



# The Torch

The official newsletter for Indiana state employees

July 2022

## Coordinated care system builds mother-child bonds, helps individuals transition back into society

Last month, a newly-developed program focusing on helping incarcerated mothers bond with their babies and successfully transition into society was featured in *Advancing Corrections*, a national research magazine.

Staff from the Indiana Department of Correction Transitional Healthcare partnered with IU Fairbanks School of Public Health researcher Dr. Jack Turman on a study focused on creating a coordinated care system for mothers and babies transitioning from a prison nursery to the community.

The study focused on mothers in the Leath Maternal and Child Health Unit at the Indiana Women's

Prison, one of few programs in the nation that allows incarcerated mothers to keep their babies with them inside the facility, providing an opportunity for meaningful attachment and reducing trauma for both the mothers and babies. The research team developed and implemented "Mothers on the Rise," an innovative program that coordinates care for each mother-baby pair during their transition to the community, and first year post-release.

Christine Daniel, Executive Director of IDOC Transitional Healthcare said "Women and babies in a prison nursery program are a specialized population that is often overlooked.

"There is little research on effectively and holistically transitioning a mother-baby pair into the community. Indiana Department of Correction and Mothers on the Rise are 'writing the book' on what other states should be doing if they establish a prison nursery."

(Continued on [page 19](#))



## In this issue

- 1 Coordinated care system builds mother-child bonds, helps individuals transition back into society
- 3 Health Issues and Challenges grants target lead prevention, food insecurity, chronic disease and more
- 6 Indiana Statehouse flag inspires reflection
- 7 Protect your financial and retirement information from fraudulent advisors
- 11 Get ready for Health & Wellness Week!
- 16 Did you know you could get paid to volunteer? ISDA employees do.

*The Torch* is published monthly by the Indiana State Personnel Department and is available online at [on.in.gov/TheTorch](https://on.in.gov/TheTorch).

## Got a story?

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

## Social media

 Follow [State of Indiana](#)

 Like [State of Indiana](#)

 Follow [State of Indiana Employees](#)

# Indiana Veterans' Home 2022 Employee of the Year and Department of the Year

## 2022 Employee of the Year - Eric Giddens, RN

Indiana Veterans' Home would like to congratulate and recognize Eric Giddens as the 2022 Employee of the Year. Eric is a registered nurse who works as a Nursing Supervisor at the Indiana Veterans' Home. He was nominated for Employee of the Month in October 2021, which made him a candidate for Employee of the Year. Below are a few quotes from his nominations when he received Employee of the Month.

"I would like to nominate Eric because he is very capable and always professional. He handles every situation with a calm and reassuring confidence. He readily does whatever is needed of him. He works effortlessly as both house supervisor and covering units as a floor nurse at the same time. He completes all his duties with a positive attitude. He is someone that we know we can

trust and rely on!"

"Eric always goes above and beyond in his role as night supervisor. He is always helping the nursing staff on the floors. No matter the situation he is always calm and helps in every way possible. Eric also often helps work the floor when we need a hand so one of the managers does not have to work. He is a great team player, and we appreciate all he does for IVH and our residents."

"Eric has a positive attitude – he goes above and beyond to ensure the residents get the care they deserve. Eric is a team player – he will assist coworkers in any way he can."

"Eric goes above and beyond. He helps on the units as well as being a supervisor also. He never complains and is always upbeat. He treats everyone with respect."

Congratulations and thanks for all your hard work and dedication, Eric!

## 2022 Department of the Year - Social Services

What do social workers do in

nursing homes? By definition, social workers recognize their residents' psychosocial, mental, and emotional needs and help residents access services that meet those needs. The Indiana Veterans' Home Social Services Department goes above and beyond to provide those next level services that your family members need, and that you would provide to them in your own home.

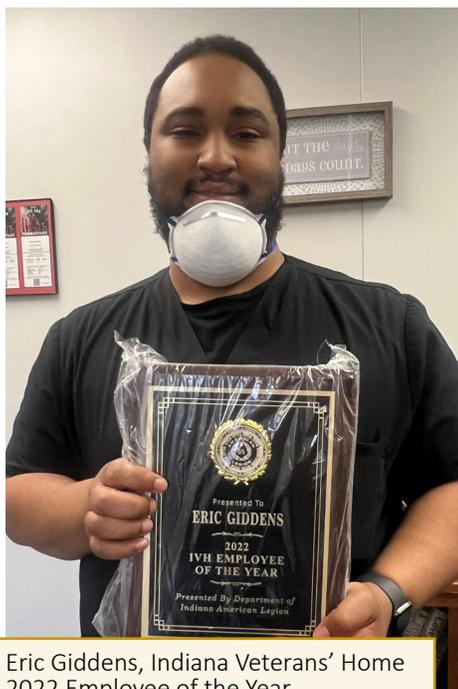
Because of our team's dedication to serving individuals in our facilities, Indiana Veterans' Home would like to recognize our Social Services team as Department of the Year!

*Article submitted by Indiana Veterans' Home*

## 2022 Indiana Veterans' Home Upcoming Public Events

All events will be held on the IVH Campus – 3851 N River Rd. West Lafayette, IN 47906

- **Veterans' Day Ceremony** | November 11th | 10 a.m. MacArthur Auditorium
- **Wreaths Across America** | December 17th | 12:00 p.m. MacArthur Auditorium



Eric Giddens, Indiana Veterans' Home 2022 Employee of the Year



Social Services Team, Indiana Veterans' Home 2022 Department of the Year

## Health Issues and Challenges grants target lead prevention, food insecurity, chronic disease and more

If you had \$50 million to address some of the most important health issues facing Hoosiers today, how would you use it?

That's the question the newly formed Indiana Department of Health's (IDOH) Health Issues and Challenges Division had to answer as they sorted through more than 200 applications to determine how funds allocated from the American Rescue Plan Act would be dispersed. That's no easy task, but the results may speak for themselves as some of the state's most critical health challenges – from food insecurity to lead prevention to chronic disease management – will receive extra attention in Hoosier communities.

Regina Smith, who helped shepherd the Indiana Health Issues and Challenges grant program, believes these matters will impact nearly every Hoosier in some way.

"There were six program areas that organizations could apply for, and the communities throughout Indiana rose to the occasion and came forth to help," said Smith, who serves as division director. "This shows that our communities also see the gaps not only in services, but also in social determinants of health. Hopefully, funding these awards will help seal the cracks, and we'll have healthier communities as a result."

The largest funding block was dedicated to food insecurity and obesity prevention, with \$9.4 million to be used to combat

those issues. Additionally, \$6.5 million will be used for hepatitis C prevention; \$5.6 million was awarded for community health workers, and more than \$4 million each will go toward lead prevention and community paramedicine. The wide-ranging windfall is certain to have a positive impact, and the team is far from finished.

"We're preparing to open the second round of applications in late August," said Smith. "We have \$7 million left to be awarded."

For the first round, the team sifted through 210 applications and awarded 154 total applicants. In all, 185 organizations applied for the grants, which may also be used to address cancer prevention, asthma, tobacco prevention, cardiovascular health and diabetes. Applicants that demonstrated the highest level of need and who would have the most impact on the issues were prioritized. With that success in the immediate rearview, Smith expressed gratitude to other IDOH leaders who helped guide the team's important work.

Among those are State Health Commissioner Dr. Kris Box, Chief of Staff Shane Hatchett, Chief



The Health Issues and Challenges grant program team has helped shepherd more than \$35 million toward major health issues in Indiana. The team plans to distribute about \$7 million more during the second round of proposals. Seen here are (left to right) Alaina Adams, Regina Smith, Lacy Foy, and Brenda Graves-Croom.

Medical Officer Dr. Lindsay Weaver, Deputy State Health Commissioner and State Epidemiologist Pam Pontones, Paul Krievins, Lindsey Bouza, Ann Alley, Jeremy Turner, Miranda Spitznagle, Eden Bezy, Naima Gardner-Rice and the IDOH Health Equity Council, Thomas Haney, Jeni O'Malley, Greta Sanderson, the Finance team, and the 16 application review teams, among others. Pontones praised Smith and her team, who hit the ground running, as well as the work of the review committee members who balanced their grant tasks with their daily duties, calling the collective teamwork "extraordinary."

"I am so proud and grateful for everyone who has built this program to make such an incredible impact on the health of Hoosiers," Pontones said.

Smith, who will educate, monitor, and assist the grantees in reaching their program goals when the

(Continued on [page 20](#))

# Governor's Public Service Summer Interns update

The Governor's Public Service Summer Internship Program has been at full speed this summer! After a hiatus due to the pandemic, the program has returned and over 100 interns are serving Hoosiers in various state agencies. In addition to learning all about state government and gaining work experience, an important part of the program is the variety of intern engagement events.

So far, the interns have visited with the Office of the Chief Equity, Inclusion and Opportunity Officer to learn about the team's important work in Indiana. The interns also had a question-and-answer session with Lieutenant Governor Suzanne Crouch where they heard about her path of public service and asked questions about Indiana's future, economy, and important issues in our state. The interns also heard from Auditor of State Tera Klutz on how her office "writes the checks" for the state.

The interns also had the opportunity to serve in a different way, by volunteering with White River State Park. The group had lunch in the park and then worked to clean up the Urban Wilderness Trail from trash brought on by the spring flooding of the river.

To finish out the summer, the interns have plans to meet with Governor Eric J. Holcomb, hear from a panel of agency heads, and celebrate the end of the summer with an event. As the summer comes to a close, the state is thankful to have interns back around the Statehouse and excited to be working alongside Indiana's future leaders.

*Article submitted by Sam Coffman, Indiana State Personnel Department*



Interns meet with the Office of the Chief Equity, Inclusion and Opportunity Officer.



Lieutenant Governor Suzanne Crouch speaks with interns.



Auditor of State Tera Klutz chats with interns after her presentation.

## Peer education program key in harm reduction, disease prevention

One of the core elements of public health is “meeting people where they are.”

It’s a doctrine that aims to acknowledge disparities and lived experiences to build bridges that will help a person receive the health care they need. It can refer to a physical place as well, however, and for people in congregate settings, the risk of transmitting disease is heightened by proximity.

The threat of widespread illness

can be even greater for the nearly 23,000 people currently incarcerated in the Indiana Department of Correction (IDOC).

People like Deborah Nichols and Erika Chapman are working to change that by bringing a health education training program directly to incarcerated individuals, meeting them where they are and helping reduce the risk of disease transmission. Chapman, HIV/STD, and Viral Hepatitis Division Harm Reduction Program manager, and Nichols, former

Indiana Department of Health (IDOH) deputy Surveillance Program director, are part of the Indiana Peer Education Program (INPEP). And they’re working to start incarcerated people off on a journey they hope will improve public health and allow peer educators to find a new purpose.

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

*Article submitted by Brent Brown, Indiana Department of Health*



The Indiana Peer Education Program (INPEP) has trained more than 160 peer educators across several Indiana Department of Correction facilities. Participants learn about infectious diseases, mental illness and other health topics they can share information about with other incarcerated people.

## BMV Connect Kiosks

Did you know you can find a BMV Connect Kiosk in the Indiana Government Center?

Complete over a dozen transactions at a BMV Connect Kiosk at Government Center North in the basement or on the 4th floor.

[Click here for a complete list of kiosk transactions](#)



# Indiana Statehouse flags inspire reflection

Article submitted by Sam Coffman, Indiana State Personnel Department

Two hundred forty-six steps. That is how many it takes to get from the fourth floor of the Indiana Statehouse to the very top of the central dome. My team and I recently trekked these stairs to get a new perspective of the Statehouse grounds.

In celebration of Independence Day, I was asking questions about the American flags that are flown on the Statehouse. Over 25 flags are consistently flown in, around, and on top of the capitol building. American flags are usually flown alongside the flag of the State of Indiana throughout the building.

When this statehouse was originally completed in 1888, the American flag only had 38 stars on it, with Colorado just recently admitted as the 38th state to the United States. At that time, Indiana had only been a state for 72 years and my family had only been here for 50 of those.

I come from a long line of Hoosiers natives. Seeking freedom from religious persecution, my sixth great-grandfather, William, came to the colonies and settled his family on land in Virginia in 1770. Later, as the country was celebrating its first 50 years, the Coffmans moved from Virginia to Indiana. And as Hoosiers we built our family here.

I thought of this legacy as I climbed those steps in the Statehouse, and as I show up to work each day. I know that I am just an intern this summer, but I could not be more

excited and thankful to be serving this state, where my family has grown, expanded, and passed on our heritage from generation to generation.

These last few years have been tough on Hoosiers across Indiana as they battled the pandemic. But I believe in Hoosiers, and I believe in Indiana. No matter what we go through, our flag is accompanied by the Stars and Stripes at the top of the Statehouse.

On our trek to the top of the dome, I went a few steps beyond my colleagues and climbed the ladders to poke my head out the hatch at the top. The view of downtown Indy is like something you just cannot get from any other spot; but my favorite sight was the flags. I was so close to them as they flew in the breeze. And I was reminded, both flags will continually fly over our capitol and state. I climbed those steps to see it up close, just to be sure.

As state employees, we serve Hoosiers in all sorts of ways, and I am thrilled that I am getting a small piece of the action this summer. It is incredible to know that somebody asked me to come and do what I could to help. The summer is already going by much too fast, but I hope to see state government again soon.

Hoosiers across Indiana can ask the Governor's Office to fly flags in honor of loved ones or of brave veterans, or as a gift to a young graduate as they embark upon life.

Thank you, Indiana, for all of the opportunities.



# Protect your financial and retirement information from fraudulent advisors

Fraudulent advisors, bad actors, and cybercriminals are more creative than you might think. And as a public employee with a valuable retirement benefit from the Indiana Public Retirement System (INPRS), you can become a top target. Keep your information and hard-earned money safe by knowing how to identify legitimate communications from those with deceptive or malicious intentions.

From time to time, INPRS is made aware of emails received by members from individuals falsely claiming to be representatives of INPRS. While not currently a widespread issue, it's important to protect your account information and personal identity, especially when it comes to your hard-earned retirement account. Maintaining vigilance over who has access to your information is one of the

most important things you can do for your financial future and retirement security.

As an INPRS member, you can expect to receive communication directly related to your account through several channels throughout your years of service and through retirement. Things can get confusing as both legitimate and disingenuous attempts to earn your business arrive in your inbox.

To help you understand what is coming to you and from whom, we have provided this simple guide.

**Direct Email-** You'll receive updates about your secure member account, newsletters, and educational campaigns. If you have reached out to our Member Service Center, you may get an email response. These emails will

come from an address with "inprs.in.gov" at the end. Your quarterly member statement will be sent to your email address on file from [voyasupport@voyaplans.com](mailto:voyasupport@voyaplans.com). Hover over the email address before opening it to ensure that it is from INPRS and not masked to appear as if it is.

**Direct Phone Call-** At times, we make individual callouts for specific outreach campaigns. The caller should identify themselves by name and offer you an opportunity to call us back at our primary number to confirm its legitimacy. You can take their name and call us at 844-GO-INPRS to be directed to our Member Service Center which will then get you to the right team member. If you ever are not comfortable sharing information, please don't.

**In-Person Appointments and Presentations-** Our Retirement Services Consultants serve the entire state of Indiana and often conduct presentations and meetings in-person and online. There is no limit to how many appointments or presentations you can attend and there is never a charge for our services. Our team members always carry identification, so please ask to see it if you ever have any doubts. We promote these events through direct email, mail, on our website, and through your employer. Attendees can register online at [www.inprs.in.gov](http://www.inprs.in.gov) and

## Protect Your Financial Information from Fraud and Cyber Risk

**Pause Before You Click-** Were you expecting that email? Do you recognize the sender? Did you ask them to send you an attachment? Hover over email addresses to confirm that it's from who you believe it to be. If there's ever any doubt, delete the message. Don't click any links or open attachments as they may be a cybersecurity risk.

**Ask for Proof-** Any legitimate financial advisor will gladly prove who they say they are. Confirm claimed certifications, licenses, accreditation, and memberships. If someone is hesitant to do so, that could be a warning sign.

**Confirm Through Known Methods-** Did you receive a phone call from someone asking you to discuss your personal and financial information? If you weren't expecting a call, take down their information, and call the company's primary phone number listed through a reliable source.



(Continued on [page 21](#))



# FSSA encourages Hoosiers to participate in survey to measure addiction treatment, recovery resources in Indiana

The Indiana Family and Social Services Administration’s Division of Mental Health and Addiction (DMHA) recently announced the launch of the Recovery Capital Index, designed to measure the sum of resources necessary for an individual to initiate and sustain recovery from addiction and to help track the overall recovery capital of the state and communities.

“People in recovery have been telling us for decades that there is more to recovery than just maintaining sobriety,” said Jay Chaudhary, DMHA director. “A well-rounded, fulfilling life is the key to a thriving recovery. The Recovery Capital Index will help the state measure the quality of life for Hoosiers in recovery and ensure that Indiana remains a great place to recover.”

Recovery capital is the overall measure of internal and external resources available to an individual with a substance use disorder to ensure their continual success in recovery. The RCI provides a comprehensive picture of a person’s whole well-being using an online, automated 68-question survey. Generally, the higher the level of recovery capital, the better the chances of someone maintaining success in recovery.

The state of Indiana has invested more than \$45 million of federal

**Recovery capital makes recovery possible.**

Scan the QR Code or Text **LIFE** to (833) 638-3784

Learn more about using Naloxone and participate in our recovery capital survey. Standard text & msg rates apply.

Partnership with Recovery Capital Index® OverdoseLifeline Division of Mental Health and Addiction

State Opioid Response grant funding over the past four years to combat the drug epidemic and improve mental health. DMHA plans to use aggregate and geographically analyzed results from the Recovery Capital Index to drive future decisions about funding and resource allocation. Chaudhary said mapping and measuring recovery capital will also allow DMHA to see the effect of its investment and track it over time.

To complete the Recovery Capital Index survey, text “RECOVERY” to 833-638-3784. All Hoosiers are encouraged to complete the survey, not just those directly affected by addiction.

To help drive participation, Overdose Lifeline, Inc., an Indiana nonprofit dedicated to helping

those affected by substance use disorder, will place stickers on over 200 NaloxBox units and 19 naloxone vending machines across the state. The stickers will prompt users to scan the QR code or text “RECOVERY” to 833-638-3784 to access the survey and additional information about naloxone, including training videos.

To find a naloxone distribution site near you, visit [www.overdoselifeline.org](http://www.overdoselifeline.org).

DMHA has contracted with Commonly Well to administer the survey statewide. [Commonly Well](http://Commonly Well) is a public benefit company that uses technology and data to help communities and organizations employ well-being initiatives.

Article submitted by Indiana Family and Social Services Administration

# 2022 State Contracts Seminar

## Have you heard about the 2022 State Contracts Seminar?

The Office of the Attorney General recently announced that registration is now open for the 2022 State Contracts Seminar.

### Date and Time:

Wednesday, July 13, 2022 from 8:30 a.m. through 12:00 p.m.

### Summary:

The 2022 State Contracts Seminar highlights the procedures by which state contracts are procured, drafted, and approved. This seminar will provide practical insights and helpful advice to those involved in the state contracting process. This year's speakers include representatives of the Office of Attorney General, Department of Administration, State Budget Agency, Office of Technology, and Office of the Inspector General. All State government attorneys and employees who work with State contract process are encouraged to attend this free event.

### CLE Hours:

3.0 hours, including 1.0 hour of ethics (pending approval). Beginning June 6, 2022, you can register through Eventbrite via the link below:

[Register for the 2022 State Contracts Seminar](#)

On the date of the event, registration will begin at 8 a.m. and the seminar will begin at 8:30 a.m.

### Locations:

#### *In-Person Admission*

If you plan to attend in-person, please register through the Eventbrite link and select the "In-Person Admission" ticket type. The seminar will be held at: Indiana Government Center South, Auditorium, 302 West Washington Street, Indianapolis, Indiana 46204.

#### *Live-Stream Admission*

If you plan to attend remotely by live-stream via Zoom, please register through the Eventbrite link and select the "Live-Stream Admission" ticket type. You will receive a link to the seminar a few days before.

### Additional Information:

If you have any questions or concerns or need accommodations, please email [contracts@atg.in.gov](mailto:contracts@atg.in.gov).



Artwork by Jerry Williams

## State Employee DISCOUNTS

### New Home Improvement Discounts

Looking to do some home improvements this summer? Check out the new discounts that have been added to the [State Employee Discount page!](#)

### Concrete Specialists of Evansville

Discounts on concrete services  
[View the discount >](#)

### Deluxe Decks Indy

20% off total project cost on your next custom deck project  
[View the discount >](#)

### Epoxy Pros of Indy

25% discount on your next epoxy floor coating project  
[View the discount >](#)

### Indy Custom Remodeling

25% discount off total project cost on your next remodel project  
[View the discount >](#)

### Mano Restoration

15% off total project cost of your next roofing project  
[View the discount >](#)

### Walcraft Cabinetry

20% off your order, free nationwide delivery, free kitchen design assistance, free samples  
[View the discount >](#)

[View all State of Indiana employee discounts](#)

# PeopleSoft 9.2 Update

## Absence Management-Request dates should be in the same pay period

The new absence request functionality of the PeopleSoft HCM 9.2 system has a few limitations that requires additional instruction.

1. Submit separate requests so the start and end dates of each request are in a single pay period.  
*Example: Submit two requests: July 18-22 and July 25-29.*
2. Submit separate requests for workdays on either side of a holiday.  
*Example: Submit two requests: June 30 - July 1 and July 5 rather than one request from June 30 - July 5.*
3. Once an absence request is approved in PeopleSoft, it will remain in approved status even in the event of conflicting absence requests pulling from

the same balances.

It is important to enter absence requests in PeopleSoft close to the absence date to avoid using the same leave balances in more than one request.

Example: You have four vacation days available on July 1 and you request to use all four days in August. You then decide to use a vacation day on July 24. When you make the request to use a day on July 24, your available balance still shows four vacation days because the August days have been requested but not used yet. If you fail to cancel the 4-day absence in August, your paycheck will be short that pay period because you already used one of those vacation days on July 24.

Always obtain your supervisor's approval separate from and in advance of

entering your absence request in PeopleSoft and keep track of your own time balances and any other requests already in the system.

4. A status of "Approved" or "Eligible" does not mean you are authorized to take the leave. You must communicate with your manager, obtain permission, then enter the absence into PeopleSoft.

## Go Green! Get your W-2 through PeopleSoft – Consent required

**AVAILABLE NOW:** Employees can sign up to receive their annual W-2 via PeopleSoft! Use the Payroll tile on your Employee Self Service homepage. ESS>Payroll>W-2/W-2c Consent.

Follow the prompts to provide your consent. Next year you can log into PeopleSoft to get your tax document. Consent can be withdrawn if you decide to leave state government.

# Get ready for the 2022 Indiana State Fair!

July 29 - Aug. 21

From the roar of the crowd to the rev of an engine, excitement is in the air for the 2022 Indiana State Fair, presented by Tom Wood Automotive Group. This year we're celebrating everything from four wheels to four legs — including more than a century of Hoosier heritage and horsepower. Mark your calendars and buckle up as we shift summer into high gear!



Buy discounted  
advance tickets  
today!

# Get ready for Health & Wellness Week!

Our focus this week is on YOUR health and wellness.



Your health—whether physical, mental, emotional, or relational—affects you, the people who care about you, and the many areas where your lives are intertwined. So, let's talk about it!

## JULY 11 - 15 Health & Wellness WEEK

Maintaining or improving your health and wellbeing takes intention, time and energy. So, when you're ready to invest in your health, we're here with resources to help you make the most of your investment.

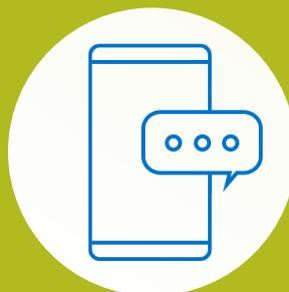
### So, what is Health & Wellness Week?

Health & Wellness Week is a time to focus on your personal health, as well as to get connected with resources available to you through the Invest in Your Health program that can help you achieve your goals.

**What to expect** – Each day next week, Monday, July 11, through Friday, July 15, you'll receive an email from INSPD with information on our health topic of the day as well as resources you can use to improve related aspects of your health and wellness.

You'll also be able to answer daily trivia questions for a chance to win a \$25 gift card!

You can also find a wealth of resources available to you through the [Invest in Your Health website](#).



Stay informed about your State of Indiana health benefits.

Sign up to receive text alerts about your employee benefits including wellness rewards, insurance updates, open enrollment, wellness resources, and more.

[Click here to sign up](#)

## Shared Physical Therapy Clinic Model



Working with us is good therapy.™

Four convenient locations surrounding the Indianapolis metro area are here to serve you:

- City of Fishers (north)
- Finish Line (east)
- Tx:Team at Bosma (west)
- Indiana Government Center (downtown Indianapolis)

Schedule an appointment with a Tx:Team physical therapist:

- Call or text: 317-503-1907
- Email: [schedulePT@txteam.com](mailto:schedulePT@txteam.com)

**Introducing Our Shared Physical Therapy Clinic Model**

Four (4) convenient locations surrounding the Indianapolis metro area to serve you:

1. City of Fishers (north)
2. Finish Line (east)
3. Tx:Team at Bosma (west)
4. Government Center (downtown)

Access physical therapy virtually from anywhere.

To schedule an appointment with a Tx:Team physical therapist: Call or text to: 317.503.1907 Email: [schedulePT@txteam.com](mailto:schedulePT@txteam.com)

If you have additional questions, please reach out to your company's HR/Personnel representative.

**Tx:Team**  
Working with us is good therapy.™

[f](#) [t](#) [i](#) [l](#) [i](#) [n](#)

**More information and physical therapists' bios**

# One option remains to earn your 2023 Premium Discount

If you haven't started one of the options to earn your 2023 premium discount, you still have one option left: You can complete four group coaching sessions in the same series through ActiveHealth. But don't delay – **August 15 is the last day to start the group coaching option to qualify for the 2023 premium discount.**

## What is group coaching?

Group coaching is a six-week series of interactive 30-minute sessions over a specific health topic led by an ActiveHealth coach.

Some things to remember about group coaching:

- Everyone attending the online group coaching session must join the WebEx on their own device.
- You must attend the full 30-minute session to get credit.

- You must attend at least four sessions from the same six-week series to complete the group coaching activity for the 2023 premium discount.
- On the day of the class, come prepared to learn, interact and have fun!

## Register today!

Just [log in to the ActiveHealth portal](#) and click on the "Coaching" tab to view the current schedule of group coaching sessions. Enter your information and click on "Register" for the topic of your choice. You will get an email with your confirmation.

Invest In Your Health | ActiveHealth MANAGEMENT

**EARN A 2023 PREMIUM DISCOUNT**

**SIGN UP BY Aug. 15**  
Deadline: Sept. 30

**Group Coaching:** Complete 4 sessions in the same series

Log into [myactivehealth.com/StateofIndiana](https://myactivehealth.com/StateofIndiana) & click the "Coaching" tab.

**Classes are filling up fast. [Log in NOW](#) and register for your preferred topic and time slot.**

The deadline to sign up for a group coaching series is August 15, and all four required sessions must be completed by September 30. *Note: If your spouse is carried on your health plan, they also must complete one of the activity options. Deadlines remain the same.*

**For more ways to continue making wellness a priority, visit [InvestInYourHealthIndiana.com](https://InvestInYourHealthIndiana.com).**

## What state employees are saying about their ActiveHealth group coaching experience:

- "I really enjoyed the group health coaching sessions. It was very helpful information from the coach and getting to hear how and what others in the group were doing each week to share with each other. I loved this new option offered and would definitely recommend it."
- "The group virtual coaching sessions were an effective way to get information regarding health issues."
- "I did the group coaching, enjoyed feedback of others and the coach was very knowledgeable about the subject matter."
- "The group coach gave good info & goals, i.e. goals reachable, felt as if accomplished something, motivational coach to make small changes..."
- "I thought the class was easy and relaxing. I appreciated my anonymity. The teacher was non-threatening, and all of this improved my participating in the class."
- "I enjoyed it very much. Since the sessions, I have learned to incorporate a lot of the suggestions into my day, week, and definitely my meals. Thank you for making this an option for us to use."

# Keep your blood pressure in check with the Government Center Clinic by Marathon Health!

Many of us put off medical care during the pandemic, but it's never a good idea to put off your heart health. This is especially true knowing that nearly half of all U.S. adults have high blood pressure (also called hypertension), which increases risk of heart disease or stroke. If you have a history of high blood pressure or haven't had it checked in a while, be proactive and schedule a visit at the Government Center Clinic.

The clinic will also be offering blood pressure screenings at the State Employee Health and Wellness Fair on Tuesday, July 12th!

## Understanding Your Blood Pressure

Only about 24% of adults have their blood pressure under control. Read below for tips on understanding your blood pressure numbers and how to control them.

**Normal: <120/80** - Practice heart healthy habits like healthy eating and exercise

**Elevated: 120-129/<80** - Likely to develop high blood pressure unless steps are taken to control the condition

**Stage 1 Hypertension: 130-139/80-89** - When consistently in this range, your doctor may prescribe lifestyle changes and may consider medication

**Stage 2 Hypertension: ≥140/≥90** - When consistently in this range, your doctor will likely prescribe a combination of lifestyle changes and medications

## Nutrition Tips for Controlling High Blood Pressure

Sodium intake can increase high blood pressure, yet the average U.S. adult consumes 3400 mg of sodium per day. The American Heart Association recommends adults should strive for 1500 mg or less of sodium per day. Be proactive in checking food labels and follow these tips to reduce your sodium intake:

- Choose fresh or frozen fruits and vegetables with no salt added (70% of sodium comes from processed and prepared foods).
- Choose unsalted nuts and seeds.
- Avoid adding salt to dishes, and use low-sodium spices, herbs, pasta sauce and broth.
- Be mindful of high-sodium foods like cured meats, dressings, sauces, frozen meals, soups and other canned foods.

## Schedule an Appointment



To schedule an appointment with Marathon Health, visit [my.marathon-health.com](http://my.marathon-health.com) or download the Marathon Health app.

**Indiana Government Center Clinic Hours of Operation**  
7 a.m. to 4 p.m. Monday through Friday

**Who can get care at the Indiana Government Center Clinic?**  
State of Indiana employees enrolled in a State Personnel Department health plan and their covered dependents age 3+.



**July 13, 2022**

### **Full Moon Hike | Indiana Dunes State Park**

This is a stellar special event hike to Lake Michigan and back. This is a two-mile moderate hike to learn about the stars, our moon and the Dunes at night. Lunar treats will be provided thanks to the Friends of Indiana Dunes.

[More information >](#)

**July 16, 2022**

### **Shades 75th Anniversary Celebration | Shades State Park**

Learn about the 13th Indiana State Park's history. Hear how it was used before becoming a state park and who protected it.

[More information >](#)

**July 16-17, 2022**

### **Virgil I "Gus" Grissom Days | Spring Mill State Park**

Gus Grissom was the second American in space and was born right here in Mitchell, Indiana. Celebrate this American hero and Hoosier icon with us. Guided Tours of the Grissom Memorial, games and activities for families, special speakers, rocket launches and more!

[More information >](#)

**July 23, 2022**

### **Tippy - Tri Challenge | Tippecanoe River State Park**

Tippecanoe River State Park's Triathlon Fun Run. Hike it, Bike it, Paddle it!

[More information >](#)

**July 30, 2022**

### **Floating Campfire | Chain O'Lakes State Park**

Meet at the beach and be prepared to wade out to the fire in the water and roast your s'mores. We will provide s'mores fixings and roasting sticks as supplies last, but feel free to bring your own goodies to cook. This is a fun time for all ages!

[More information >](#)

**July 30, 2022**

### **Star Party | Patoka Lake**

Come participate in this 31st annual astronomy event. With programs for all ages including crafts, this is a perfect way to introduce young kids to our solar system. Programs will be offered during the day at the nature center and by way of the beach at night.

[More information >](#)

**July 30, 2022**

### **Wild about Wildlife | McCormick's Creek State Park**

Come participate in this 31st annual astronomy event. With programs for all ages including crafts, this is a perfect way to introduce young kids to our solar system. Programs will be offered during the day at the nature center and by way of the beach at night.

[More information >](#)

**View all DNR summer special events >**

## **Christmas in July celebrations**

**July 15-16, 2022**

### **Shakamak State Park**

Come out and decorate your cabin or campsite and enjoy Christmas in July with us!

[More information >](#)

**July 22-24, 2022**

### **Spring Mill State Park**

Christmas comes early in the Spring Mill campground! Campsites will be decorated for the holiday season this weekend.

[More Information >](#)

**July 22, 2022**

### **Whitewater Memorial State Park**

This event weekend is filled with fun activities that include a campsite decorating contest, hikes, live animal talks, crafts and more.

[More information >](#)

**July 30-31, 2022**

### **Tippecanoe River State Park**

Details to come.

[More information >](#)

# This Month WITH



**July 9, 2022**

## **Children's Herb Garden Workshop | Levi and Catharine Coffin State Historic Site**

Learn why herb gardens were important to early 19th-century homes in Indiana, then feel, smell and discover what you can create using herbs from the garden. Plus, plant an herb to take home with you! *Registration required by 5 p.m. on July 8.*

[More information >](#)

**July 9, 2022**

## **Archaeology and Old Vincennes | Vincennes State Historic Site**

Discover what has been uncovered during archaeological work completed in Vincennes, find out how these archaeological finds can be used to help us explore our past, learn about the Piankashaw community that lived in the area and more during this presentation.

[More information >](#)

**July 13, 2022**

## **Critical Conversations on Race and Major Taylor | Online**

Join the Indiana State Museum in partnership with Spirit & Place as we discuss race, racism, and the resulting impact it had on Major Taylor. These dialogues provide a means of getting comfortable talking about uncomfortable histories. *Please note that we will be reviewing and reading difficult materials that reflect the times in which Major Taylor lived. Many of these materials may be considered offensive. Participants must register by noon the day of*

*the event.*

[More information >](#)

**July 16, 2022**

## **Family Mini Boat Regatta | Indiana State Museum**

Bring your engineering skills and creative spirit to the Indiana State Museum as you and your family design and construct a mini cardboard boat. Then test your boat in the canal to see if it will sink, float or sail. *This program is in partnership with the White River State Park.*

[More information >](#)

**July 16, 2022**

## **Making the World Move: Simple Machines | Whitewater Canal State Historic Site**

The mills along the Whitewater Canal wouldn't have been able to operate without water and simple machines – from pulleys on the mill machinery to levers needed to move the grains and more. Discover the simple machines within the Grist Mill and think about the simple machines we use in our everyday lives, then use crafts and science experiments to explore more about how simple machines work. *Registration required by July 9.*

[More information >](#)

**July 16, 2022**

## **Clue Party | Culbertson Mansion State Historic Site**

Navigate the mansion to find clues and solve the murders, all while dressed as your favorite Clue character. This costume party

includes batch cocktails and light hors d'oeuvres associated with the film. *Registration required by July 9. This event is for ages 21+.*

[More information >](#)

**July 23, 2022**

## **Hoosiers During the Civil War | Corydon Capitol State Historic Site**

The Civil War divided the United States, affecting people and dividing families across the country, including Hoosiers. Find out how Indiana civilians and soldiers alike viewed the war and the difficulties they experienced. *Registration recommended by July 22.*

[More information >](#)

**July 23, 2022**

## **92 County Walking Tour: 20th Anniversary Edition | Indiana State Museum**

Learn about the 92 sculptures on the exterior of the Indiana State Museum – one representing every county in the state. On this special anniversary edition, staff will not only discuss several different sculptures and examine how the artwork reflects each county's own history and personality, but also take a deep dive into how the building and sculptures themselves were made.

[More information >](#)

**View all Indiana State Museum and Historic Sites events**

# Volunteer Opportunities



## Interns giving back

The Governor's Public Service Summer Interns gave back on Wednesday, June 29, by volunteering at White River State Park. The interns picked up trash and litter along the Urban Wilderness Trail and helped beautify the area.

To learn more about volunteer opportunities at White River State Park, contact Lizzie Flora [EFlora@wrsp.IN.gov](mailto:EFlora@wrsp.IN.gov).



## Did you know you could get paid to volunteer? ISDA employees do.

As state employees, we are here to serve at work and at home. We embrace that value and want to equip our teams to get involved in service in the community of their choice.

As an incentive to our teams, each full-time state employee is granted 15 hours annually of Community Service Leave with pay to voluntarily participate in activities that benefit another governmental entity or a charitable organization; each part time employee is granted 7.5 hours annually of Community Service Leave.

The State of Indiana also strongly encourages each of our agencies to sponsor days of service with a local non-profit or charitable organization so that our teams can volunteer alongside their colleagues.

Recently, Indiana State Department of Agriculture (ISDA) took the reins and organized a day of service for their employees to volunteer with Gleaner's Food Bank of Indiana. Together, ISDA volunteers packed 500 family meal boxes, the equivalent of over 10,400 meals for our Hoosier neighbors.

Fifteen ISDA employees took part in the volunteer event. Volunteers said working with Gleaners was a fun and engaging experience, and it was important to them to get out and be involved in their community.

Regan Herr, the Communications Director for ISDA took charge of planning the day of service with Gleaners and rallying volunteers. She says, "It was a joy to have the opportunity to volunteer at Gleaners Food Bank in

*(Continued on [page 21](#))*

# All IN Festival, September 3-4 in Indianapolis

You work hard to keep Indiana moving, so this Labor Day weekend we want you to celebrate. The All IN Festival is coming to the Indiana State Fairgrounds September 3-4 featuring the perfect blend of great live music, great food, and great drinks. Today, get 20% off the regular 2-Day General Admission price. Ticket prices go up July 18. Details at [allinfestival.com](http://allinfestival.com).

**DARYL HALL &  
JOHN OATES**

**CAGE THE  
ELEPHANT**

**JOHN  
FOGERTY**

**PORTUGAL.  
THE MAN**

**DEATH CAB  
FOR CUTIE**

**ALL IN DREAMSETS**

AN EPIC CELEBRATION OF ICONIC SONGS FEATURING SPECIAL GUESTS & SURPRISES

**TOM PETTY DREAMSET**

STARRING DAWES WITH VERY SPECIAL GUESTS  
TO BE ANNOUNCED

**ALLMAN BROTHERS BAND DREAMSET**

STARRING DUANE BETTS, JOHN "JOJO" HERMANN  
OF WIDESPREAD PANIC, PLUS VERY SPECIAL GUESTS

**TRAMPLED BY TURTLES | LUCINDA WILLIAMS AND HER BAND  
DAWES | MISTERWIVES | MIKE CAMPBELL & THE DIRTY KNOBS  
THE FOUR TOPS | WATCHHOUSE | THE DRIVER ERA  
DUMPSTAPHUNK | SAMANTHA FISH | HEARTY HAR  
JULIA KAHN | DOUG HENTHORN | J. ELLIOTT | THE ROB DIXON TRIO | HANK RUFF | JONAH BAKER  
KARA COLE | JOSHUA POWELL | THE PALACE | DREAM SLICE | THE BREAKES  
PLUS MORE SPECIAL GUESTS & BIG SURPRISES!**



**MUSIC & ARTS FESTIVAL**

**SEPTEMBER 3 - 4, 2022 | INDIANA STATE FAIRGROUNDS | INDIANAPOLIS**

**ALLINFESTIVAL.COM | #ALLINFEST**

# Pre-Retirement Planning Seminar Recordings

If you are serious about retiring from state employment but could not attend the recent Pre-Retirement Seminar, sponsored by the Indiana State Personnel Department (INSPD), please find the recordings below. This day-long workshop was designed to assist state employees with advance retirement planning by providing information useful in making informed decisions.

If you plan to retire in the next year, we recommend you watch the recording of this seminar to help plan ahead for various aspects of your retirement, such as:

- [Indiana Public Retirement System \(INPRS\)](#)
- [Retirement Medical Benefits Account | Plan 501](#)
- [Legal Affairs](#)
- [Group Term Life and AD&D Insurance](#)
- [Insurance](#)
- [Long Term Care Program](#)
- [Hoosier Start](#)
- [RIPEA](#)
- Social Security Administration [PowerPoint](#) & [Handout](#) (We weren't able to record their presentation because social security information can change between now and the time you retire. We want to make sure the content we make available online is the most accurate.)

Please know that you may not watch the recording of this seminar on state-time. To access the YouTube recording, please watch on a personal device.

**SECC  
is just  
around  
the  
corner!**



Mark your calendars — the State Employees' Community Campaign (SECC) is just around the corner!

This year's campaign, *Pay It Forward Indiana*, launches on **Thursday, Sept. 8** with a kickoff event on Robert D. Orr Plaza.

SECC offers state employees the opportunity to pledge donations through payroll deduction to the 501(c)3 nonprofits of their choice. Last year, more than \$1.4 million was raised for more than 1,500 charities.

Watch for more information coming soon!

WEDNESDAYS IN JULY • 6-8PM

# CANAL NIGHTS

FREE activities, games, unique challenges, demonstrations, and loads of family fun on the canal!

SUPPORTED BY

INDIANA STATE MUSEUM AND HISTORIC SITES

indianamuseum.org

LEARN MORE

## Coordinated care system builds mother-child bonds, helps individuals transition back into society

Upon release from the correctional facility, mother-baby pairs are linked with a local woman who is recruited and trained to become a community navigator; has experience in education, healthcare and social services; and has a passion to serve mother-baby pairs. Navigators complete Grassroots MCH Leadership (GMCHL) Training, an evidence-based curriculum focused on helping them meet the needs of traditionally marginalized mother-baby pairs. Community navigators are introduced to the mothers prior to release and work closely with them in their home communities.

They communicate regularly via texts, phone calls and in-person meetings. Navigators help mother-baby pairs set goals, complete paperwork, seek out relevant resources, and brainstorm action plans to address specific needs. Additional community stakeholders coordinate care and tailor essential services before and after the transition home, including the Indiana Department of Child Services, Indiana Family and Social Services Administration (FSSA), and DOC Transitional Healthcare.

In addition, a nurse navigator and a social worker conduct weekly check-ins with each mother to provide needed resources: they help mothers navigate the healthcare system, ensuring necessary appointments are scheduled, encouraging appointment follow-through, and supporting mothers with key health care decisions while

teaching self-advocacy.

Since its inception, 13 mother-baby pairs have transitioned from the prison nursery to the community. Mothers on the Rise has completed serving two mother-baby pairs and is currently serving eight pairs in five different counties across the state of Indiana. All mother-baby pairs have remained together in the community post-release. No mothers in the program have returned to jail or prison.

This success has been seen repeatedly within the Leath Unit, where since January 2020, only one mom that was in the unit has returned to prison, said Leah Hession, who oversees the mother-baby unit at the Indiana Women's Prison.

"Our successful rate of keeping moms out of incarceration and supporting them as they care for their children in the community is most impactful. The long-lasting impact of our program will be seen as our Leath babies grow up to be productive members of their community," Hession said.

Through this research, the team learned that while Indiana is leading the way in maternal healthcare in a correctional setting, there are still areas to improve and grow. But partnering with Mothers on the Rise is an important first step in creating a coordinated system of care for incarcerated women and their babies, said Maranda Williams Sparks, Director of Transitional Healthcare and

Contract Compliance.

Moving forward, some of those initiatives for DOC include continuing to expand services and attempting to serve as many moms and babies as possible; working with sentencing courts and jails as needed to ensure every pregnant woman is transitioned into DOC without a lapse in prenatal care; and continuing to seek out subject matter experts and initiatives to serve this unique population, Williams Sparks said.

"Ultimately, because so many incarcerated women are mothers who will return to their own children after release, we hope to use what we have learned to provide them with opportunities to preserve and strengthen their bonds with their own children," said Williams Sparks.

*Article submitted by the Indiana Department of Correction*

[View the full article in Advancing Corrections](#)



(Continued from page 3)

## Health Issues and Challenges grants target lead prevention, food insecurity, chronic disease and more

grants launch Aug. 1, also lauded the work of her crew, which includes Community Programs and Recovery Services manager Alaina Adams, Contracts and Grants manager Lacy Foy, and manager for Disease Prevention and Chronic Disease programs Brenda Graves-Croom. The new division will have a total of 10 staff working on the Health Issues and Challenges grant program.

“We’re really excited about what’s to come,” said Smith.

Lessons learned from the first round will be applied to the second, which is likely to go live for a 35 to 40-day period. That time span will allow the team to “carefully and thoughtfully” review the applications, Smith said. It will also give applicants an ample window for submitting, and interagency reviewers will be able to help get as many eyes on every application as possible.

Choosing to look on the bright side of most everything in life, Smith

even saw a silver lining in the dark cloud of COVID-19.

“We wondered, ‘Could anything good come out of COVID?’” Smith said she pondered. “Yes, this program is a good thing. There is hope after COVID, and it is by way of this \$50 million booster shot awarded to our communities.”

She sees the grant opportunity as a way to help every Hoosier, as each issue is not relegated to any one community.

“These issues touch all of our lives, and this is a chance for us to do something about it,” said Smith. “We’re not in a bubble; these public health issues and priorities touch us in multiple ways. We have programs in place that have done a great job, but we need to continue to expand and add to the ‘safety net’ that will help bring people out of health disparities and provide opportunities for them to them to live healthier lives.”

*Article submitted by Brent Brown, Indiana Department of Health*

## Dependent Care Needs Assessment

Thank you for participating in our State Personnel Dependent Care Survey!

We received an astounding 6,404 responses that we will use in the coming months to evaluate our future policy needs and improve the accessibility of our workplace to those with parental and care-giving responsibilities.

Stay tuned for more information on the survey results.

<tech  
tip>



## Microsoft 365 Learning

Collaborate with your coworkers easily using M365 tools!

The Microsoft Teams app allows you to share files quickly and easily to get feedback from team members and work together simultaneously.



To learn more about collaborating using M365 tools, get started with this [training](#).



For more information on available trainings and resources, contact Elisa Phillips at [EPhillips@iot.IN.gov](mailto:EPhillips@iot.IN.gov).

Training

(Continued from page 7)

## Protect your financial and retirement information from fraudulent advisors

will receive an email confirming their registration. The confirmation email will come to you from our registration software provider, TimeTap, with an email address of [noreply@timetap.com](mailto:noreply@timetap.com). An INPRS Retirement Services Consultant will never ask to meet with you in your home.

### What about financial advisors?

Some INPRS members work with outside financial services professionals. Ethical financial representatives will never intentionally give you the impression they work for or represent INPRS. If you're ever unsure, feel confident asking for documentation, credentials, and accreditations relative to an

advisor's claims.

INPRS members can always reach out to our Retirement Services team for guidance on what to look for when researching outside financial advisors. While working with a financial advisor is an option you can consider, do not feel obligated to do so, especially when it comes to your INPRS membership. Our team can support you with education about your plan, investment options, and the retirement process. While we do not provide advice, we do provide you with the tools and information to make informed choices about your account in alignment with your career and financial goals.



INDIANA PUBLIC RETIREMENT SYSTEM

Give us a call at 844-GO-INPRS (844-464-6777), log on to your account at [www.myinprsretirement.org](http://www.myinprsretirement.org), or register for a workshop or counseling session at [www.inprs.in.gov](http://www.inprs.in.gov). We're here to serve you through every phase of your working years, and we look forward to meeting you soon.

*Article submitted by the Indiana Public Retirement System*

(Continued from page 16)

## Did you know you could get paid to volunteer? ISDA employees do.

Indianapolis. Being in agriculture, we know how vital it is that all Hoosiers have access to safe and reliable food options; Gleaners and food banks and pantries around the state ensure just that."

Regan has helped coordinate several volunteer events with ISDA employees, and she's grateful that the state encourages and equips

her colleagues to engage in service opportunities like this one. "I encourage all agencies to utilize the Governor's Community Service Leave program to make Indiana the best it can be."

Gleaners was extremely grateful for the large contribution ISDA made on Tuesday, June 14, and they welcome other State of

Indiana agencies and individuals to join them at one of their local sites. To learn more about how you and your agency can get involved with Gleaners, visit <https://www.gleaners.org/get-involved/volunteer>.

Have another non-profit in mind? Work with your agency to plan a day of service this year for you and your team!





## Simple ways to stay hydrated

Did you know that over half of the human body is made up of water (up to 60% to be exact)?<sup>1</sup> It's important to stay hydrated for your body to work properly. Below are just a few ways that drinking enough water can keep you healthy:<sup>2</sup>

- Strengthens brain and heart function
- Better digestion including kidney stone prevention
- Improved weight loss management
- Decreased joint pain
- Better temperature regulation
- Higher energy levels

### Wellness Webinar Series

#### Healthy hydration: Choose your drinks wisely

Water is everywhere. It covers more than 70% of the Earth's surface and we need it to live. Think about what you drink in a day. Are you getting enough? We'll talk about easy ways to get more water and how to make sure you're not getting more than you bargained for from your drinks.

**July 19, 2022 | 10:00 AM, 12:30 PM and 4:30 PM, ET**

<http://go.activehealth.com/wellness-webinars>



1. USGS, "The Water in You: Water and the Human Body", May 22, 2019, <https://www.usgs.gov/special-topics/water-science-school/science/water-you-water-and-human-body#:~:text=Up%20to%2060%25%20of%20the,bones%20are%20watery%3A%2031%25>

2. National Council on Aging, "10 Reasons Why Hydration is Important", September 23, 2021, <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>



## Coach's corner

with **Coach Jose**, NBC-HWC, CSCS

As an ActiveHealth wellness coach, Jose has a passion for helping people be their healthiest self.

### Jose's well-being tip:

We all know that drinking enough water is important, but how can you tell when you're dehydrated? Look for these key signs:

- Dry mouth or extreme thirst
- Headache, dizziness or lightheadedness
- Little to no urine or darker urine than normal
- Sleepiness, fatigue or confusion



### Grilled Summer Vegetable Salad

Enjoy this healthy and simple grilled vegetable salad recipe alongside anything else you feel like throwing on the grill. Or toss it with pasta and plenty of Parmesan and call it dinner.

**MyActiveHealth.com > Resources > Learning Center.**

## Tips for staying hydrated:

It's hard to remember to drink enough water when you're busy with your day-to-day commitments. Below are a few ways to help:

- Keep a filled reusable water bottle with you at your desk or when you're out and about so you have it handy
- Dress up your water to add a little flavor like cucumber, mint, lemon or even berries
- Drink on a schedule – especially before, during, and after a workout
- Try drinking a glass of water when you're feeling hungry – you could just be thirsty<sup>1</sup>



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

1. FamilyDoctor.org, "Hydration: Why It's So Important", June 16, 2020, <https://familydoctor.org/hydration-why-its-so-important/>

