



# The Torch

The official newsletter for Indiana state employees

March, 2021

## Gov. Holcomb now accepting applications for Fellowship program

Governor Eric J. Holcomb announced that applications will be accepted through March 15 for the 2021–2022 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 of our team," Gov. Holcomb said. "The wide range of assistance they provide over the course of their fellowship is key to serving Hoosiers in a timely and thorough manner."

The program is open to college graduates who receive their bachelor's degrees beginning in the fall of 2019 through the spring of 2021. Fellows are paid, full-time employees who participate in the day-to-day activities of state government.



Many Governor's Fellows 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 [here](#). The application and all supporting materials must be postmarked or submitted via email by March 15.

Applicants should know if they have been selected for an interview no later than April 15. Recipients of the Fellowship will begin July 1.

If you have questions about the fellowship, contact Emily Clancy at [eclancy@gov.in.gov](mailto:eclancy@gov.in.gov).

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*The Torch* is published monthly by the Indiana State Personnel Department and is available online at <https://www.in.gov/spd/employee-resources/the-torch/>

## Got a story?

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

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# Indiana students to get free FAFSA filing help at College Goal Sunday

Financial aid professionals from all across Indiana will be volunteering to help college-bound students and their families open the door to financial aid during College Goal Sunday.

The event is set for 2 p.m. March 7. The free program assists Indiana students in filing the Free Application for Federal Student Aid (FAFSA). The FAFSA form is required for students to be considered for federal and state grants, scholarships, and federal student loans at most colleges, universities and vocational/technical schools nationwide. The FAFSA MUST be filed by April 15 to be eligible for Indiana financial aid.

One of many reasons College Goal Sunday is so important is because many families perceive the form to be too complicated and time consuming to complete. In less than one afternoon during College Goal Sunday, students and their



families can get free help and file the form.

Now in its 32nd year, College Goal Sunday has helped more than 94,000 Indiana students and families complete the FAFSA properly and on time. College Goal Sunday is a charitable program of the Indiana Student Financial Aid Association (ISFAA).

"The event on March 7th will be the second virtual College Goal Sunday ISFAA is offering this FAFSA filing season." said Bill Wozniak,

co-chair of College Goal Sunday. "We hope all Hoosiers who have not filed already, take advantage of College Goal Sunday, file the FAFSA, and get one step closer to fulfilling their educational goals. With FAFSA filing rates across the country down significantly this year's event is more important than ever."

For more information, visit [CollegeGoalSunday.org](http://CollegeGoalSunday.org).

## Do you need to file your taxes? You may be able to file for free!

The April 15, 2021, tax deadline is quickly approaching, are you still waiting to file your taxes? If your adjusted gross income was \$72,000 or less last year you may be eligible to file your state and federal taxes for free with Indiana freefile (*INfreefile*) from the Indiana Department of Revenue (DOR). This free service provides a faster, easier and secure way to file your taxes. See if you qualify: [freefile.dor.in.gov](http://freefile.dor.in.gov).



# Get started on your 2022 Premium Discount activity

## March 15 is the last day to start the physical activity option

Spring is here (finally!) and now is a great time to think about getting outside and being more active after the long winter.

It's also the perfect opportunity to get moving—literally!—on earning your [2022 Premium Discount!](#)

Employees and spouses enrolled in an Indiana State Personnel Department (INSPD) health plan can choose to complete any of the following activities to earn the 2022 Premium Discount.

- Complete four one-on-one health coaching sessions (in-person or by phone) through ActiveHealth
- Reach Level 5 (9,000 hearts) in [ActiveHealth's online portal](#) by completing health education modules, health goals, and challenges.
- Record 200 days of physical activity tracking through a device synced to the ActiveHealth portal. Any day with 10,000 steps or 30 minutes of physical activity counts toward the 200-day goal.

The choice is up to you, but you should get started right away!

**March 15 is the last day to start on the physical activity option.** No matter which option you choose, the deadline to complete the activity is Sept. 30, 2021.

If you're going for the health coaching option, call 855-202-4219 to schedule your appointment. You set the priorities and your coach will provide information and suggest changes to get you where you want to be.

Health coaches are available from 9 a.m. to 9 p.m. EST Monday through Friday and from 9 a.m. to 2 p.m. each Saturday.

Want to know more?

[InvestInYourHealthIndiana.com](#) is YOUR go-to for all things related to health and wellness for state employees. Check the site often for helpful information on how to make healthy living a priority each and every day.

## Start your journey to better health & earn a 2022 PREMIUM DISCOUNT

Complete one activity by Sept. 30



Invest In Your Health

ActiveHealth  
MANAGEMENT



Complete four health coaching sessions (in person or by phone).



Reach Level 5 (9,000 hearts) in online education.



Meet daily physical activity OR step goals for 200 days.

Call (855) 202-4219, or log in to ActiveHealth, [www.myactivehealth.com/StateofIndiana](http://www.myactivehealth.com/StateofIndiana).

## Get rewarded with a \$100 e-gift card for completing a wellness visit

No matter what you call it—annual physical, wellness visit, or yearly check-up—get it scheduled!

As the old saying goes, “there’s no time like the present.” Complete an annual physical with your primary care provider or a wellness visit at a [CVS MinuteClinic](#) and you’ll be

on your way to having a clearer understanding of your current health. You’ll also be qualified to receive a \$100 e-gift card!

Learn more about the [wellness visit](#) and more at [InvestInYourHealthIndiana.com](#).

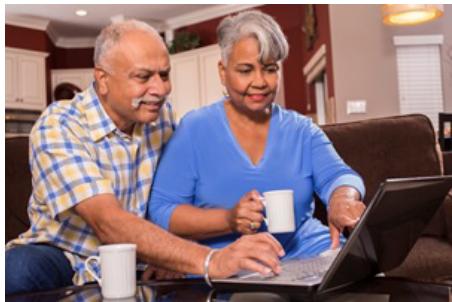


ActiveHealth  
MANAGEMENT

# March is Colon Cancer Awareness Month

## Did you know that March is Colon Cancer Awareness Month?

Colon cancer (commonly referred to as colorectal cancer) occurs in the colon or rectum. Sometimes abnormal growths called polyps develop in the colon and these growths can turn into cancer over time. Screenings can help to detect polyps so they can be removed before they become cancerous. Colorectal polyps (benign abnormal growths) affect about 20 percent to 30 percent of American adults.



### RISK FACTORS

The risk of developing colorectal cancer increases as we age. Approximately 90 percent of cases occur in people age 50 and older. Other risk factors include:

- inflammatory bowel disease
- family history of colorectal cancer or polyps
- some genetic syndromes

### PREVENTION

The best way to prevent colorectal cancer is to get a screening routinely beginning at age 50. Living a healthy lifestyle can also help reduce your risks such as increasing physical activity, reducing your alcohol intake, and limiting tobacco use. Making healthy choices in your diet like adding fruits, vegetables, and whole grains have also been shown to reduce the risk of developing many chronic diseases.

Reach out to your doctor today to discuss options for scheduling your colorectal cancer screening. For more information check out <https://www.cdc.gov/cancer/colorectal/>

*If you're looking for more information to help you on your health journey, be sure to visit [MyActiveHealth](#). There is a wealth of information on this website regarding many different health and wellness topics. Other resources:*

#### *Health Coaching*

- Call to schedule: 855-202-4219
- Login to MyActiveHealth Engagement Platform
- [www.myactivehealth.com/StateofIndiana](http://www.myactivehealth.com/StateofIndiana)

Download the ActiveHealth Mobile App

- Located in the App store and Google Play

## Become a ‘Sugar Detective’ in ActiveHealth Learning Lab

### Introducing ActiveHealth Learning Labs

State of Indiana employees now can join a new series from ActiveHealth called “Learning Labs.”

ActiveHealth Coach Sarah Anderson will host the Learning Labs bimonthly. Come explore important, lasting changes you can make in your daily life. Each Learning Lab lasts approximately 30 minutes and covers topics like healthy eating, being active, getting better sleep, and being more mindful.



Many people are now trying to reduce their sugar intake, but it's easy to underestimate how much you're actually getting in what you eat and drink. Added sugar can hide in so many foods and drinks.

Become a “Sugar Detective” and discover how much sugar is in your favorite beverage. Find your favorite popular drink options by size. You'll be amazed by how much sugar is in each drink.

In this program, you'll learn:

- the latest evidence-based science about added sugar,
- how to debunk common sugar myths,
- ways to spot sneaky sugars in your diet, and
- simple ways to use fruits and veggies to sweeten your drinks the healthy, natural way.

Bring your questions and get ready to reap your sweet reward! Just click one of the times below to register.

**Wednesday, March 17**

- [10:30 to 11 a.m. EST](#)
- [12:30 to 1 p.m. EST](#)

# New HR platform reduces amount of employee forms

If you've ever hoped for a way to update your benefits information, direct deposit info, and your tax documents online you're in luck! A new employee self-service HR platform will help you cut out the paperwork and streamline these important tasks.

Check it out on Sharepoint [here](#).



## INvestABLE program making a difference for Hoosiers with disabilities



Indiana's ABLE savings program, INvestABLE Indiana, offers qualified individuals with disabilities the ability to save money without affecting eligibility for benefit programs, such as Medicaid or SSI.

In the four years since its launch, the program has seen substantial investment and utilization by Hoosiers living with disabilities. In 2020, the plan saw assets under management increase by 83 percent to \$5,726,418.

As Chair of the Board which oversees the program, State Treasurer Kelly Mitchell remarked, "ABLE accounts have seen tremendous growth in Indiana since their introduction only four years ago. Hoosiers with disabilities continue to respond to the flexible savings and usage of these accounts, and I'm so pleased with what we've accomplished in such a short time."

INvestABLE Indiana has made savings and financial empowerment a reality for so many Hoosiers who previously could not easily save above \$2,000. Now, the average ABLE account balance is over \$7,000.

*"INvestABLE opens the door to a life-changing opportunity of increased independence and financial security."* said Indiana ABLE Authority Executive Director Amy Corbin.

INvestABLE Indiana offers seven investment options, including a checking account option with a debit card. Up to \$15,000 per year can be saved in an account, with a maximum account balance of \$450,000. For an individual receiving Supplemental Security

Income (SSI), they can save up to \$100,000 in their INvestABLE Indiana account and not risk losing their monthly benefit. Money can be withdrawn and spent on qualified expenses or INvestABLE Indiana account holders can choose to grow their finances and create long-term savings with tax-free earnings. Contributions and earnings in INvestABLE Indiana accounts are not subject to federal or state income tax if spent on qualified expenses, similar to a 529 college savings account. Contributions are made with post-tax dollars.

More information about INvestABLE Indiana, including how to open an account, can be found [here](#).

**Giving those with disabilities the ability to save.**

New INvestABLE Indiana helps individuals save, while preserving their SSI and Medicaid.

[Start Saving](#)



# How crunching numbers helps Hoosiers: The Management Performance Hub

Welcome back to the Indiana's Tax Dollars at Work Campaign from the Indiana Department of Revenue (DOR). If you missed the first article all about the campaign you can check it out in [February's Torch](#).

This month, DOR is exploring the work of the [Management Performance Hub \(MPH\)](#). They have been working diligently behind the scenes to help gather data for Indiana's response to the

COVID-19 pandemic. This team has been tracking all the ways the virus is affecting Hoosiers by sharing important data through online dashboards, assisting with data needed for studies to track the virus, and working collaboratively with state partners to gain a clear picture of the pandemic in Indiana. All of this data is then provided to Gov. Eric J. Holcomb and his team to help make data-driven decisions for our state.

Of course, that's not all they do, from working on fighting the opioid crisis to using data to improve local communities, this small agency is working collaboratively with other state agencies, local governments and other data hubs to determine ways to help by utilizing the data and finding solutions.

Check out the [MPH Money Monday blog](#) to learn so much more about how they are crunching the numbers to help Hoosiers.

Want to know more? You can learn which agencies will be featured each month, see past blogs and subscribe for updates on DOR's [Indiana's Tax Dollars at Work](#) webpage.



## Susan Bayh, former first lady, remembered by Holcomb, Crouch

Former Indiana First Lady Susan Bayh died Feb. 6 after a battle with an aggressive form of brain cancer.

She was 61.

Bayh served as first lady during her husband Evan Bayh's two terms as Indiana governor (1989 to 1997). A lawyer, she served on numerous corporate boards following Gov. Bayh's terms in office, and she was an adjunct professor at the University of Southern California where she had previously earned her Juris Doctor degree.

Gov. Eric J. Holcomb and Lt. Gov. Suzanne Crouch both issued statements following the announcement of the former first lady's death.

Governor Holcomb gave the following statement:

*"Janet and I were saddened to learn about the passing of former First Lady Susan Bayh. She was an extraordinary and radiant public servant, wife, mother and friend, who leaves a remarkable impact on our state and nation. I ask all Hoosiers to join us in praying and being there for the Bayh family."*

Lieutenant Gov. Crouch said the following:

*"I am saddened to learn of the passing of former Indiana First Lady Susan Bayh. She was always a bright face to see at the Statehouse and throughout our state. She led*



*Hoosiers by example and always wanted what was best for Indiana. My heart goes out to the Bayh family and I encourage Hoosiers everywhere to keep the family in their thoughts and prayers."*

You can read the Bayh family's statement on the former first lady's passing on former [Gov. Bayh's Facebook page](#).

# More Museum for Your Money

Your membership to the Indiana State Museum and Historic Sites now opens another 300 doors



A Family Plus membership to the [Indiana State Museum and Historic Sites](#) now gets you free admission to more than 1,500 museums and science centers around the country—300 more locations than last year.

In addition to free admission to the state museum in Indianapolis and 11 historic sites around Indiana, the membership also includes such notable locations as the Museum of Science and Industry and Field Museum in Chicago, the Cincinnati Museum Center, the Center of Science and Industry in Columbus and the Louisville Science Center, just to name a few.

The new additions include the National Museum of Toys and Miniatures in Kansas City, Missouri; Old Sturbridge Village in Sturbridge, Massachusetts; and Kingwood Center Gardens in Mansfield, Ohio.

"This is an incredible bargain," said Carrie Miller, membership manager for the Indiana State Museum and Historic Sites. "If you travel, have spring break or summer vacation plans, whether you're visiting family or hosting them at your own home, you can use this membership to bring your family here to show off the museum, or head to the historic sites. And, when you go to visit them, plan ahead and check the lists to see

where you can visit in their area with your membership."

The lists of participating institutions can be found at the [Association of Science and Technology Centers](#) (ASTC) and [North American Reciprocal Museum Association](#) (NARM) websites.

Indiana State Museum and Historic Sites memberships are available [here](#) or in person at the museum and sites.

In addition to admission for two adults, a Family Plus membership comes with these benefits at the Indiana State Museum and Historic Sites:

- Free admission for two additional guests and all children in household and grandchildren younger than age 21
- Add a designated caregiver to your membership at no charge
- 25 percent discount on select programs and 10 percent discount on camps
- 10 percent discount at all Indiana State Museum and Historic Sites gift shops
- Monthly member e-newsletters and online seasonal guides
- Exclusive invitations to members-only events
- 10 percent discount at the Farmers Market Café in Indy
- Free parking at the White River State Park parking garage to be used during a visit to the museum

## Stay up to date with COVID-19 news

- [2019 Novel Coronavirus \(COVID-19\)](#)
- [Indiana Department of Health](#)
- [Governor Eric J. Holcomb](#)

## Helpful resources

### Anthem Resources

- [Anthem Employee Assistance Program \(EAP\)](#)
- [Anthem NurseLine](#)
- [LiveHealth Online](#)
- [211.org](#)

### General Resources

- IDOH COVID-19 Call Center– 877-826-0011
- Contact the INSPD Benefits Hotline – 317-232-1167 (Indianapolis area), 1-877-248-0007 (toll-free outside Indianapolis)
- Disaster Distress Helpline – 800-985-5990, or text "TalkWithUs" or "Hablanos" to/al 66746.
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline – 800-662-HELP
- National Suicide Prevention Lifeline - 800-273-TALK or 888-628-9454 (español)



Artwork by Jerry Williams

# Secretary of State Lawson stepping down

## Gov., Lt. Gov. issue statements lauding ‘Indiana’s own Iron Lady.’

Indiana Secretary of State Connie Lawson announced her intention to resign from office Monday, Feb. 15.

Lawson has served as Indiana’s 61st Secretary of State since her appointment to the office in 2012 by then-Gov. Mitch Daniels. She won re-election campaigns in 2014 and 2018 and is the state’s longest-serving Secretary of State.

A Republican, Lawson previously served as an Indiana senator from 1996 to 2012. During that time, she became the first woman to serve as Indiana Senate Majority Floor Leader.

“I have dedicated the last 32 years of my life to public service,” said Secretary Lawson in a [statement announcing her decision](#). “I have served with all of my heart and soul. It has been an honor to serve, but it is time for me to step down.”

Secretary Lawson said she intends to assist Governor Eric Holcomb in the transition process as he selects her successor. She plans to focus on her health and family.

Secretary Lawson’s tenure “championed sweeping election reforms and led the effort to clean Indiana’s voter rolls,” her statement said.

Gov. Holcomb released the following statement:

*“Indiana’s own Iron Lady, Secretary of State Connie Lawson, has long defined what true public service and leadership is and ought to be all about. Throughout her time in county, legislative and statewide office, she set the standard for commitment, composure, class and credibility. No matter the year or issues of the day, citizens could bank on Connie Lawson leading the way and inspiring others to follow.*

*“A trailblazer, holder of state records, even serving alongside three Governors as Secretary of State, through it all, Connie has remained universally respected by veterans and the next generation alike.*

*“I’ll forever count myself fortunate and proud to say, ‘I served with Connie Lawson.’*

*“And, while she’ll no longer be just down the hall from my Statehouse office, I know that she will continue to be a trusted advisor and great friend.*

*“I wish her and her husband Jack and their entire family happy trails upon her retirement and congratulate her on her immediate induction into the Hoosier Pantheon of all-time great public servants.”*

Lt. Gov. Suzanne Crouch lauded Lawson in a statement as well:

*“Secretary Connie Lawson is a perfect example of Hoosiers’ pioneering spirit. I have always felt close to her, as our careers*

*have taken similar paths. She started her path of public service in county government before joining the legislature, where she would become the first woman in Indiana Senate history to become majority floor leader.*

*“Her decades-long passion as an advocate for stronger awareness of health issues earned her countless accolades from her fellow Hoosiers, and she was a leader among her peers, having been inducted as president of the National Association of Secretaries of State in 2017.*

*“Connie made it a goal to leave Indiana in a better place and during her entire public and private life, she has done exactly that.*

*“Congratulations to Connie and her family upon your retirement.”*



# DCS wins “Best Structure” award, collects most cans in 2021 Canstruction Competition

The Indiana Department of Child Services (DCS) took the 2021 Canstruction Competition to the “Next Level” with an impressive effort that resulted in the agency taking home both of the contest’s awards.

Judges were buzzing for Noble County’s impressive “bee hive” Canstruction, which promoted the [Indiana Foster Care](#) program. The towering creation used ample amounts of honey to complement the 559 cans needed to complete it. Papercraft bees looked busy outside the structure, completing the effect.

The work turned out to be a “Noble” deed—in more ways than one.

“We have been working with our regional foster care specialist in an effort to seek out new fosters,” said Tiffani Hovarter, a family case manager supervisor in Noble County. “The Noble County team has been working with community outreach to spread knowledge about the benefits of becoming a foster parent.”

They’ve also been making an impact in their community. The cans collected were donated to the Noble County Food Pantry, a location near and dear to the hearts of the DCS employees who participated in the Canstruction Competition.

Hovarter explained that their team’s office keeps a donation box. Employees can choose to wear jeans on certain Wednesdays in exchange for placing an item in the box.

Being part of the Canstruction Competition was anything but a chore for the Noble County team.



*Oh, bee hive! Noble County DCS created this sweet-as-honey display for the 2021 Canstruction Competition. Judges selected their creation as the winner in the vaunted “Best Structure” category for this year’s contest.*



“This project was a wonderful way to bring folks together safely during the pandemic,” Hovarter said. “The office morale was definitely seen to increase positively during this time.”

In all, there were 10 DCS teams who participated in the Canstruction Competition, which accounted for more than half the number of total teams. The final can count for all teams combined was 10,871. The Madison County DCS squad collected the most cans per team (2,526) which they used to create a giant homage to the “Mask-Up, Hoosiers” campaign.

Team “Cash In for Hunger,” which was composed of DCS Staff Development personnel, was unable to formally compete in the Canstruction contest, but they collected \$465 in honor of the program and donated the money to Gleaners Food Bank.

Check out the photos of all entries at the [State of Indiana Employees/Invest in Your Health Facebook page](#).

# Hoosier Lottery executive director addresses problem gambling in letter

March is National Problem Gambling Awareness Month.

The Hoosier Lottery shines a light on this important subject with Positive Play initiatives. Positive Play means whether you win or lose, playing the lottery should be a positive experience. We promote messaging and provide tools to support this important campaign all year long. We want to help players know the game, set a limit, and keep it fun.

According to the National Council on Problem Gambling, approximately 2 million U.S. adults (1 percent of the population) meet the criteria for a gambling disorder. Another 4 to 6 million (2 to 3 percent) are considered to meet criteria for problem gambling. In many of these cases, gambling remains a hidden addiction. Signs of problem gambling may include financial problems, debt, borrowing money to play, spending more than you can afford, chasing losses, visiting multiple retailers in one day, visiting the same retailer multiple times, neglecting family or personal responsibilities, or obsessive thinking about gambling.

The Hoosier Lottery is committed to working with employees, retailers, and players to raise awareness and reach people to know the signs of problem gambling and the services that are available to help. Our employee program has been rated as a best practice by the World Lottery Association. It includes a deep-dive training for all employees every three years, yearly refresher training, and specialized job-specific training. We train more than 4,000 retailers -- our entire retailer base -- once every three years with skills they need to help keep play positive. Additionally, we communicate important responsible gaming information with them regularly through our monthly retailer newsletter.

The Hoosier Lottery is Level 4 Certified in Responsible Gaming with the World Lottery Association, which is the highest level that can be achieved. Certification requires an audit and review of the responsible gaming program by an independent panel of experts in corporate social responsibility. Level 4 lotteries are implementing

specific programs into their day-to-day operations and are continuously improving their programs. The nine categories of commitments and actions that members must translate into actual programs include: research, employee program, retailer program, game design, advertising and marketing, player education, treatment referral, stakeholder development, and reporting and measuring.

When you know the odds and your chances to win, playing is more fun. You can find responsible gaming resources on our [website](#).

I invite you to click [here](#) to learn more about the Hoosier Lottery and our efforts to champion Hoosier dreams big and small while contributing to the Teacher's Retirement Fund and local police and firefighter pensions.



Sarah M. Taylor

Executive Director of the Hoosier Lottery

- Know your game
- Set a limit
- Keep it fun

[hoosierlottery.com](http://hoosierlottery.com)



# Reaching 'HIRE,' Moving Forward

**INDOT highway tech driven to succeed in career, life**

No matter what the day brings, the words and advice of Jamarlon "Jay" King's parents and grandmother continue to guide and inspire him.

The Indiana Department of Transportation (INDOT) highway technician has experienced hardship and hopelessness,



Jamarlon "Jay" King is finding success post-incarceration as an INDOT highway technician. He credits his faith, family, fellow employees, and those involved in the state's HIRE program with helping him rebuild his life.

unforeseen obstacles and even incarceration, but never hopelessness; and for that, he credits those who never stopped supporting him—those who always believed in him.

"As long as God puts breath in your body, he ain't done with you," Jay said his mother was fond of saying. "He will give you opportunities."

It's up to each individual to make the most of those opportunities, of course, and King is committed to doing just that. He knows he's not alone on this journey and he hopes his recent success is just the beginning of better days.

After all, it was only a short time ago



that Jay walked out of Edinburgh Correctional Facility a free man, though one without a home, a job, and little more than the clothes on his back.

"It was like being born at 44-years-old," Jay told the Indiana Department of Correction's (IDOC) Michael Martin Drain in a recent [video interview](#) highlighting King's success that has been achieved in part with the assistance of IDOC's [Hoosier Initiative for Re-Entry](#) (HIRE) program. He was starting anew, beginning his life all over again.

Read the rest of this story [on Employee Central](#).

## Government Women in Technology group continues to grow

It's been almost one year since Anushree "Anu" Bag's vision for a collaborative professional group that would allow women in technological careers to network, share their personal experiences, and forge relationships finally came to fruition.

"I was interested in joining a women's group at the state," she reflected. "When I didn't find one, I talked to several colleagues to see if there would be any interest in creating one. When I found significant interest, I just decided to create one."

She later established a charter and a board of directors and today [Government Women in Technology](#)

(GWIT) is the only affinity group approved and recognized by the state of Indiana.

The first GWIT summit took place March 9, 2020. At the time, the group consisted of only nine members, all of whom were part of the [Indiana Office of Technology](#) (IOT). Bag serves as executive director of IOT's Risk Compliance division.

It was the start of something she hoped would grow and flourish, but in less than a year, membership has increased more than tenfold and the group's footprint has expanded to include monthly meetings, a [LinkedIn page](#), and a SharePoint site teeming



The Government Women in Technology Group was founded in 2020 by Anushree M. Bag of the Indiana Office of Technology. Seen here (left to right) are: Elizabeth Trimble, Tammy Sturgill, Carol Batzloff, Anushree (Anu) Bag, Taylor Schultz, Stacey Calvin, Elaine Kan, and Lois Remick.

with helpful resources. And that's clearly just the beginning.

Read the full story on [Employee Central](#).

# 2021

## Wellness Seminar Calendar



View the seminars on demand — anytime, anywhere.  
Submit a question and receive a response via email.  
Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

	<b>Theme</b>	<b>Title</b>	<b>Description</b>
JAN	Reframing Your World	<b>Reframing Your World</b> Available on Demand Starting Jan 19th	Discover the practical ways to reframe your perspective to live a more present and positive life.
FEB	Setting Goals	<b>Setting Goals for Your Future</b> Available on Demand Starting Feb 16th	Learn how to strategically set short-term and long-term goals to help you succeed in all areas of your life.
MAR	Planning for Success	<b>Planning for Success</b> Available on Demand Starting Mar 16th	Explore the secrets behind being more organized and more efficient to help combat and reduce overwhelm.
APR	Financial Security	<b>The Steps to Financial Security</b> Available on Demand Starting Apr 20th	Understand the practical ways you can feel more secure and more stable in your finance management.
MAY	Addressing Anxiety	<b>Addressing Anxiety in an Uncertain World</b> Available on Demand Starting May 18th	Learn how to recognize and manage anxiety to actively combat the physical and mental effects in a practical way.
JUN	Healthy Relationships	<b>Building Healthy and Happy Relationships</b> Available on Demand Starting Jun 15th	Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.
JUL	Summer Holiday	<b>Maximizing Your Summer Break</b> Available on Demand Starting Jul 20th	Learn some straightforward and effective ways to make the most of your summer holiday and maximize the moments and memories for you and your family.
AUG	Building Confidence in Children	<b>Raising Confident Children</b> Available on Demand Starting Aug 17th	Attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults.
SEP	Being Present	<b>Switch on to Being More Present</b> Available on Demand Starting Sept 21st	Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.
OCT	Embracing Differences	<b>Embracing Diversity and Differences</b> Available on Demand Starting Oct 19th	Learn about how to live and work in a way that is respectful, kind, and embraces diversity in all walks of life.
NOV	Caring for our Elders	<b>Caring for Our Elders</b> Available on Demand Starting Nov 16th	Find out more about the aging process and how to both practically and emotionally care for elderly relatives.
DEC	Making Time to Make a Difference	<b>Paying it Forward</b> Available on Demand Starting Dec 21st	Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

To view a seminar on demand go to [www.anthemEAP.com](http://www.anthemEAP.com)  
and enter **State of Indiana**

The Seminars section is located in the scrolling tiles to the left of the green centers on the homepage.

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