



# The Torch

The official newsletter for Indiana state employees

June 2022

## Intake Division Director for Indiana Civil Rights Commission, Christiana Ojo takes oath of citizenship at IMS

While 33 drivers from around the world prepared for the first day of Indy 500 practices on Tuesday, May 17, 2022, 33 Hoosiers crossed the finish line and became American citizens. For the first time in history, The Indianapolis Motor Speedway hosted a Naturalization Ceremony granting 33 Hoosiers citizenship on one of America's greatest tracks.

Christiana Ojo, selected as one of the candidates to take her official oath of citizenship, has been dreaming of this day for several years. Born in Nigeria, Christiana moved to the United States in June 2013. In her current position serving as the Intake Division Director for the Indiana Civil Rights Commission (ICRC), Christiana is serving her community to eradicate illegal discrimination across the state of Indiana. According to local media reports, she was joined in the ceremony by new citizens from more than a dozen Hoosier cities and hailing from 18 different countries.



Christiana celebrating at the Naturalization Ceremony at the IMS

When asked how she felt after the ceremony, Christiana stated "It felt surreal, like I had won the lottery." With her husband, children, and ICRC team by her side Christiana felt honored and humbled to be part of a community that has become her family. To Christiana, being an American citizen means, "if I can dream it, I can do or be it" and as of May 17, 2022, Christiana is happy to officially say she is living that dream, the American dream.

*Article submitted by the Indiana Civil Rights Commission*

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*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: [spdccommunications@spd.in.gov](mailto:spdccommunications@spd.in.gov)

## Social media



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Follow [State of Indiana Employees](https://www.youtube.com/StateofIndianaEmployees)

# Celebrating Pride Month

Pride Month, celebrated in the United States today, started as a single day in June. It began as a day of remembrance for the Stonewall Riots where people protested the targeting, raiding, and jailing of LGBTQ+ people at the Stonewall Inn in New York City in 1969. Originally, Pride was a protest of the unfair treatment, discrimination, and marginalization LGBTQ+ individuals have suffered with for decades. Some being kicked out of their homes and left homeless, some forced to go through conversion therapy. Many in the LGBTQ+ have suffered a plethora of emotional trauma.

Today, Pride Month is a celebration of inclusivity and the authentic identity as an LGBTQ+ individual. June is a month for everyone (LGBTQ+ and Allies) to empower and embrace those in the LGBTQ+ community. The first Pride event in Indianapolis was a private gathering in 1981. Indy Pride began officially in 1996. The first Indy Pride Parade was in 2002. Today, Indy Pride is attended by over 100,000 people.

For more information on Indy Pride and a list of events please, visit [indypride.org](http://indypride.org)

## Keynote Indiana Pride Dates:

**June 4** | Southern Indiana Pride Parade & Festival | Jeffersonville, IN

**June 4** | 2022 Pride Festival | Rooted in Pride | Terre Haute, IN

**June 4** | River City Pride Festival & Parade | Evansville, IN

**June 4** | 12 p.m. | Indy Pride Pet Pride | Riverside Park

**June 4** | 1 p.m. | Indy Pride #Transglam | Healer Park

**June 5** | 10 a.m. | Indy Pride Interfaith Celebration | Riverside Park

**June 5** | 12 p.m. | Indy Pride Community Picnic & Bat N' Rouge | Riverside Park

**June 6** | 6 p.m. | Indy Pride Deaf Pride | Greg's Our Place

**June 7** | 7 p.m. | Indy Pride Bi and Pan Pride | Tinker House

**June 8** | 1 p.m. | Indiana Youth Group & Indy Pride Youth Pride Carnival | Indiana Youth Group

**June 8** | 6 p.m. | Pride of Indy Bands & Indy Pride Present Music Night | Historic Military Park and White River State Park.

**June 9** | 7 p.m. | Indy Pride Girl Pride | The Vogue

**June 10** | 5 p.m. | Shabbat with Pride | Virtual Event

**June 11** | 10 a.m. | Indy Pride Parade | Mass Avenue

**June 11** | 11 a.m. | Indy Pride Festival | Military Park

**June 15** | South Bend Pride Zoo Night | South Bend, IN

**July 22** | Fort Wayne Pride Fest | Headwaters Park

**Aug. 27** | Bloomington Pridefest | Bloomington, IN



# IndyPride

## How can aspiring allies show support?

Be a great back-up singer to LGBTQ+ individuals. A good ally will strive for justice and peace among all people and respect the dignity of every human being. As an LGBTQ+ individual, that is just a small portion of who they are. Connect to LGBTQ+ individuals on a human level. Find out what you have in common (i.e. favorite shows, food, fur babies, hobbies, etc.). Be a great active listener. Check-in with your LGBTQ+ companions and provide encouragement to be their authentic selves. Lastly, participate in Pride Month Events and show your support in celebration of LGBTQ+ Pride!

*Article submitted by Eric Vanatti, Indiana Department of Correction*

# Recognizing Juneteenth in your community

Juneteenth, also known as Freedom Day or Emancipation Day, has been celebrated in different parts of the United States on June 19 since 1865. While the Emancipation Proclamation went into effect in January 1863, legally ending slavery, Juneteenth celebrates the practical end of slavery in Galveston, TX, which came over two and a half years later on June 19, 1865 when Union General Gordon Granger arrived in Galveston, TX to inform slaves that the Civil War had ended, the Union had won, and that the Proclamation had freed the slaves.

In June 2020, Governor Holcomb, issued a Proclamation declaring June 19, 2020, as Juneteenth in Indiana and encouraging Hoosiers to “observe Juneteenth as an opportunity to reflect, rejoice and plan for a brighter future as Americans continue to address racial injustices in our society today.”

Juneteenth is commemorated with activities that are like those that take place on July 4: Cookouts,

fireworks, music, and parades are all common on this day. Juneteenth can be looked at as a separate Independence Day — a Black Independence Day. However, while Juneteenth is a day to celebrate the freeing of slaves, it is also a day that should be reflected upon with consideration of the way justice has often been denied or delayed for Black people. With this in mind, here

are a few ways you can honor Juneteenth this year:

- Attend a local Juneteenth Celebration.
- Here is the website for [Indy Juneteenth](https://www.indyjunteenth.com), which hosts a festival with food, music, education, games, and more.
- Donate to or volunteer with organizations that support the Black community.
- Support Black-owned businesses and products.



- Educate yourself and your family on what Juneteenth is, why it is important, and tangible ways you can work to combat racism and inequity.
- With Juneteenth falling on a Sunday this year, ask your church or religious community leadership to ensure part of that day’s message acknowledges the holiday.

*Article submitted by Anthony Phillips II, Office of Chief Equity, Inclusion & Opportunity Officer*



## Special delivery: IDOH staff present for baby formula flight landing in Indianapolis



IDOH staff were on hand at Indianapolis International Airport on May 22 to welcome the arrival of specialty infant formulas from Europe to help address the baby formula shortage in the United States. Among those in attendance were Deputy State Health Commissioner and State Epidemiologist Pam Pontones, Assistant Commissioner Dr. Shirley Payne, Office of Minority Health Director Antoniette Holt, WIC Director Laura Chavez, and Maternal and Child Health Director Eden Bezy. USDA Secretary Tom Vilsack spoke to the media about the special delivery. Indianapolis was chosen to receive the first shipment as part of the U.S. government's Operation Fly Formula initiative. The formula was taken to a Nestle distribution plant in Plainfield to be distributed to hospitals, providers, and WIC clinics around the country. The plane originated in Zurich, Switzerland and the 132 pallets of formula delivered represented enough to feed 9,000 babies and 18,000 toddlers for one week.

*Submitted by the Indiana Department of Health*



Stop by this free and family-friendly event on Saturday, June 4, from 11 a.m. to 5 p.m. at Garfield Park just south of downtown Indianapolis, and enjoy over 110 exhibitors, live music, food trucks, and a beer garden.

## Summer of fun: State employee discounts



State of Indiana employees will save on their ticket purchases when they [visitholidayworld.com/funclub](https://visitholidayworld.com/funclub) and enter the (case sensitive) username and password:

**Username: Holiday123**  
**Password: World123**

Visit [holidayworld.com/park-tickets/park-hours](https://holidayworld.com/park-tickets/park-hours) for a complete calendar.



State of Indiana employees will receive group rates on combo adult walking tours. Designated a US National Landmark, Marengo Cave offers two easy walking tours.

- Open 9 a.m. to 5 p.m. daily with extended summer hours
- State employees will need to present proof of employment with the state (i.e. state ID badge)
- The discount is also extendable to employees' family members as well

**View all State of Indiana Employee discounts >**

# State of Indiana investing in infrastructure at historic levels

With Next Level Roads construction season in full tilt, the Indiana Department of Transportation (INDOT) has been busy ensuring that the transportation network in the “Crossroads of America” remains world class.

INDOT forecasts another record-breaking construction season in 2022, as 1,333 projects are planned as part of its \$3.6 billion program.

“Our 2022 construction program is laser-focused on enhancing safety and connectivity across Indiana’s transportation system,” said INDOT Commissioner Mike Smith. “Thanks to the leadership of Governor Holcomb and the General Assembly, we’re investing in our infrastructure at historic levels and doing the necessary work to preserve and enhance Indiana’s reputation for delivering a best-in-class infrastructure network.”

State employees and Hoosiers are encouraged to visit [www.nextlevelroads.com](http://www.nextlevelroads.com) to use



North Split Central Avenue bridge beam setting, May 2022

INDOT’s tool to review current and planned road and bridge projects happening near them and statewide. Motorists should also check INDOT’s [TrafficWise](#) for real time-traffic conditions and construction project updates. To report a roadway concern, call 855-INDOT4U or visit [www.indot4u.com](http://www.indot4u.com).

Some of the major 2022 projects include two in Indianapolis: the [I-65/I-70 North Split Interchange Reconstruction](#) project in Downtown, which is in its second of two construction seasons, and [Clear Path 465](#), which is in the first phase to add I-465 travel lanes and rebuild the I-69 interchange on the northeast side.

Construction also continues on the high-profile [I-69 Finish Line](#), the sixth and final section of the new I-69 connection between Evansville and Indianapolis. The section begins in Martinsville and ends



I-69 Finish Line beam setting over Little Buck Creek, May 2022

at I-465 in Indianapolis. Work is expected to be completed in 2024.

Work on I-65 and I-70 is taking place at several locations. On I-65, work zones are in place in Bartholomew, Boone, and Tippecanoe counties for added travel lanes. The Boone County project will include a new interchange and a modified interchange at State Road 267. On I-70, crews will work to add travel lanes in Hancock and Hendricks counties.

U.S. 36 in Avon will also be under construction for added travel lanes.

In Allen County, the interchange of I-69 and Coldwater Road in Fort Wayne will be modified, and construction is taking place on the U.S. 27 Fort Wayne Veterans Memorial Bridge downtown.

[Sherman Minton Renewal](#) is a major rehabilitation and painting

*(Continued on page 16)*

# Health department earns ‘Excellence in GIS’ award from Geographic Information Council

The Indiana Department of Health’s (IDOH) project, “COVID-19 Testing, Vaccination and Treatment Web Applications,” was recently honored by the Indiana Geographic Information Council (IGIC) with the prestigious Excellence in GIS (geographic information system) Award.

Each year, the nonprofit IGIC brings to light outstanding projects through the Excellence in GIS Award, “which recognizes organizations in six different categories for their use of geospatial technology to improve our world,” according to IGIC.

Eligible projects are those developed, completed, or that reached a significant milestone in 2021 or 2022.

The award was presented at the annual Indiana GIS Conference in Muncie, held from May 23 to 25, with GIS Data Analyst Robert Gottlieb in attendance and representing the team and IDOH. The team members honored included Gottlieb, team lead Garry Raynor, Greta Sanderson, Erin O’Loughlin, and former team members Laura Buckner and Chris Waldron.

“We are proud that we are able to help so many Hoosiers find and access tests, vaccines, and treatments for COVID-19,” Gottlieb said. “The Office of Public Affairs (OPA) has been very helpful in collecting all of the daily changes to site information. We enabled OPA to make most of the changes

to these GIS apps by themselves, and that is one of the project’s key advances.”

Chief Data Officer Bob Davis lauded the team for a job well done.

“It is great to see your efforts being recognized and it is well-deserved,” Davis said.

The award was the culmination of a team effort that helped Hoosiers access web-based applications for maps so they could find where to go for a COVID-19 test, vaccine, and medication (once available). Ease of use and the ability to update the maps in accordance with daily changes was a necessary part of the work.

A trio of applications were developed which allowed OPA and the Division of Emergency Preparedness to collect data on where testing, vaccine and treatment sites were located. The team also created editing forms to help team members unfamiliar with GIS to edit site information. Additionally, a survey was created which allowed local practitioners to submit information on their sites.

When IDOH submitted this project to IGIC for award consideration, almost 600 testing sites, 1,400 vaccination sites, and 1,100 treatment sites were open across the state. The applications allowed users to find the desired site closest to their address or ZIP code, had key info translated into Spanish and Burmese, and allowed



for adding large numbers of sites when needed.

“The web applications have played a key role in enabling a large number of Hoosiers to easily find and receive tests, vaccinations, and treatment,” IDOH’s application states.

More than 19.5 million COVID-19 test results were reported to IDOH, and more than 3.7 million people were fully vaccinated at the time of the application’s submission. The testing site application had been viewed in excess of 9.5 million times at the time of the application, and the vaccine site app 9 million times. The treatment site application was viewed in excess of 3 million times.

*Article submitted by the Indiana Department of Health*

# Spend the summer with DNR

Fireworks, car shows, living history, reenactments, volunteer days, fishing derbies...there's a special event for nearly every age and taste at state park and reservoir properties. This is just a handful of the events happening this month throughout Indiana. Check out [DNR's special events webpage for more events and information >](#)

**June 4, 2022**

## **National Trails Day | Clifty Falls State Park**

Hit the trails for National Trails Day. Participate in the [Four Falls Challenge hike](#), a trail clean-up, scavenger hunt, and more!  
[More information >](#)

**June 11, 2022**

## **Full Moon Hike | Spring Mill State Park**

A rugged night hike on the Mountain Bike Trail! Hear the sounds of nature at night as we hike under the Full Strawberry Moon!  
[More Information >](#)

**June 18, 2022**

## **Summer Concert Series | Fort Harrison State Park**

Join us for an evening of music performed by local musicians. Lay out a blanket or set up some camping chairs on the sledding hill and enjoy! Event is free but park gate fees apply.  
[More information >](#)

**June 21, 2022**

## **Beginner Kayaking | Paynetown SRA (Monroe Lake)**

If you love seeing wildlife, or just enjoy exploring, kayaking is for you! Kayaks let you reach backwater areas and quiet bays that aren't otherwise accessible; it's a wonderful way to experience Monroe Lake.  
[More information >](#)

**June 24-26, 2022**

## **Vintage Camper Rally | Clifty Falls State Park**

Check out vintage campers in the campground and see how they differ from today's modern campers and RV's.  
[More information >](#)

**June 25, 2022**

## **Breakfast with the Birds | Hardy Lake**

Join us at the shelter house overlooking the beach for this all you can eat fundraising breakfast. Funds support the Dwight Chamberlain Raptor Center. Adults \$7, Kids \$3. Live birds of prey on exhibit during breakfast hours.  
[More information >](#)

**June 25, 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.  
[More information >](#)

**June 30, 2022**

## **Ft. Wayne Philharmonic Patriotic Pops Concert | Pokagon State Park**

Enjoy the Fort Wayne Philharmonic in a concert celebration of the American spirit. Bring your lawn chairs or blankets to enjoy this outdoor concert. The event is free, but regular park admission fees apply.  
[More information >](#)

## **Hoosier Quest Program**

Join us for our newly revamped Hoosier Quest – the patch program that gets you outside and active at Indiana's State Parks. The Hoosier Quest outdoor adventure program consists of three levels: Discover, Challenge and Explore.  
[More information >](#)

## **Hiking Challenges**

### **3 Dune Challenge | Indiana Dunes State Park**

Challenge friends, family, and yourself to an epic climb up the three tallest sand dunes at Indiana Dunes State Park. It's 1.5 miles of tough trail with 552 vertical feet that's 100 percent brag-worthy.

[More information >](#)

### **6 Ravine Challenge | Shades State Park**

Enjoy the ups and downs of rugged hiking by traveling through 6 ravines. Climb ladders, enjoy beautiful vistas, and chase down a waterfall or two. Plan on 2-3 hours to complete the hike.

[More information >](#)

[View all DNR hiking challenges >](#)

[View all DNR summer special events >](#)

# My Health Journey - Kristin Reed

## Why I Invest in My Health

Like many, my health journey has not been a straight line. I have not always been active and have found that exercise and diet advice especially has changed frequently throughout the years. That leaves one wondering what to follow – low fat, Atkins, paleo, keto, Whole 30, Mediterranean?

As a chubby child, I did not excel at sports. I grew up thinking that if you were not good at team sports, exercise wasn't for you. It seems that most forms of exercise geared for children involve joining a team. Being picked last in gym class only reinforced the notion that I could never be a valued team member. Still, I played field hockey in high school. Although I enjoyed the sport, I spent a great deal of time on the bench.



If you have a health journey story to share, reach out to [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)

Read more on the Invest In Your Health blog >

## New online group coaching session topics, dates and times!

Did you know you can attend four group coaching sessions from the same series to achieve your 2023 health premium discount? Group coaching is confidential. Only your health coach will see if you attend and use the chat feature to participate.

Employees and spouses enrolled in coverage must fully complete **one** of the four activity options. Get started by signing up for a group coaching series at [myactivehealth.com/stateofindiana](http://myactivehealth.com/stateofindiana) click on the "Coaching" tab at the top. *The deadline to start this option is August 15.*

Your chosen activity must be completed by Sept. 30, 2022, to qualify for the 2023 health

premium discount. Track your progress toward completing an activity in your Rewards Center on the ActiveHealth portal, [myactivehealth.com/stateofindiana](http://myactivehealth.com/stateofindiana).

[Check out the upcoming online group coaching schedule](#) along with our [group coaching FAQ](#). Still have questions or need support? Reach out to the ActiveHealth Customer Support team at 855-202-4219.

For more details on your gift cards and 2023 health premium discount visit: [investinyourhealthindiana.com/activehealth](http://investinyourhealthindiana.com/activehealth)

*ActiveHealth is a wellness program offered by the Indiana State Personnel Department (INSPD) as part of your medical benefits package. The ActiveHealth wellness program is focused on helping you make little changes that have a big impact on your health.*

ActiveHealth Invest In Your Health

Online Group Coaching: NEW-June 2022

We've added even more sessions to fit your schedule. Log into [myactivehealth.com/stateofindiana](http://myactivehealth.com/stateofindiana) and click on "Coaching" to register! Sessions will close for registration 24-48 hours before the first session. Session are 30 minutes/week for 4-6 weeks.

Starting Tuesday 6/14

Topic	Start Time (CST)	Start Time (EST)
Start now, why weight	11:30 am or 6:30 pm	12:30 pm or 7:30 pm
Your guide to better sleep	1:30 pm	2:30 pm

Starting Wednesday 6/15

Topic	Start Time (CST)	Start Time (EST)
ABCs of healthy eating	11:30 am	12:30 pm
Start now, why weight	1:00 pm or 4:30 pm	2:00 pm or 5:30 pm
Reduce your risk of diabetes	4:30 pm	5:30 pm

Starting Thursday 6/16

Topic	Start Time (CST)	Start Time (EST)
ABCs of healthy eating	8:30 am or 1:30 pm	9:30 am or 2:30 pm
Start now, why weight	12:00 pm or 3:30 pm	1:00 pm or 4:30 pm
Success at stress	1:00 pm	2:00 pm

Starting Friday 6/17

Topic	Start Time (CST)	Start Time (EST)
ABCs of healthy eating	12:30 pm	1:30 pm

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Click to enlarge schedule >

# No time to waste! Call ActiveHealth today to schedule your health coaching session



**MAKE WELLNESS A PRIORITY +**

**EARN A 2023 PREMIUM DISCOUNT**

Complete one activity by Sept. 30

**START BY July 1**

**Health Coaching**  
Complete four sessions (in person or virtually)

**OR**

**Health Education**  
Reach Level 3  
**+ Health Coaching**  
Complete two sessions

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

Time is running out! July 1 is the last day to start the health coaching or health education + health coaching option to qualify for the 2023 health premium discount.



### Health Coaching

Complete four individual health coaching sessions through ActiveHealth.

**GET STARTED:** Call (855) 202-4219 to schedule a health coaching session.



### Health Education + Health Coaching

Complete two individual health coaching sessions through ActiveHealth, PLUS, reach Level 3 through online education and challenges through the [ActiveHealth portal](#).

**GET STARTED:** Call (855) 202-4219 to schedule a health coaching session. Log into the [ActiveHealth portal](#) to get started on online education and challenges.

### What is health coaching?

Through health coaching, you get valuable advice and support from a wellness professional that can help you set – and achieve – your health goals, PLUS you’ll be making progress toward earning your 2023 health premium discount. [Check out this video](#) to hear from ActiveHealth health coaches about what to expect from a health coaching experience. In a recent survey, 887 state employees who participated in ActiveHealth health coaching expressed that health coaching “noticeably improved [their] well-being,” and that the “coaching sessions were a valuable use of [their] time.”

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

- “My ActiveHealth coach is very knowledgeable, organized and efficient, having tools at hand to guide me with exercise and diet. She answers all of my questions, she follows up with suggestions, links to different materials that I have requested. She is very easy to talk with and remembers our previous sessions.”
- “I adore my health coach! I got super lucky I feel like with who I got paired with and our personalities matched very well. She makes me feel very comfortable and I actually

- look forward to our monthly meetings. I already met my “needed” incentive, but have continued our calls because it is helpful for me personally.”
- “I can honestly say [working with a health coach] has been more helpful than I expected. It was nice to be able to control where I wanted to go and how fast or big of a change I wanted to make.”
- “The coaches have been great and helpful. They’re definitely a big help to keeping me on track and giving me great ideas to try out. I’m making progress. Slowly, but it’s the

*(Continued on page 10)*

(Continued from page 9)

## No time to waste! Call ActiveHealth today to schedule your health coaching session

coach that keeps me from giving up. Without their help, I would be in worse condition than I am.”

- “After making the first call I realized this is an easy process and if you set a reachable goal this could give you the extra initiative and direction to reach it.”

**It’s easy to get started! Just call ActiveHealth at 855-202-4219**

**to schedule a health coaching appointment.** 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. Saturdays by appointment. Appointments are filling up fast. Call NOW to schedule an appointment at your preferred time.

Don’t delay! The deadline to call to schedule your first session is

July 1, and all four required sessions must be completed by Sept. 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, check in often at [InvestInYourHealthIndiana.com](http://InvestInYourHealthIndiana.com).

## ActiveHealth Learning Labs

### Join the next ActiveHealth Learning Labs

Come join ActiveHealth coach, Sarah, in a Learning Lab. You can explore topics like healthy eating, being active, getting better sleep, and being more mindful. You can also talk about lasting changes you want to make in your daily life.

### June’s Learning Lab: De-stress with coping strategies

Not all stress is bad, and some stress is hard to avoid, but long-term stress can lead to health problems. In the meantime, there are things you can learn to help you manage stress before it gets to be too much. Join ActiveHealth in exploring how coping skills help you process and deal with life stressors, struggles, and emotions.

In this lab you will:

- Learn why it’s important to learn to cope with stress.
- Review the different types of coping strategies.
- Discuss healthy coping methods and tools you can use right now, in your daily life.

Join the virtual class on Tuesday, June 28. [Click here to register >](#)

*\* Please note. Learning labs are another way to stay engaged and focused on your health. They don’t count toward completing your reward activities.*

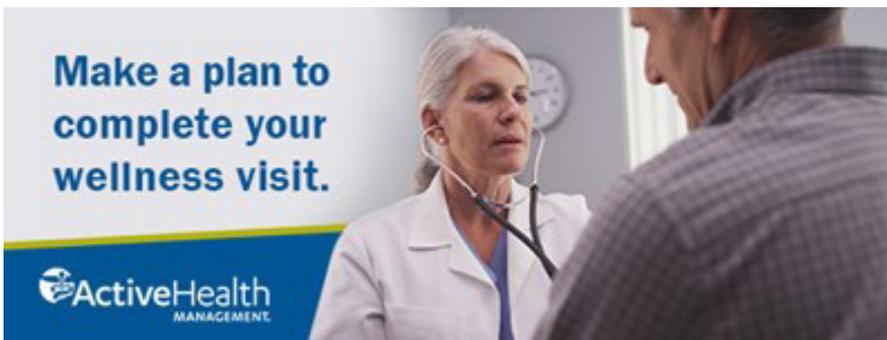
Join Coach Sarah for the next Learning Lab presentation.

Tuesday, June 28, 2022 from 10:30 to 11 AM ET

Invest In Your Health ActiveHealth MANAGEMENT

De-stress with coping strategies

## Earn a \$100 gift card for completing a wellness visit



A wellness visit is a comprehensive look at your health that should be completed annually. The best part is for state of Indiana employees, preventive care is covered at 100 percent – no copays or deductibles, including for your yearly wellness visit.

Complete a wellness visit with your primary care provider **OR** at a CVS MinuteClinic and you'll be on your way to having a clearer understanding of your current health AND be eligible to receive a \$100 gift card!

### Two options to complete your wellness visit

**OPTION 1:** Schedule an annual physical with your primary care provider (PCP).\*

- Print the Annual Wellness Visit Results Form from the [ActiveHealth portal](#) and have your PCP fill it out during the appointment.
- Follow instructions on the form to submit results to ActiveHealth.

*\* If you don't have a PCP, you can find one using the Sydney app or call the Anthem Health Guide at 877-814-9709.*

**OPTION 2:** Visit CVS Minute Clinic.

- Print the MinuteClinic voucher from the [ActiveHealth portal](#).
- CVS MinuteClinic will submit your results to ActiveHealth.

Employees and spouses eligible for the ActiveHealth program earn a \$100 gift card for completing a wellness visit. **Your results must be visible in the ActiveHealth portal by Nov. 30, 2022 to earn the gift card.**

If you have questions, you can view the [wellness visit guide](#) for more information, or contact the INSPD Benefits hotline at 317-232-1167, or toll-free at 1-877-248-0007.

## Visit your dentist to complete a dental exam with cleaning, and earn a \$50 gift card



Getting regular dental check-ups can help to find early warning signs of health problems and prevent dental problems. **Employees and spouses eligible for the ActiveHealth program can earn a \$50 gift card for completing a dental cleaning.**

The dental exam with cleaning deadline is Nov. 30, 2022, to earn the gift card reward. Keep in mind the dental exam with cleaning reward is considered earned when the visit is loaded in the [ActiveHealth portal](#). Remember: If you used your State Personnel Department sponsored dental insurance when receiving your dental exam with cleaning, you do not need to report anything. The gift card will be available to redeem when the claim from Anthem is processed and reported to ActiveHealth.

It may take up to four weeks for a dental cleaning to be visible in the ActiveHealth portal, so schedule an appointment with your dentist today!

## IDHS Public Safety Job Postings Dashboard wins national recognition

The Indiana Department of Homeland Security (IDHS) makes it a mission to find ways to better serve customers. This year, one of those ideas is getting national recognition for the innovative ways IDHS is leveraging geographic information system (GIS) technology. The Public Safety Job Postings dashboard, created by IDHS GIS Analyst Ashlee Moore and additional team members, won a Special Achievement in GIS (SAG) Award from the state of Indiana's GIS vendor, Esri.

GIS is a system that takes data and connects it to a map so users can understand the information as well as monitor patterns and context. Using this system, Moore can take the location of the job opening and put it on a map, so job seekers can see clearly where the position is in Indiana. Job seekers can use the map to focus on job openings based on the county they're interested in working in or surrounding areas.

Moore was tasked with creating this platform to give IDHS public safety partners a better way to fill job vacancies. The result is an

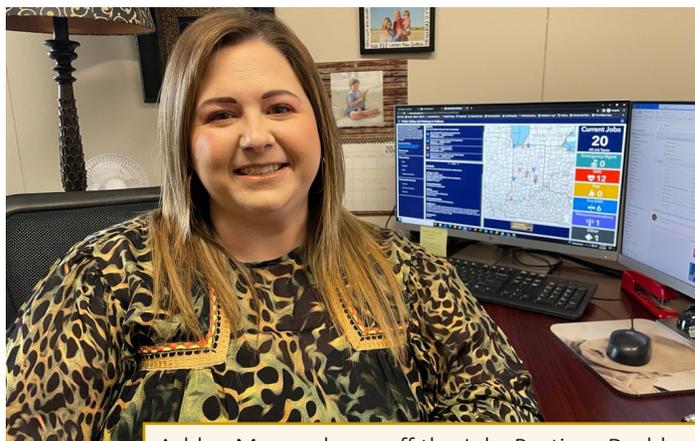
interactive dashboard showcasing public safety job postings that have been shared with IDHS. Those searching for jobs can filter information in several ways and easily view details about each position. Agencies submitting a job posting now enter information into a survey form where it can be leveraged across GIS platforms.

"I'm most proud that we took an idea and created something truly unique to benefit the public safety community in Indiana. Our team spent a lot of time on this project. It's rewarding to find out that industry peers really think this project is special," said Moore. "This award came as a complete surprise, and I'm extremely humbled by the experience. This project definitely will stick out as a highlight in my career."

Before this dashboard, local agencies would submit a form describing their job posting to IDHS. Then the information was published as a PDF link on the IDHS webpage. Mike Beam, IDHS Web Content Manager, brought up the idea of creating something completely new to speed up turnaround time and to provide

more information on the job postings to external customers. Moore says this project was a new challenge for her, "perhaps the

*(Continued on page 17)*



Ashlee Moore shows off the Jobs Postings Dashboard

## Want to represent State of Indiana employees?



**Submit a headshot to be included in a collage on social media!**

We are revamping the Work For Indiana social media banners and need your help! We are putting together a collage of State of Indiana employee headshots to showcase the amazing people that work for the state and to encourage others to apply for state jobs. If you are interested in being included, please submit your professional headshots (does not have to be a professional headshot, but no selfies please) to Veronica at [vwoodcox1@spd.in.gov](mailto:vwoodcox1@spd.in.gov) by Friday, June 10.

**Please spread the word and encourage your coworkers throughout the state to participate as well.**

# Welcome Governor's Public Service Summer Interns!

Interns attended orientation the last two weeks in May and will be embedded in their respective agencies throughout the summer. Interns are either undergraduate or graduate students who have completed at least one year of undergraduate education.

Engagement opportunities this summer include meet and greets with Governor Eric J. Holcomb,

Lieutenant Governor Suzanne Crouch, Auditor of State Tera Klutz, Chief Equity, Inclusion, and Opportunity Team, an agency head panel, and a tour of the Indiana State Museum, among others.

An intern newsletter and after-work activities also provide these college students an opportunity to network and stay engaged with each other.

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



2022 Governor's Public Service Summer Interns

## Hoosier START representatives at Statehouse Market this summer!

Nationwide is now the recordkeeper for the Hoosier START Deferred Compensation Plan administered by the Indiana Auditor of State's office. Nationwide offers a full team of licensed professionals to work with participants throughout the state and are here to support employees on their journey through retirement.

Each of our Retirement Specialists can provide group meetings and

individual meetings - both virtually and in person!

You can schedule an appointment with a representative [here](#).

We are excited to announce that Kim Rumple remains with the plan and her territory is the State Government Campus and Marion County. Please feel free to reach out to Kim (Marion County) or your representative based upon the attached [map](#) to schedule meetings.



We encourage everyone to schedule a time to meet with their Retirement Specialist to determine how they can best help with retirement planning.

[www.hoosierstart.com](http://www.hoosierstart.com)

# Let's talk about inflation — And what to do about it

The reports of record inflation are hard to ignore. Even a trip to the grocery store or gas station is enough to make you cringe. Property tax increases, fuel surcharges, and the impact of supply-chain issues all equate to the same thing: more pressure on your already tight budget.

It can be easy to feel overwhelmed when the prices of life necessities increase. But there are things you can do today to ease the impact on your wallet and as you prepare for expenses in retirement.

- **Analyze your budget for luxuries you can cut-** Today's "needs" are vastly different than they were 50 years ago, putting more pressure on the average budget thanks to creature comforts and technological advances. While you likely can't cancel your internet, you can review how often you use services like digital subscriptions, which often overlap. Contact your television provider to ask about loyalty discounts, which often are available for longtime customers. Every dollar saved can give you more breathing room to save or shift to essential expenses. If you

need ideas, consider attending our [free budgeting workshop](#), available online and at your convenience, or watching our [budgeting video](#).

- **Take advantage of modern-day savings tools-** Time invested in researching digital savings apps can earn you kickbacks, rebates, and discounts on the things you buy. Digital coupons are now the norm, often offered within your preferred grocery store's app. Add them as you build your cart or list, pairing savings and coupons for the week's menu. For in-store shopping, [cash-back apps](#) designed to introduce customers to new products can be used in addition to store sales and coupons, potentially multiplying your savings. Online, shop-through sites and search bar add-ons help you find coupon codes and rebates on items like contacts, clothes, and other essentials. The additional legwork required in researching the best deal can make the effort worthwhile when you can drive down costs on non-negotiables.
- **Focus on values-spending-** Sometimes, you swipe for things you don't care about, leaving you frustrated as [you review your monthly expenditures](#). Instead, pause and consider the 'why' behind your buys. If your optional spending is out of alignment with what matters to you, it may be time to shift your behaviors. Memories of great experiences with the ones we love often get top spots in our

mental Rolodex, much more frequently than the time we bought a slick new television. Consider investing in things that incite time spent together like museum memberships, affordable getaways, and shared activities. These investments can often be used repeatedly, making their per-use-cost more affordable than you'd think.

- **Invest in yourself-** Take advantage of your employer-paid educational opportunities to improve your skills and earning potential. State employees enjoy free access to LinkedIn Learning which can give you quick or course-level education on trends, new fields, and practical knowledge that you can use in your current role or aspire toward a new one. All full-time employees who have been employed by a state agency for 12 continuous months may be eligible for reimbursements of up to \$5,250.00 annually. Review more information on [State Personnel Department's website](#) and reach out to your agency's human resources representative to determine what's available to you. As you enhance your skills, you open yourself up to promotion opportunities or new roles, often with more earning power.
- **Get up to date on the latest tax advantages-** The time to plan for tax credits isn't when you file in 2023. Instead, review the [current federal](#)

*(Continued on page 18)*



# The Interim Review process launched on May 30 and will be open until August 5

## Stay on track with the Interim Review

May 30 - August 5



Interim Reviews are coming up and are an excellent opportunity for managers and employees to discuss where they stand regarding assigned goals, competencies, and overall level of performance. They are designed to limit surprises during the formal Performance Appraisal process and to course correct if necessary.

### Register for Training via SuccessFactors

- Performance & Goals: Self-assessment
- Performance & Goals: Effective Evaluation at the Interim Review
- Performance & Goals: Improving Poor Performance with Intervention

- [View this resource for dates and times available](#)

If you have questions, contact the Performance Management Division at [performancemanagement@spd.in.gov](mailto:performancemanagement@spd.in.gov).

## Dependent Care Needs Assessment

This is your chance to share your dependent care needs.

Access to affordable childcare or eldercare can be a barrier to employment. To determine how best to address these barriers, we need your feedback through the [Dependent Care Needs Assessment](#).

As part of Phase 2 of Governor Eric J. Holcomb's NextLevel State Work programming, this assessment is designed to evaluate our teams' current dependent care needs and inform future policy considerations to improve the accessibility of our

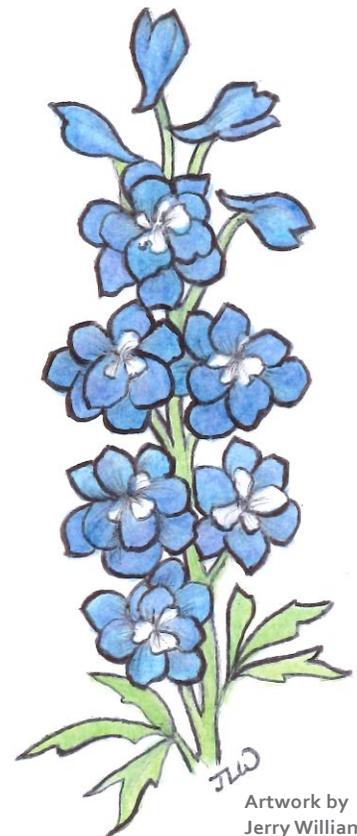
workplace to those with parental and caregiving responsibilities.

This [Dependent Care Needs Assessment](#) is intended for all Executive Branch employees with current caregiving responsibilities.

The survey will be open through June 17.

**Thank you for taking a moment to provide us with this important information!**

Questions about the survey? Email [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)



Artwork by Jerry Williams

(Continued from page 5)

## State of Indiana investing in infrastructure at historic levels



U.S. 27 bridge in downtown Fort Wayne, May 2022.

project that will significantly extend the life of the Sherman Minton Bridge, which spans the Ohio River from New Albany, Ind., to Louisville, Ky., in Floyd County. This will be the second of three construction seasons required to rehabilitate the 60-year-old bridge.

Bridge work is also taking place in St. Joseph County, as the U.S. 20 bridge over U.S. 31 is being replaced. The new bridge will replace the original one from when the U.S. 31/U.S. 20 bypass was built in the mid-1970s.

The new U.S. 41 Pigeon Creek Bridge in Evansville is expected to be completed by the end of 2022. The old bridge was struck by a truck with an oversized load in 2020.

Pavement improvement work will take place in many locations across the state. Some of the biggest resurfacing projects include a 17-mile stretch of I-74 from the Indiana/Illinois state line to Veedersburg, about half a mile

east of U.S. 41. In Lake County, a concrete pavement restoration project to improve I-80/I-94 between the Illinois state line and State Road 912 has begun.

With the record-breaking number of construction sites across the state, INDOT reminds motorists to slow down, avoid distractions, and drive with extra caution in work zones. Also, Indiana's Hands-Free law prohibits drivers from holding mobile devices, such as smartphones and tablets, in their hands while driving to reduce distracted driving and improve safety on Hoosier roadways.

*Article submitted by the Indiana Department of Transportation*

## Microsoft is hosting Indiana's first ever Innovation Application Summit!

### Who is this for?

- Data Scientists, Architects, Business Leaders and those who love cloud computing and want to learn more about the most secure and scalable cloud in the world — Azure
- Business Leaders and Citizen Developers who want to learn more about the LOW CODE REVOLUTION and Microsoft's Power Platform
- DEVELOPERS who are part of the 73M GitHub community

### When is this event? - June 23

This will be an all-day event that will be hosted at the Government Center South Building, sponsored by IOT.

Breakout sessions will be hosted by Microsoft specialists and architects that are part of the extended State of Indiana account team.



[Register here >](#)

[View Summit Schedule >](#)

If interested in learning more, reach out to Elisa Phillips at [EPhillips@iot.IN.gov](mailto:EPhillips@iot.IN.gov) or 317-234-4909.

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## IDHS Public Safety Job Postings Dashboard wins national recognition

biggest challenge I had tackled. It required building a workflow that incorporated multiple Esri products, as well as some GIS technology practices that are unique to IDHS. There was a lot of trial and error.”

If you have a public safety job you need to fill, the Public Safety Job Posting dashboard is ready to go. The postings are divided into the following categories:

- Emergency Management
- EMS
- Fire
- Fire/EMS
- Telecommunications
- Other

Feedback has been positive from users. Josh D. Henderson with Edinburgh Fire and Rescue says it’s been a great solution.

“Thank you for allowing us to post our opening on the IDHS Public Safety Job Postings dashboard. The website posting was easy to create and only took us a few minutes to complete. We think the Public Safety Job Postings dashboard is an excellent way to share our messages to all our Hoosier Responders.”

IDHS was selected out of 100,000 organizations to win this award. Moore will represent IDHS and travel to San Diego in July to receive the award at the annual Esri User Conference.

Article submitted by the Indiana Department of Homeland Security



WEDNESDAYS IN JUNE & JULY • 6-8PM

# CANAL NIGHTS

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

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SUPPORTED BY citizens energy group

INDIANA STATE MUSEUM AND HISTORIC SITES  
indianamuseum.org

## Let's talk about inflation – And what to do about it

and [state tax credits](#) and deductions you may want to take advantage of. Energy-efficient updates, retirement savings, and funding for an Indiana 529 could lead to a higher tax refund. While you should never make plans based on an anticipated tax refund, this mindful move can reduce your overall tax obligation and enhance your savings efforts.

- **Balance retirement savings with current-day needs-** Just thinking about squeezing an additional percentage of your income toward retirement while you're managing the mayhem of today is enough to inspire a migraine. But [reserving some income today in anticipation of retirement](#) is a smart move for both present and future you. Your INPRS benefit and your potential Social Security benefits serve as supporting characters in your journey toward retired life, but your personal savings are the star of your retirement budget show. Since your INPRS pension benefit and Social Security benefits are calculated by your income and years of work or service, the monthly benefit you can expect is limited to your unique data points. While lifelong, guaranteed monthly benefits are to be celebrated, there's no denying the power your additional savings can have over time. Review your current contributions to your INPRS defined contribution account, Hoosier S.T.A.R.T. account, 401k accounts, and traditional or Roth IRAs. Your assessment

and opportunities will differ depending on your current earnings, age, and financial goals. Review the tools available on your INPRS secure online account to review both your pension and calculate the impact additional savings can have on your retirement budget. Our calculators are a great place to start and can help you project your potential retirement income. If you need support, reach out to a trusted financial advisor.

- **Understand the power of your investment choices as you plan for tomorrow-** Along with your [INPRS defined benefit or pension, PERF and TRF Hybrid members](#) have a [defined contribution account](#). This account receives a minimum 3% contribution from your employer, you- the member, or both, depending on where you work and how they participate in INPRS. [PERF](#) and [TRF My Choice](#) members' accounts are standalone defined contribution accounts that are funded with a percentage of their salary specific to their employer and [rates set by the INPRS board](#), the total of which is generally between 3 and 6.2%.\* Regardless of who funds the defined contribution account, [you get to decide how it's invested](#). This means that you have the power to impact your final account balance upon retirement. While there's no "right" choice for how you invest this money, INPRS strives to have each member make an informed choice that suits their goals and comfort

level. Look at the investment options INPRS offers [on our website](#), including standalone investment categories and [Target Date Funds](#), which become more conservative as you near retirement eligibility. Please accept our invitation to [attend a free one-hour webinar](#) led by one of our trained consultants covering the basics of investing your INPRS defined contribution balance.

*\* The 6.2% ceiling references the maximum total contribution amount through the PERF My Choice Plan for state employees from July 1, 2021, to June 30, 2022. This amount will increase to 6.7% for July 1, 2022, to June 30, 2023.*

**INPRS is here for you during your working years and is excited to support you through retirement when it's time to celebrate your achievement.**

As you navigate your INPRS membership, please make it a goal to [log in to your secure online account](#) at least once a quarter to review your investment performance, confirm contact information, [update your beneficiaries](#), and use our [retirement planning tools](#) to ensure you're on track for the retirement you're dreaming of. In the meantime, please reach out to INPRS if you need support by calling 844-GO-INPRS or 844-464-6777.

*Article submitted by the Indiana Public Retirement System*