FSA).** If you have a Flexible and/or Dependent

Care Savings Account, be sure to examine your out-of-pocket expenses closely as these programs are a use-it-or-lose-it program. You may need to increase or decrease your contributions accordingly.

#### Understand your insurance needs.

If a qualifying event has occurred within the past year, your insurance needs may have changed as well. A qualifying event could be a birth, divorce, wedding or an adoption. Rather than simply signing up for the same amount you did the year before, determine whether your overall financial situation has changed, and whether or not you need more or less insurance. If you experienced such an event and did not request a change to your benefits within 30 days, the open enrollment period is the time to do so.

**If you are married: compare your coverage against your spouse's.** If you and your spouse have different company benefits, make sure to weigh the pros and cons of each health insurance and overall benefits package. Since premiums can change significantly in smaller and medium sized companies based upon last year's health claim ratings, one company's insurance programs can be cheaper than another. This could be a change from the year before. Compare the list of doctors in your plan to your spouse's to see if one plan offers more than the other. If your spouse's open enrollment period and effective dates differ from the state's, plan ahead. Your spouse's open enrollment is not considered a

qualifying event to change plans or level of coverage later in the year. Also, if you're spouse's plan does not offer vision or dental; you may consider picking one or the other from the state's plan.

Open enrollment does not need to be a stressful time. Plan ahead and ask questions now to help reduce the stress later. If you have any questions about your benefits, please contact the SPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis).

**2013 Open Enrollment**  
Oct. 29 - Nov. 19 @ noon (EST)

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Submit your story ideas in an email to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)





## SECC Special Events

On September 20, the State Employees' Community Campaign (SECC) officially began with the theme "A Work of Heart." With our goal of \$1.2 M, state agencies are already hosting special events to raise money to reach our goal. Below is one of those events:



*INDOT's Fort Wayne District had a hotdog lunch and silent auction that raised \$1,628 for the Indiana State Transportation Workers Foundation.*



Please send your SECC event stories and pictures to [SPD Communications](#).

## Words from SECC Chairman, Commissioner Lori Torres



What a gift that we get to come together again for the benefit of our fellow Hoosiers. When I was asked to serve as the 2012 SECC Chair, I felt privileged to have that role. When we chose "A Work of Heart" as our theme this year, I thought that was a perfect description of what we as state employees can create. We can weave a tapestry from our generosity, paint a watercolor from our charity and sculpt a masterpiece from the bounty we are willing to share. But instead of paint brushes, looms or a potter's wheel, we demonstrate our love and care for those around us by sharing one of our precious resources – our income.

I was driving home from some meetings in southern Indiana a couple weeks ago. A Rascal Flats song came on the car radio. These lyrics caught my attention: *My wish for you is that this life becomes all that you want it to. Your dreams stay big, your worries stay small. You never need to carry more than you can hold.*

But the truth is that many people are asked to carry more than they alone can hold, and their worries are not small, and they need the help of a caring community to bear their burdens. This campaign gives each of us an opportunity, even if you give generously elsewhere in your life, to help someone else carry their burden, allow them to have big dreams, or to leave this world in a better place than where we find it today. To whom much is given, much is expected in return.

I am looking forward to seeing our varied "Artists in Residence" create their own Works of Heart through their giving. ***Let's have a great SECC season!***

## Time to get vaccinated against the seasonal flu



According to the Centers for Disease Control and Prevention (CDC), the “seasonal flu season” in the United States can

begin as early as October and last as late as May. Now is the time to get armed against the annual bug. Since preventive care services are covered, employees with the state’s health plan and their eligible dependents should plan to get vaccinated. This coverage does not apply to State Police, Excise and Conservation Officers.

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. Each year, one flu virus of each kind is used to produce seasonal influenza vaccine.

Kroger pharmacists are on the Indiana Government Center (IGC) campus 8 a.m. to 3 p.m. on **Oct. 17 and 18** in Conference rooms B & C, and in the Statehouse Atrium on **Oct. 23** to administer flu vaccines. Employees and their eligible dependents may take advantage of the clinic. However, if you plan to bring a child under the age of 14, it is necessary to have a

You need to bring your Anthem ID card with you and complete a waiver prior to receiving the vaccination.

- [Inactivated shot consent form](#)
- [Live nasal vaccine consent form](#)

Kroger Pharmacies is also administering vaccines in its retail locations. Vaccinations may also be administered at your doctor’s office, pharmacy or nearby walk-in clinic. Even at any of these locations, the state covers 100 percent of the cost, if you carry state health insurance.

A detailed list is available of who should get vaccinated against influenza can be found [here](#). A complete list of health and age factors that are known to increase a person’s risk of developing serious complications from the flu is available [here](#).

| Date         | Time        | Location                           |
|--------------|-------------|------------------------------------|
| Oct. 2       | 7 am - noon | INDOT - Seymour Subdistrict        |
| Oct. 2       | 2 pm - 7 pm | Indiana State Prison               |
| Oct. 3 & 10  | 2 pm - 7 pm | Plainfield Correctional            |
| Oct. 4       | 2 pm - 7 pm | Westville Correctional Facility    |
| Oct. 9       | 7 am - noon | INDOT - Crawfordsville Subdistrict |
| Oct. 16 & 17 | 3 pm - 7 pm | Pendleton Correction Complex       |
| Oct. 23 & 24 | 3 pm - 6 pm | Branchville Correctional Facility  |

prescription from the doctor for a pharmacist to administer a flu vaccine.

## IURC

### Timeline announced for 812 area code relief

Following a petition calling for area code relief, the Indiana Utility Regulatory Commission (IURC) established a procedural schedule under Cause No. 44233. The case addresses the limited quantity of unassigned telephone numbers available under the 812 area code, which is expected to exhaust in the second quarter of 2015.

Population growth, economic progress and the demand for new services (i.e., cell phones, faxes, and computers) have all contributed to the number shortage. If left unaddressed, there would come a point in time when existing and new customers would be unable to receive a telephone number in the 812 area code.

Before an area code reaches exhaust, the North American Numbering Plan Administrator (NANPA) files a petition with the IURC seeking relief on behalf of the industry. In this case, the NANPA’s petition included seven options – a combination of geographic splits and overlays. The IURC may select one of these alternatives or devise an option of its own based on the evidence presented.

A geographic split divides the existing area code into two or more areas with one of the areas retaining the existing area code and the other area(s) being assigned one or more new area code(s). An overlay, on the other hand, allows a new area code to be assigned over the same geographic area as the existing area

code, which means a neighbor or new business could have a different area code although they may be located next door. This would result in the need for 10-digit dialing for all calls, regardless of whether they are local or long distance.

For more information about the alternatives proposed by the NANPA, the history of area code relief, and what the process will entail, please visit the IURC’s website at [www.in.gov/iurc/2703.htm](http://www.in.gov/iurc/2703.htm). For information on how to submit written comments, please visit the Indiana Office of Utility Consumer Counselor’s website at [www.in.gov/oucc/2361.htm](http://www.in.gov/oucc/2361.htm).

## Around the state



*On September 14, Governor Daniels announced Loretta Rush is joining the Indiana Supreme Court. Judge Rush replaces Justice Frank E. Sullivan Jr., who retired in July.*



*In September, Evansville State Hospital set up an employee health fair took place where employees had the opportunity to gather information on health and wellness. Discounted memberships, door prizes and demonstrations were given. 16 vendors were in attendance: American Red Cross, Bob's Gym, Curves, Dunigan Family YMCA, Evansville Cancer Center, Gastroenterology Associates, Impulse Day Spa, Purdue University/Purdue Extension, River Bend Academy, St. Mary's Sleep Center, St. Mary's Weight Management Center, Joslin Diabetes Center-SMMC, St. Mary's Wellness Center, Ultimate Fit, Yoga 101 and the Vanderburgh County Health Department. Employees took advantage of massages, health screenings, blood pressure checks and gait assessments.*

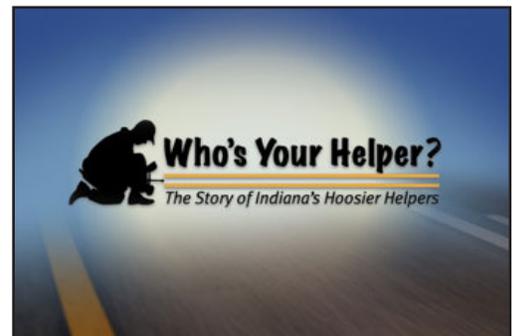
### Film

## Documentary highlights INDOT workers

WFYI premiered "Who's Your Helper - The Story of Indiana's Hoosier Helpers" on September 27.

The documentary is an account of these humble driver servants and their more than 20 years of service to our state. So much more than just tire changes and gas fill-ups, the Hoosier Helpers are risking their lives every day in order to keep Indiana's motorists moving along our interstates as safely as possible.

At the times listed below, WFYI is rebroadcasting the documentary, which is also being offered to other PBS stations around the state. The program re-airs at 5 a.m. Oct. 4, 12:30 a.m. Oct. 7, 5 a.m. Oct. 10, 5 a.m. Oct. 16, 6:30 p.m. Oct. 20 and 10:30 p.m. Oct. 26.



In Central Indiana, WFYI 1 is shown on the following channels:

- BrightHouse Cable: 710 (HD), 20 (Standard Def)
- Comcast/Xfinity: 1020 (HD), 3 (Standard Def)
- AT&T U-verse: 1020 (HD), 20 (Standard Def)
- DirecTV: 20
- Dish Network: 20, 8456
- Digital Antenna: 20.1

## Act of bravery

# Quick action saves man from canal catastrophe

The annual Paddle Battle race brings all agency warriors to compete for the title of first place. However, this year, it brought more than a warrior, but a hero to the canal.



On August 23, John Pavlack, of FSSA, was waiting for his Paddle Battle team members at the boat station on the canal. While waiting, John noticed a large group talking near the

water. Amongst the group, was a man in a wheelchair with his back facing the canal. John heard shouting and realized the man was rolling backward. Without hesitation, John leapt across

the small bridge and ran to help. Just as the man fell into the canal, John jumped in after him.

Because of his quick thinking, John was able to lift him before his head went underwater. John then pushed the man in his wheelchair to the side of the canal so that others could help lift him to safety. If not for John's bravery, the man might have been seriously injured.

"It all happened very quickly; but when

something like this happens, you do what you can do," said John.



(left to right) John Pavlack, Christie Morse, David Boyce and Aaron Coers.

## Health hints

# Sitting less, moving more could extend your life

Sitting may be the new health crisis. Scientists have looked at several studies that evaluated sitting and all causes of death. They also reviewed government data that show almost half of people report sitting more than six hours a day. And 65 percent say they spend more than two hours a day watching TV.

Using a statistical model, the researchers found that if people sat for less than three hours a day, the average life expectancy in this country would be 80.5 years instead of the current 78.5 years.

"The human being is designed to move," says James Levine, an endocrinologist and researcher at the Mayo Clinic in Rochester, Minn. "You need to move your body. If you stop your body, idle it, which sitting is, it crumbles on every level." Results can include an increased risk of obesity,

high blood pressure, cardiovascular disease, cancer, depression, and possibly Alzheimer's disease, says Levine.



Levine performed some of the original research on the topic and is still investigating it — from a treadmill at his desk.

"Sitting is diminishing the health of the nation," he says. "It's not just a problem here but also an issue in many other countries."

It is essential to develop a degree of consciousness to your sitting habits and the resolve to move.

Here are a few tips to help get you moving more at work:

- **Take the stairs:** Walking up the stairs can burn as many calories in a 30-minute period as can cycling at 12 to 14 miles per hour. Just don't do it all at one time. Spread it out throughout the day. Go to

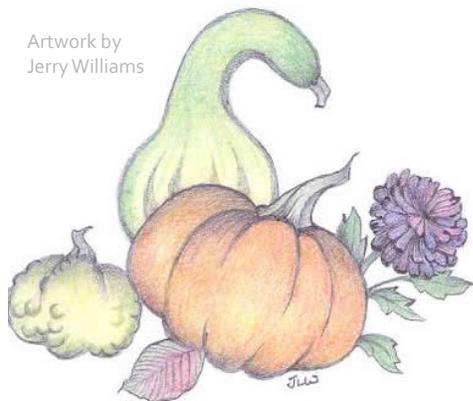
the bathroom on another floor or fax that document from a different department.

- **Keep it moving:** Conduct your meetings on the go by walking and talking. Forget modern technology like email and instant messaging and do it the old-fashioned way. Visit your colleague to deliver your message. Take a trip or two to the water cooler. Pace back and forth while you're on the phone. Take your lunch outside, preferably somewhere several blocks away.
- **Mobility software:** the free program [workrave.org](http://workrave.org) allows employees to program reminders to take mobility breaks by standing and stretching every 30 minutes.
- **Stretch:** Stretching at your desk may be one simple way to keep moving, even as you stay seated. Sedentary time is best lessened by lots of frequent movement, even if it's only done for brief periods of time

## Autumn Harvest: eating well during winter

Did you know that farm fresh produce is available long after summer is over? The autumn harvest brings an abundance of delicious and nutritious fruits and vegetables. Check out our fall produce guide below for ways to use the bounty of fall.

Artwork by  
Jerry Williams



### Fall Fruits

**Apples.** Even though apples are available year round, they are in season in late summer and throughout fall.

Experiment with different varieties by adding fresh, chopped apples to grain-based or green salads. A simple weeknight dinner: Sauté apples and onions with a few tablespoons of apple juice and a sprinkle of brown sugar, pair with grilled pork chops.

**Cranberries.** Available October through December, these juicy red fruits are a holiday favorite. You can add to them to your fall menu in many ways. Traditional cranberry sauce can be used as a sandwich spread or chutney (just add nuts and chopped apples) for roasted or grilled meats. Also try: Roast cranberries with fall vegetables like butternut or acorn squash for a colorful side dish.

### Fall Greens

**Brussels Sprouts.** They're closely related to cabbage and broccoli, which is why they have a similar look and taste. Peak season is September through February. Brussels sprouts will caramelize if you roast them on a high heat with olive oil, garlic, salt and pepper. They pair well with crispy pancetta and roasted root vegetables like carrots or beets.

**Chicories.** Belgian endive, escarole and radicchio are all chicories. They are related to lettuces, but have

sturdier leaves, a stronger flavor and are famous for a bitter edge. They're typically harvested in late fall and

early winter. Endive and radicchio can be used to perk up any bagged salad. Just give them a rough chop and you'll notice the extra

crunch. Use endive leaves as scoops for hummus, salsa or tzatziki dip. Escarole soup is a classic but for something different, sauté escarole in olive oil with garlic and red pepper (just like you would sauté spinach). You'll notice the greens won't cook down as much and can stand up to the heat!

### Fall & Winter Squash

**Butternut & Acorn Squash.** Covered in a thick rind, these winter squashes are the ultimate storage vegetable. They're harvested in early fall and throughout the winter months. Roasted squash can be the start to many dishes:

- Purée butternut squash cubes with 2-4 cups vegetable stock (depending on size of squash), 1 tablespoon of curry and fresh lime juice. Bring to a boil and serve with a dollop of plain yogurt.

Cut acorn squash into thin wedges and roast with olive oil, salt and pepper. Mix a fall salad of field greens, sliced apples and toasted pumpkin seeds with a basic store-bought vinaigrette. Top with warm acorn squash wedges.

*Written by Natalie Menza, MS, RD. Corporate Dietitian, Wakefern Food Corporation. For more information visit [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)*

## DOC parole officers profiled in new series

*Parole Diaries* premiered on TV One on September 12. Twelve new episodes will follow each Wednesday. *Parole Diaries* follows nine dedicated parole officers of the Indianapolis Parole District #3 Office as they tackle their most difficult and heart-wrenching cases. This series, produced by Towers Productions, offers a look inside the parole officers' day: working with sex offenders, convicted murderers and addicts. It's extremely tough work, but these state employees offer the ex-cons something rare: a second chance. Each one-hour episode follows three dynamic parole officers on the job and the parolee, or client, they are serving. The work these officers perform is high on stress, low on glamour and extremely dangerous. Yet, with each case, there is the possibility of positive change and the emotional uplift from delivering a second chance.



*Agents Denise Jackson and Nicole Alexander are just two of the officers profiled in the series.*

With each episode, [Parole Diaries](#) promises to deliver new insights into this area of the criminal justice system as well as reveal the power in receiving a second a chance. *Parole Diaries* airs Wednesday nights 10 pm EST (9 pm CST). Click [here](#) to find your local channel for TV One.

## Open enrollment help

### Online accounts are here to help

To help you prepare for open enrollment, both Anthem and Express Scripts have ways to track of your health care expenses. Both Express Scripts (formerly Medco) and Anthem websites make it easy for you.

As our pharmacy benefit provider, Express Script's website is set up so that you can view all your prescription information in one place. From here, you can tally up all your prescription cost either through a pharmacy or through Express Scripts.

Log onto [express-scripts.com](https://www.express-scripts.com):

- Activate your account for secure access to tools that help you manage your prescription plan
- Track your prescription spending
- Compare the cost of a medication for a 30 vs. 90-day supply
- Compare the price of generic vs. brand medication
- View potential lower-cost alternatives to your medications with My Rx Choices®
- Print your prescription claims summary
- Order prescriptions online
- Get the latest drug, health and wellness information

Anthem provides a similar service for medical and vision spending. Log onto [anthem.com](https://www.anthem.com):

- View medical eligibility and benefits
- Track the benefits and deductions you and/or your dependents have used to-date
- Check the status of health claims
- Compare the cost and quality of a procedure or services through Anthem's Care Comparison
- View vision eligibility and benefits
- Track your vision claims

Get your Anthem ID card handy and click [here](#) to activate an account.

## Indiana veterans

### Five Indiana veterans honored in circle ceremony

Five Indiana military veterans were honored in a special Monument Circle ceremony on September 28, kicking off a campaign to fund bricks honoring Hoosiers who have served in the military.

The ceremony on the south side of the Circle featured five laser-engraved bricks being installed, each containing the veteran's name, branch of service and military campaign. The first bricks honored:

Corporal Josh Bleill USMC, a spokesman for the Indianapolis Colts who lost both legs to an IED in Iraq;

Former Governor Ed Whitcomb, a two-year Japanese prisoner of war, recaptured after an earlier escape from Corregidor;

Former Governor Joe Kernan, a North Vietnamese prisoner of war after his Navy aircraft was shot down;

Lt. Gen. Carol Mutter, chairman of the Indiana War Memorials Commission,

the first military female officer to be nominated to the three-star rank and a deputy commandant of the Marine Corps at the time of her retirement, and

Col (Ret) Jim Kasler flew fighter aircraft in WW II, Korea and Vietnam for a combined 198 combat missions and is the only person to have earned three Air Force Crosses. He spent more than six years as a POW in Vietnam.

"Indianapolis is a great military town and always has been," said Kasler. "I am proud to call myself a Hoosier."

Bricks honoring Hoosier veterans may be purchased by the public from the Indiana War Memorials Foundation. For more information visit [www.indianawarmemorials.org](http://www.indianawarmemorials.org) or email [customerservice@indianawarmemorials.com](mailto:customerservice@indianawarmemorials.com)

"It is an opportunity to say thank you and to memorialize that thank you by purchasing a brick," said Former Governor Kernan.



*Major General Martin Umberger addresses the crowd gathered to honor five exemplary veterans during the military memorial brick fundraising kick-off.*