



Division of
Mental Health
and Addictions.

*"People helping
people help
themselves."*

Logansport State Hospital

The Spectrum

In this issue:

Policy Updates..	2
SECC.....	2
Nutrition Serv. Week	3
Help. Hands.....	3
Pharmacy Tech Day & Hosp. & Health System Pharmacy Week	4
National Healthcare Quality Week	5
Flu Season	6 & 7
Longcliff Museum	8 & 9
Discounts & Benefits	10
Wellness Wisdom	11 & 12
Sneaky Snaps	13
Earthquakes	14 15
Hoosier S.T.A.R.T.,	15 & 16
Open Enrollment	17 - 19
Culinary Corner	20
Who Am I?.....	21

Vol. 29, No. 10
October
2019



POLICY UPDATES!

The following LSH policies were **updated in September** (All Staff are to read all changed Policies):

- **LSH Policy C-38 Sentinel Event /Root Cause Analysis** - In the Procedure section, item 3, an additional sentence as added at the end of the paragraph clarifying Quality Managements responsibility related to the development of a root cause analysis. In section G of Definitions, reference to the critical event review report was removed.
- **LSH Policy C-40 Respiratory Protection Program** - The Procedures, Respirator Use section was updated to include handling of hazardous medication or waste. The Procedures, Respirator Training section was changed to reflect training documentation is maintained in Staff Development Office.

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on "Hospital Policies (PolicyStat)" button-top center of home page
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on "change location" in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.

SECC Campaign

By Mike Busch, Community Engagement Director

The 2019-2020 State Employees Community Campaign is underway. Last year's SECC coordinators Darrin Monroe and Mike Busch will return this year to lead Logansport State Hospital's annual effort to support charities of YOUR choice.

The SECC allows State employees to make charitable donations through deductions from bi-weekly paychecks. Each employee chooses the charity who receives the donations. One-time donations are also accepted. Over \$18,000 was contributed by LSH employees last year to organizations like the United Way, Humane Society, Salvation Army, Special Olympics, and Mental Health America.

Please pay special attention to emails from Mike and Darrin about upcoming events to support the SECC, and helpful instructions on how to make your contributions.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe	Editor & Photographer ..	ext. 3803
Chris Taylor	Comm. Services	ext. 3709
Brian Newell	Librarian	ext. 3712
Gregory Grostefon	Interim Superintendent .	ext. 3631

Nutrition Services Week

We applaud the dedication of our Dietary staff during this week of October 6-12. Throughout the year, Dietary Director John Thompson and the entire Cura staff work diligently to plan, prepare, and serve nutritious and appetizing meals to our patients. We acknowledge that these meals and snacks make an enormous impact on their well-being, and we extend our thanks for the continued hard work and effort that goes into preparing and serving a quality meal.

Sincerely,



Greg Grostefon
Interim Superintendent

We Celebrate:
Jody Palmer – LSH Dietitian
John Thompson – Food Service Director
Alan Cates – Assistant Director
Candy Roberts – Supervisor
Sandy Myers – PM Cook
Willem Cripe – AM/PM Cook
Kim Farmer – Cook Relief
Susan Henry – Cook Relief
Aminda Tucux – Server
Christina Roming – Server
J.R. Cavanaugh – Server
Nancy Jones – Server
Sheila Goins – Server
Shaun Putnam – Server
Abby Eyman – Server
Grepsel Flores – Server
Sabrina Sheetz – Server
Lynn Schmid – Server
Amandia Eyman – Server

Helping Hands Collection



On October 2nd, 46 non-perishable food items were collected for the Salvation Army. \$22.00 was also collected and will be used to purchase additional food items.

During the October 30th collection, the HHC will be accepting rice, stuffing, Mac & Cheese, or pasta items for our Pantry that will be used at Christmas.

Thank you for your continued generosity!

October 15th is National Pharmacy Technician Day!

Pharmacies are busy places. Pharmacy technicians perform vital duties in support of pharmacists — counting pills, entering patient data, answering phone calls, managing inventory, and keeping our MedSelect machines stocked. Our pharmacy couldn't run as efficiently without them and they deserve a day of appreciation for all their tireless work! Thank you to our pharmacy technicians, **Summer Johnson, Heather Kite, Jenny Nipple, and Jennifer Van Etten**. Your hard work is appreciated!

Please help us show our appreciation for their hard work and dedication!

Trisha Robbins, PharmD
Director of Pharmacy
Logansport State Hospital

National Hospital and Health System Pharmacy Week

The week of October 20th through October 26th is designated as National Hospital and Health System Pharmacy Week. Please join me in acknowledging our LSH Pharmacists and Pharmacy Technicians for the important role they play in educating our staff and patients, promoting safe and effective use of medication, and always making a positive difference at our facility. This is the perfect opportunity to dispense a healthy dose of appreciation to this hard working and dedicated group.

Sincerely,



Greg Grostefon
Interim Superintendent



WITH OUR THANKS FOR
THE GREAT JOB YOU DO:
PHARMACY TECHNICIANS
HEATHER KITE
JENNIFER NIPPLE
JENNIFER VAN ETEN
PROGRAM COORDINATOR
SUMMER JOHNSON
PHARMACISTS:
TRISHA ROBBINS
BRYCE CALL
JASON ROWE

National Healthcare Quality Week

The week of October 20th through October 26th is designated as National Healthcare Quality Week. Please join me in acknowledging our Quality Management and Staff Development Departments for their on-going efforts to maintain and improve healthcare quality here at LSH. These departments are integral in promoting quality improvements and training that keep us on the cutting edge of best practice and ultimately enhances the lives of our patients. Join me in celebrating their continued fine work.

Sincerely,



Greg Grostefon
Interim Superintendent

Quality Management Department:

- *Gayle Edgerly, QM Director*
- *Melissa Stewart, Program Coordinator*
- *Rena Magers, Utilization Review Coordinator*
- *Judy Gaby, QM Secretary*

Staff Development Department:

- *Marcia Smith, Nurse Educator*
- *Bobbie Jo Hershberger, Training Officer*
- *Darrin Monroe, Information Specialist*
- *Jani Foreman, Staff Development Secretary*



Flu season just started with deaths already reported; here's how to protect yourself

The aches, the sneezing, the sore throat, the exhaustion — flu season is here and you want to be prepared.

Typically, [the “season”](#) starts in October, but there has already been [flu-related deaths](#) reported.

Physicians say it's not too early to get a flu shot and they are available at many pharmacies and doctor's offices around the country.

The US Centers for Disease Control and Prevention recommends that people get a flu vaccine by the end of October, if possible. Doctors say you definitely want to get one before Thanksgiving, when you are likely to see more people, travel and be exposed to more germs. It typically takes about two weeks to build up your immunity once you get the shot.

Last year's flu season

For [the 2018-2019 US flu season](#), which started October 1, 2018, and ended May 4, preliminary numbers from the CDC estimate there were nearly 42.9 million cases of flu, up to 647,000 hospitalizations and up to 61,200 flu deaths.

It wasn't a typical flu season, experts said. The severity was moderate, the CDC reported, but it was record-breaker as [the longest flu season](#) in a decade.

“Last year was funny in a way,” said [Dr. William Schaffner](#), National Foundation for Infectious Diseases medical director and professor of preventive medicine at Vanderbilt University Medical Center. “We had an unprecedented event with one virus dominating the season early on, then it abated, then another strain came along, making this a double-barrel season that we hadn't seen before and also making it rather prolonged.”

Predicting the flu this year

For this year, the “crystal ball is very cloudy,” about how bad it will be, but flu season is “not good for anyone,” Schaffner said — especially for the very young, pregnant women, the elderly and people with chronic conditions. All are vulnerable to the worst effects of the flu.

“One sure thing about influenza is, where and how it will spread or what kind of season we will have, it is unpredictable,” said Dr. Daniel B. Jernigan, the director of the influenza division at the [National Center for Immunization and Respiratory Diseases](#), a division of the CDC. “The more we know, the more we know you can't figure it out very well.”

Jernigan said the CDC has increased the number of viruses it tests for and it works with scientists from all around the world to track them. Using sophisticated artificial intelligence and modeling they can characterize where the virus is going and what kind of virus it will be to some extent. But it's not easy, since the virus changes every year as it moves through the population.

The virus also can change within a season as it moves from country to country. Looking at how bad a flu season was in Australia, which has winter when the United States has its summer, is not necessarily predictive of what the flu season will be like in the US, Jernigan said.

"This virus continues to be elusive," Jernigan said. "While we don't have a clear idea, we do know flu is going to be here and the best way to prevent it is to get a vaccine."

"We get on our soapbox and remind people that [everyone](#) older than 6 months needs to be vaccinated every year," said Schaffner.

Get your flu vaccine

It's not a perfect vaccine because there are a number of flu strains that circulate, but it does provide some protection. If you happen to get sick, the vaccine cuts down on how long your symptoms last and it should protect you from the major complications that come with the flu, such as pneumonia.

"What the vaccine does is shift the equation in our favor," said Schaffner.

This year, [nasal spray](#) is an option for some patients, including children who may not like getting a shot. In some years, the [American Academy of Pediatrics](#) recommended children stick with a shot, as some studies showed it was more effective. There is no such suggestion this year.

The time get the shot is now

Schaffner adds that if you have a chronic disease such as diabetes or asthma or heart disease, the flu shot should be a part of your regular care. In that case, you are the kind of patient that the flu makes very sick and you are at highest risk for hospitalization and death. The flu can also put you more at risk to have a heart [attack or a stroke](#).

With some older people, doctors might recommend they get the vaccine in the middle or end of October, because their immunity could wane toward the end of the season. But [Dr. David Cennimo](#), an infectious disease specialist and assistant professor in the department of medicine at Rutgers University, said he usually tells his patients to get it whenever they can.

"If they are really concerned about the potential for the vaccine to wane over six months, they may want to wait a few weeks but you really don't want to go beyond middle October or the end of October, because of the risk of exposure to flu in your area," said Cennimo.

What else can you do to avoid the flu?

There are ways to avoid the flu.

Repeatedly washing your hands can help protect you this flu season. Flu germs tend to linger and hand washing can cut down our exposure.

Avoid friends and family members that are sick.

And for the sake of those around you, stay home from work or school if you are sick. Rest will help you get better and staying home can protect people around you.

Cbs4indy.com

Longcliff Museum

When we look back 60 years, what do we see?...

"The Farm produced sufficient feeds for the livestock, with the exception of corn. The gradual increase of the Dairy herd requires more grass land for both pasture and grass silage; this program reduces the corn acreage and requires increased purchase of corn for swine herd.

One Hundred Eighty rods of new wire fence was built, 40 rods of fence rebuilt, 530 feet drain tile was installed. Fifty thousand board feet of lumber was sawed and stacked for general use.

The vegetable garden crops were good. Seasonal vegetables were on hand during the growing period and large quantities of root crops stored for winter use.

The lawn group continued in replacing dead trees with young maple and Chinese trees. Two thousand small pine trees were planted in the nursery for future Christmas trees, and 200 popular seedlings for lawn replacements. The area of 5 acres adjoining the swimming pool was revamped for picnic ground.

The swine herd produced 221,615 pounds of dressed meat.

Garbage is collected twice daily, steamed cooked and fed to the young hogs. None is fed in the pen.

To furnish pork regularly through the year it requires farrowing of pigs each month. A modern farrowing house is badly needed."

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 9.

"We are now using sixty patients and twenty-four employees to do our laundry work. This is an increase of five patients. Seven employees have been promoted to Institutional Workers II. Only four employees are remaining with only a rating of Institutional Worker I. An audit of our work by the State Personnel Bureau instigated the promotions. The most welcomed areas in which new employees could be of value in our work are the receiving area, pressing section, and shaking out area. Help in these areas has been requested."

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 10.

Bakery Report for November 1958

Bread, Loaves	15,330
Cake, Sheets	175
Shortcake, Sheets	57
Sweet Rolls (Long)	1440
Pies (Sheets)	174
Cookies	4242
Apple Betty, Sheets and Crunch	60
Ice Cream, Gallons	18
(For Cottages) Quarts	168
Cups	18,576

Annual Report Logansport State Hospital (July 1, 1958 to June 30, 1959), p. 57.

Pictured below: Cows from Logansport State Hospital



Employee Discounts

As a State Employee, did you know you can get discounts on many things, including cell phone plans??!!

Check out your discount benefits here:

<https://www.in.gov/spd/2439.htm>

(Highlight the link, RIGHT click, choose “Open Hyperlink”)

Becky Dowden

HR Director, Logansport State Hospital
Indiana State Personnel Department

Benefits and Wellness 2020

- ❖ For 2020, Wellness Incentive is a discount off of any medical plan chosen. It will NOT be a plan.
 - New design creates more flexibility when choosing the medical plan to fit your needs.
 - Premium Discount must have been started by 8/27 and must be fully completed by 9/30.
 - E-gift card incentives are still available to employees and spouses on the health plan!
Complete a Biometric Screening by 10/31 for \$100 and a Health Assessment by 11/30 for \$50.
- ❖ Be sure to study your plan options when they become available.
 - You will likely need to change your medical plan.
 - Non-Tobacco Use Incentive will still be available.
 - Employer will continue to contribute to Health Savings Accounts for eligible plans.
- ❖ More information to come on Open Enrollment dates, plan design, premiums, and discounts.
 - Medical, dental, vision coverage changes made are effective 1/1/2020.
 - Go here to subscribe to relevant communications: <https://www.in.gov/spd/2719.htm>
- ❖ With the holiday season upon us, don't forget about services available through the EAP.
 - 8 free face-to-face or online counseling session per issue, per year.
 - Services: Financial tools, pet sitter locator, travel tips, etc.
- ❖ Enhancements to the On-site Clinic services:
 - Effective 9/16
 - Dental exams and limited restorative services.
 - Vision exams- Lens prescriptions provided, if needed. Contact lens fittings unavailable.
 - Coming early 2020- Physical Therapy



Wellness Wisdom from the Wellness Committee

Breast cancer prevention: How to reduce your risk

Breast cancer prevention starts with healthy habits — such as limiting alcohol and staying active. Understand how to reduce your breast cancer risk.

By Mayo Clinic Staff

If you're concerned about developing breast cancer, you might be wondering if there are steps you can take to help prevent breast cancer. Some risk factors, such as family history, can't be changed. However, there are lifestyle changes you can make to lower your risk.

What can I do to reduce my risk of breast cancer?

Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk. To lower your risk:

- **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to less than one drink a day, as even small amounts increase risk.
- **Don't smoke.** Evidence suggests a link between smoking and breast cancer risk, particularly in premenopausal women.
- **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life, particularly after menopause.
- **Be physically active.** Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.
- **Breast-feed.** Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.
- **Limit dose and duration of hormone therapy.** Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options. You might be able to manage your symptoms with nonhormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you're taking hormones.
- **Avoid exposure to radiation and environmental pollution.** Medical-imaging methods, such as computerized tomography, use high doses of radiation. While more studies are needed, some research suggests a link between breast cancer and cumulative exposure to radiation over your lifetime. Reduce your exposure by having such tests only when absolutely necessary.

Can a healthy diet prevent breast cancer?

Eating a healthy diet might decrease your risk of some types of cancer, as well as diabetes, heart disease and stroke. For example, women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts might have a reduced risk of breast cancer. The Mediterranean diet focuses on mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet choose healthy fats, such as olive oil, over butter and eat fish instead of red meat.

Maintaining a healthy weight also is a key factor in breast cancer prevention.

Is there a link between birth control pills and breast cancer?

There's some evidence that hormonal contraception, which includes birth control pills and IUDs that release hormones, increases the risk of breast cancer. But the risk is considered very small, and it decreases after you stop using hormonal contraceptives.

A recent study that showed an association between hormonal contraceptive use and breast cancer determined one additional breast cancer could be expected for every 7,690 women who use hormonal contraception for at least one year.

Discuss your contraceptive options with your doctor. Also consider the benefits of hormonal contraception, such as controlling menstrual bleeding, preventing an unwanted pregnancy, and reducing the risk of other cancers, including endometrial cancer and ovarian cancer.

What else can I do?

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on your personal history.



The Wellness Committee consists of:

Diana Anderson, Vicki Campbell, Mary Clem, Theresa Dexter, Becky Dowden, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward, Marcia Woolley, and Deb Yerk.



**G
O
T
C
H
A**

Sneaky



Snaps!



**G
O
T
C
H
A**



Photo provided

Congratulations to Susan Layer!

Susan is the winner of the 3rd Quarter Drawing for \$50.00 in Gas Cards from the Helping Hands Committee! Continue to donate for your chance to win! Thank you for your continued support of the Helping Hand Committee!

Lookout for Darrin and his camera,
you could be next!

Earthquakes

Federal, state, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes.

This page explains what to do-- and what not to do.

PROTECT YOURSELF

If you have past experience in earthquakes it may have given you a false sense of safety; you didn't do anything, or you ran outside, yet you survived with no injuries. Or perhaps you got under your desk and others thought you overreacted. However, you likely have never experienced the kind of strong earthquake shaking that is possible in much larger earthquakes: sudden and intense back and forth motions of several feet per second will cause the floor or the ground to jerk sideways out from under you, and every unsecured object around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must learn to immediately protect yourself after the first jolt... don't wait to see if the earthquake shaking will be strong!

In MOST situations, you will reduce your chance of injury if you:



DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.



COVER your head and neck with one arm and hand
If a sturdy table or desk is nearby, crawl underneath it for shelter
If no shelter is nearby, crawl next to an interior wall (away from windows)
Stay on your knees; bend over to protect vital organs



HOLD ON until shaking stops
Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
No shelter: hold on to your head and neck with both arms and hands.

Wherever you are, protect yourself! It is important to think about what you will do to protect yourself wherever you are. What if you are driving, in a theater, in bed, at the beach, etc.?

Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. However, do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away. If seated and unable to drop to the floor: bend forward, Cover your head with your arms, and Hold On to your neck with both hands.

In a classroom Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then Drop, Cover, and Hold On. This protects you from any objects that may be thrown from the side, even if nothing is directly above you.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles. If a power line falls on the car, stay inside until a trained person removes the wire.

What NOT to do:

DO NOT get in a doorway! An early earthquake photo is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!

DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.

More info to come. Thank you for your attention to your safety!

Brandon Collins
Safety Director
Logansport State Hospital

Hoosier S.T.A.R.T. Representative

Matthew Bates, Hoosier S.T.A.R.T. representative, will be onsite Thursday, November 14th. If you want to schedule a 30 minute appointment to meet with him and discuss your retirement, please contact HR. Meetings will be held on Dodds – first floor. The room is near the elevator.

Available appointment times on Thursday: 7:00am, 7:30am, 8:00am, 8:30am, 9:00am, 9:30am, 10:00am, 10:30am, 11:00am, 1:00pm, 1:30pm, 2:00pm, 2:30pm, 3:00pm.

Please bring a recent pay stub to your meeting with Matthew, along with any questions you have.

The Hoosier S.T.A.R.T. website: <http://www.in.gov/auditor/hoosierstart/>

GET **INTERESTED**



Meet your representative

What can your Hoosier S.T.A.R.T. representative do for you?

■ If You're Just Starting to Save . . .

We can help you determine how much you may need to work toward your retirement income goals and the specific ways the Plan can help—including advantages of tax-deferred investing.

■ If You've Been Saving for a While . . .

You may want to take a fresh look at your portfolio to evaluate whether your balance between risk and return potential still makes sense for you today. Also, it could be time to increase your contributions. We can help you understand your options.

■ If Retirement Is Just Around the Corner or If You've Just Retired . . .

We can provide you with information to help you make the smooth transition to retirement, including your distribution/withdrawal options and how you can continue to benefit from the Plan after you leave the workplace.

Consider the benefits of the Hoosier S.T.A.R.T. Plan

Good Company – There are more than 42,000 participating employees, so together you have mass purchasing power.

Investment Options – The Plan offers a variety of different investment options, including age-based funds, to fit your goals and time horizon.

Advantage – The 10% early withdrawal penalty that applies to 401(k) plans and IRAs does not apply to distributions of 457 contributions or any applicable earnings (provided you have separated from service).

Representatives – There are dedicated Plan representatives located throughout Indiana, so there are real people available to help you navigate your road to retirement.¹ To find out how you can meet with your dedicated representative.

I'm Here to Help!

Your dedicated representative

Matthew Bates
317-385-8050

matthew.bates@empower-retirement.com



2020 BENEFITS OPEN ENROLLMENT

www.in.gov/spd/OpenEnrollment

Oct. 30 - Nov. 20

**Deadline: Wednesday
Nov. 20 by noon EST**

Opportunities are available to learn more about your 2020 benefit options

We hope you have taken time to visit the [Open Enrollment website](http://www.in.gov/spd/OpenEnrollment) to get better acquainted with all your benefit options for 2020.

If you still have questions, there are several additional resources to help you get the answers you need.

We have scheduled town hall informational meetings and webinars you can attend at work (with the approval of your supervisor). The town hall meetings and webinars provide an overview of the 2020 Open Enrollment options, and allow those attending to ask questions. Sessions are expected to last one hour.

WEBINARS

A webinar is a web-based seminar accessed through a computer. These sessions are hosted by the Indiana State Personnel Department on Webex and may be accessed from home or as a group at your work location. The webinars are led by an INSPD Benefits Specialist who can answer questions concerning benefit plans via chat after the presentation. All times listed are Eastern Daylight Time (EDT).

- **10 a.m. Thursday, Oct. 17**
[JOIN THE MEETING](#) - Meeting Number 110 912 24
- **2 p.m. Thursday, Oct. 24**
[JOIN THE MEETING](#) - Meeting Number 110 912 24

TOWN HALL MEETINGS

Each one-hour session is hosted by the Indiana State Personnel Department (INSPD) Benefits Division and includes an overview of 2020 Open Enrollment options. If you have questions, that's cool too. Please obtain the approval of your supervisor to attend.

- **10 a.m. Tuesday, Oct. 15** - IGC-S Auditorium
- **2 p.m. Wednesday, Oct. 23** - IGC-S Auditorium

EMPLOYEE INFORMATION BENEFIT FAIRS

These are hosted at facilities by request and give attendees the opportunity to have their questions answered by representatives from our benefit providers. Each session lasts two hours.

- **11 a.m. (EDT) Wednesday, Oct. 16**
IGC – South Cafeteria
402 West Washington St.
Indianapolis, IN 46204
- **11 a.m. (EDT) Monday, Oct. 21**
Indiana Veterans Home
3851 North River Rd
West Lafayette, IN 47906
- **11 a.m. (EDT) Wed., Oct. 23**
IGC – North Cafeteria
402 West Washington St.
Indianapolis, IN 46204

OPEN ENROLLMENT HELP SESSIONS

Once Open Enrollment goes LIVE Oct. 30, help sessions will be provided in the Indiana Government Center South Training Room 31 for those needing assistance navigating PeopleSoft, or who have questions about their elections. Hours are listed below and are Eastern Time:

- **8 am. to noon - Oct. 30 through Nov. 1**
- **Noon to 4 p.m. - Nov. 4 through Nov. 8**
- **9 a.m. to 3 p.m. - Nov. 12 through Nov. 19**
- **9 a.m. to noon - Nov. 20**

Plan Comparison

Please note: There was a typo on the single deductible amount for the Traditional Plan on the email sent Wednesday, Oct. 9. The correct single deductible amount is \$1,000 as shown in the chart below.

	CDHP 1		CDHP 2		Traditional Plan	
	In-Network	Out of Network	In-Network	Out of Network	In-Network	Out of Network
Deductible						
Single	\$2,500		\$1,750		\$1,000	
Family	\$5,000		\$3,500		\$2,000	
Out-of-Pocket Maximum*						
Single	\$4,000		\$3,000		\$2,500	
Family	\$8,000		\$6,000		\$5,000	
Office Visit	20%	40%	20%	40%	20%	40%
Inpatient	20%	40%	20%	40%	20%	40%
Emergency Room	20%	20%	20%	20%	20%	20%
Urgent Care	20%	20%	20%	20%	20%	20%
Wellness and Prevention	0% no deductible	40% no deductible	0% no deductible	40% no deductible	0% no deductible	40% no deductible

Learn more online about OE2020

More detailed information is available on the [2020 Open Enrollment website](#).

Contact the Benefits Hotline

Call toll-free at 1-877-248-0007 outside of Indianapolis or 317-232-1167 within the Indianapolis area. Benefits Specialists are available from 7:30 a.m. to 5 p.m. Monday through Friday, Eastern Standard Time



Email: SPDBenefits@spd.in.gov

This information applies to state employees eligible for benefits and does not apply to conservation officers, excise officers, Indiana State Police plan participants, temporary employees or contractors.



Culinary Corner

Cancer Fighting Soup



The most protective vegetables known to cancer research are all in this delicious and easy to make soup. For the canned tomatoes I use Muir Glen Diced Tomatoes / no salt added. There's not much juice in the can so I do not drain it. - *Jenny Jones*

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Makes: 4-5 servings

Ingredients:

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 clove of garlic, crushed
- 4 cups chicken stock or vegetable stock
- 1 cup cabbage - coarsely chopped
- 1 cup cauliflower - bite size pieces
- 1 cup carrots - 1/4-inch slices
- 1 cup kale - thinly sliced
- 1 cup broccoli florets
- 3/4 cup canned diced tomatoes, no salt, lightly drained (1/2 of a 14.5 oz can)
- 1/2 teaspoon salt + pepper to taste

Instructions:

1. Heat oil in a medium soup pot and saute onion & garlic for 2 minutes.
2. Add stock, cabbage, cauliflower, carrots, and kale.
3. Bring to a boil, cover, reduce heat and cook for 8 minutes.
4. Add broccoli, tomatoes, salt & pepper. Cook another 2 minutes.

Jennycancook.com

Who Am I?

Can you guess who's being sprayed down during a disaster drill in the picture below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by November 22, 2019.

Employees with correct answers will have their names put into a drawing, sponsored by the

Winner Will Be Announced In The Next Spectrum.



Alex Austin's
Groot Tattoo



Congratulations to Olivia Iles for guessing Alex Austin pictured as the Who Am I.
Congratulations Olivia!

If you have a picture of an employee and would love to have a little fun with it,
call Darrin Monroe at # 3803.