



# The Torch

The official newsletter for State of Indiana employees

MAR  
2025

## Executive Order 25-34: New Parent and Childbirth Recovery Leave

### Employees giving birth now have an additional six to eight weeks of Childbirth Recovery Leave

We are pleased to share that on Monday, March 3, Governor Mike Braun signed [Executive Order 25-34](#), which expands and enhances paid leave benefits for new parents at the State by granting six to eight additional weeks of Childbirth Recovery Leave to mothers (this is in addition to existing New Parent Leave (NPL)). Additionally, mothers who unfortunately experience a tragedy of fetal death after 20 weeks gestation will also be eligible for this new leave.

Executive Order 25-34 demonstrates the State's commitment to providing employees with the time to care for growing families and to recover from childbirth without fear of losing wages or their job because of their related absences from work.

#### Below is an overview of Executive Order 25-34:

- Eligible mothers can now receive Childbirth Recovery Leave immediately upon hire, with up to six weeks of paid leave for a vaginal delivery or up to eight weeks of paid leave for a cesarean section.
- Childbirth Recovery Leave is also available to mothers who experience a fetal death after 20 weeks of gestation, ensuring paid recovery time during a difficult period.
- Employees no longer need to be employed for six months before requesting New Parent Leave and are now eligible for up to 150 hours (full-time) or 75 hours (part-time) of paid New Parent Leave upon hire.
- Employees employed less than six months and taking New Parent Leave or Childbirth Recovery Leave must agree to complete at least one year of consecutive State employment as a condition for using leave.
- NPL and Childbirth Recovery Leave will run concurrently (meaning they will both be used at the same time) with any approved Family and Medical Leave (FML). This helps protect an employee's job while taking the necessary time away.

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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)

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## Executive Order 25-34: New Parent and Childbirth Recovery Leave

### Total available leave for new parents:

- A full-time employee who gives birth can receive up to six or eight weeks of Childbirth Recovery Leave plus 150 hours of NPL. Together, full-time eligible employees may use up to 10-12 weeks of paid leave.
- A part-time employee who gives birth can receive up to six or eight weeks of Childbirth Recovery Leave plus 75 hours of NPL.
- The 75/150 NPL hours available applies to employees who become new parents, whether that be through birth or adoption.
- Accrued sick, personal, and vacation leaves are still available to employees to cover any unpaid time concurrent with FML.

### How to request and use this leave:

1. If you give birth on or after March 3, 2025, you may request these enhanced benefits immediately.
2. INSPD will publish a new policy articulating more defined procedures for processing Childbirth Recovery Leave. In the interim, to utilize Childbirth Recovery Leave, you must send an email to [EmployeeRelations@spd.in.gov](mailto:EmployeeRelations@spd.in.gov) with the following information:
  - Your full name
  - Contact phone number or email address
  - Your PeopleSoft ID
  - The date of birth of the child
  - The type of birth (vaginal or C-section)
3. A member of the INSPD team will contact you with instructions for submitting absence requests for this leave.

**"We want Indiana to be a place where it's easy to have a family, raise a family, and I'm very proud to be able to do this for our state employees." – Governor Mike Braun**

### Resources for new parents:

- [New Parent Leave \(NPL\) policy](#)
- [Family and Medical Leave \(FMLA\) webpage](#)
- [Support for Lactating Parents](#)
- [Executive Order 25-34](#)
- [Executive Order 17-31](#)
- [31 IAC 5-8-6 Paid Leave \(NPL\)](#)

If you have any questions or if you need more information, please reach out to the [INSPD Employee Relations team](#).

Thank you for your service to the State of Indiana.

## Quarterly virtual EAP overview sessions

Optum conducts quarterly virtual EAP overview sessions for State employees. During the session, Optum will provide an overview of the EAP program, including the services offered and how to access them. They will also give a demo of the EAP website, [liveandworkwell.com](https://liveandworkwell.com) where employees can find a variety of resources and support. There will also be time for questions.

### Upcoming 2025 Sessions:

- **April 14** | 1 - 2 p.m. | [Join the April Teams Meeting](#)
- **July 14** | 1 - 2 p.m. | [Join the July Teams Meeting](#)
- **October 6** | 1 - 2 p.m. | [Join the October Teams Meeting](#)

**View the slides from the EAP overview presentation here >**



# Kesha Rich honored with NAWBO Indianapolis Choice Award

The Indiana Department of Administration (IDOA) is proud to announce that Kesha Rich has been recognized with the National Association of Women Business Owners (NAWBO) Indianapolis Choice Award.

This award honors one outstanding individual who is a powerful advocate for NAWBO-Indianapolis and woman-owned businesses throughout the state. Recipients of this award have a demonstrated history of helping woman-owned companies reach their full potential while improving the overall business climate via contracting opportunities and/or advocacy efforts.

Kesha has been a State employee since 1993. She came to IDOA in 2015 as a certification coordinator and then progressively worked

her way up to become Deputy Commissioner of the State's Supplier Diversity Program in 2022. Connecting business owners to resources and tools to help them thrive is a passion for Kesha. Her dedication to excellence and her positive impact on the local business community make her a deserving recipient of this recognition. She continues to inspire others through her leadership, innovation, and commitment to the community.

Congratulations to Kesha on this well-deserved achievement, and

we look forward to her continued success in empowering women in business.

*Article by the Indiana Department of Administration*

*Photo by Graham Bryant, Indiana Department of Administration*



Kesha Rich receiving the NAWBO Indianapolis Choice Award.

## Education Spotlight: Regan Herr

For National Agriculture Month, Regan Herr is in the education spotlight! She currently serves as a Communications Director for the Indiana State Department of Agriculture and is pursuing a master's degree in strategic communication with a focus on public relations from Purdue University.

"I have always wanted to further my education and enjoy being a lifelong learner. I began the master's program in March of 2024 and I was in my seventh year with my agency. My leadership team was nothing but supportive and accepting [of] me pursuing a higher degree and for that I am very thankful. My favorite course has been crisis communication [which] allowed me to further understand how misinformation is spread and how consumers want to have faith that their food system is safe and nutritious," said Herr.

Her advice to other employees that want to pursue education opportunities is to have a strong understanding of their job duties and work closely with their leadership team. Their support is key to successfully balancing work and school responsibilities. Learn more about the State of Indiana's Education Reimbursement & Tuition Assistance policy and the discounts that may be available to you as a State employee by visiting the [Continuing Education webpage](#).



Regan Herr

# Celebrating the 34th Annual State of Indiana Dr. Martin Luther King, Jr. Holiday Celebration

The Indiana Civil Rights Commission (ICRC), alongside The Dr. Martin Luther King, Jr. Indiana Holiday Commission, Indiana Black Expo, Inc., and AFSCME Local #725, invited the community to celebrate the remarkable legacy of Dr. Martin Luther King, Jr.

On January 16 at 6 p.m., a tribute at the Indiana War Memorial: Soldiers and Sailors Monument featured a wreath-laying ceremony, and a stunning light show celebrating Dr. King's contributions.

The celebration continued on January 17 at noon with an awards ceremony at the Indiana Statehouse, recognizing outstanding Hoosiers committed to civil rights. The award winners were:

- **Sam Jones Award:** Chalie Garcia, Founder of C Garcia Associates
- **Reverend Charles Williams Award:** Lisa Givan, Senior Diversity Officer at Indiana Tech
- **Humanitarian Award:** Elaisa Vahnne, Co-Founder of Burmese American Community Institute
- **Coleman-Staples Award:** Najia Sherzad Hoshmand, Founder of Afghan American Community Center
- **Ripple Effect Award:** Cordae Crosby, Inner Beauty Program, Inc. Mentee
- **Ripple Effect Award:** Patrick Collier, New Breed of Youth Mentee

These events emphasized unity, echoing Dr. King's powerful message of compassion and community. Both gatherings were free and open to the public. A recording will be available on the [ICRC's YouTube channel](#).

*Article submitted by the Indiana Civil Rights Commission*



ICRC's Executive Director, Gregory L. Wilson Sr. with award recipients (left to right): Sam Jones Award Winner- Charlie Garcia, Ripple Effect Award Winners- Patrick Collier and Cordae Crosby, Humanitarian Award Winner- Elaisa Vahnne, Reverend Charles Award Winner- Lisa Givan, Coleman-Staples Award Winner- Najia Sherzad Hoshmand, and 53rd Lieutenant Governor Micah Beckwith.

## Remember to spring forward this weekend!

As a reminder, at 2 a.m. this **Sunday, March 9**, Daylight Saving Time (DST) begins, meaning clocks are turned ahead one hour. State of Indiana employees working at 2 a.m., Sunday, March 9, when clocks spring forward due to the time change, will receive their normal amount of pay for that shift.

## 2025 SPRING FORWARD

Sunday, March 9  
at 2 a.m.

*Change Your Clocks*





# 'Give Kids a Healthy Smile' serves nearly 200 children

The Hoosiers [Give Kids a Smile](#) event held at The Children's Museum of Indianapolis was a "tremendous success."

That's how Indiana Department of Health (IDOH) [Division of Oral Health](#) Director Dr. Nelly Chawla, BDS, MPH, CPH, described the event held earlier this month in collaboration with the [Indiana University School of Dentistry](#) and the [Marion County Health Department](#).

Chawla said 90 children were screened for oral health concerns during the volunteer-led event while another 100 were provided with dental education. Of those children, 70 to 75 were referred for additional treatment for necessary follow-up care.

The Hoosiers Give Kids a Smile program always seeks to educate

children and families about the importance of oral health in a variety of fun and engaging ways. This year's program allowed children to have a photo with the Tooth Fairy, be part of "Rethink Your Drink" (a discussion on healthy beverage habits), and answer oral health questions for a chance to spin a wheel and win prizes like toothbrushes, toothpaste, toothbrush calendars, bookmarks, and dry erase markers.

It would be difficult to overstate the positive impact of the annual volunteer program, which is often reflected immediately when concerns are found and set to be addressed.

"One moment that stood out was to see the relief on the family's face when they learned their child would receive free dental treatment this month," Chawla said. "The expressions of relief and gratitude from parents were heartwarming, reinforcing the impact of providing these critical services to children who may otherwise not have access

to dental care. I'm so grateful we were able to spot so many dental concerns early, giving families a chance to address them before they become bigger issues."

The event's namesake is much more than lip service as well; it's making a real difference for Indiana kids, and the proof often stretches from ear-to-ear.

"The smiles on the children's faces and the gratitude from the families served as a powerful reminder of the importance of this work," Chawla said. "We look forward to continuing this partnership to provide more opportunities for children in our community to receive the dental care they deserve."

*Article by the Indiana Department of Health*



IDOH Division of Oral Health Director Nelly Chawla, BDS, MPH, CPH (left) called the Feb. 1 Hoosiers Give Kids a Smile event "a tremendous success." The event took place at the Children's Museum of Indianapolis and included volunteers from the Indiana University School of Dentistry and the Marion County Health Department.



Volunteers at the most recent Hoosiers Give Kids a Smile event were all smiles as approximately 200 kids and families attended to receive free dental screenings and oral health education.

# The 26th Annual State of Indiana Holocaust Remembrance Program

On January 24 from noon to 1:30 p.m. at the Indiana Statehouse, the Dr. Martin Luther King, Jr. Indiana Holiday Commission, the Indiana Civil Rights Commission (ICRC), and the Indianapolis Jewish Community Relations Council hosted the 26th Annual State of Indiana Holocaust Remembrance Program.

This year's theme, "Righteous Among the Nations," honored the brave individuals who risked their lives to protect and save their Jewish neighbors and strangers during the Holocaust. Members of the community gathered to honor the legacy of these heroes, whose selflessness provided hope.

The program featured the presentation of the Never Again Ambassador Award to Nikia Garland, an English teacher at Arsenal Tech High School, and the Hoosier Upstander Award to the Immigrant Welcome Center. Additionally, a high school student was awarded for their art submission for the Hoosier Student Artistic Expressions Contest.

This event was free and open to the public. A recording will be available on [ICRC's YouTube channel](#).

*Article submitted by the Indiana Civil Rights Commission*



A student at the Hebrew Hasteen Academy of Indianapolis participates in the candle lighting tradition. The candle lighting honors the millions of lives lost during the Holocaust.

## Bridging the Gap training a success

The Indiana Department of Health (IDOH) and the Office of Minority Health (OMH) are excited to announce the successful completion of the Bridging the Gap in Medical and Mental Health Interpreting training program.

Participants completed 64 hours of training, gaining the skills needed to bridge communication gaps in healthcare settings. Qualified interpreters are key in ensuring patients from different backgrounds receive the care and support they need.

OMH thanks Monica Blaisdell-Zarate, lead instructor, and Dewy Almanzar, assistant instructor, for their dedication. Their work and the support of IDOH and OMH made this program a success. Congratulations to the newly certified interpreters:

- Katterine Alvarenga (Spanish)
- Van Cin (Hakha Chin)
- Hector M. Velez Orengo (Spanish)
- Emily Ordonez (Spanish)
- Melissa Alamilla-Arismendiz (Spanish)
- Xochitl Rivera Cordova (Spanish)
- Jaqueline Campos (Spanish)
- Silvia Turnio (Sindhi)

Their contributions will help ensure healthcare access for all Hoosiers.

*Article by Naw Pow, Indiana Department of Health, Office of Minority Health*



The latest group of Bridging the Gap in Medical and Mental Health Interpreting training program completed 64 hours of training.

# Governor Mike Braun invites applicants to the Indiana Governor's Fellowship program

Governor Mike Braun announced that applications will be accepted through March 24, 2025, for the 2025–2026 Governor's Fellowship. The Governor's Fellowship is highly selective and provides a unique experience in Indiana State government by placing fellows in various state agencies on a rotating basis throughout the year.

"The opportunity to be a Governor's Fellow is a unique way to serve our state while learning through hands-on exposure," Gov. Braun said. "Please encourage those early in their careers to consider this fellowship as a building block in their professional experience."

The program is open to college graduates who receive their associate or bachelor's degrees beginning in either summer or fall of 2024 or spring of 2025 as well as those without a degree who

have at least two years of full-time professional experience. Fellows are paid, full-time employees who participate in the day-to-day activities of state government. Many Governor's Fellow participants have gone on to successful careers in both the public and private sectors—with some serving at the highest levels of local, state and federal government.

**To be eligible for consideration, the application and all supporting materials must be postmarked or submitted via email by March 24, 2025.** Applicants should know if they have been selected for an interview no later than Tuesday, April 15, 2025. Recipients of the Fellowship will begin July 1, 2025.

If you have questions about the fellowship, contact Jessica Roeder at the Governor's Office at [jroeder@gov.in.gov](mailto:jroeder@gov.in.gov).

**Find out more about the Governor's Fellowship program >**

## Nominate your mentor for a shout out



Nominate your mentor for a shout out Has someone

gone above and beyond guiding you in your career? To celebrate employee appreciation day and the amazing employees at the State of Indiana, we want to hear about your mentors and what sets them apart. Tell us about your fondest memories, the best advice they've given you, or anything else you'd like to share. To submit a shout out that may be featured on the State of Indiana's social media pages or in publications like The Torch, fill out the form below. Thank you for your participation!

**Nominate your Mentor >**



**March 7, 2025**

**Thank you for all that you do!**



# Hoosier Lottery promotes responsible gambling resources

March in Indiana is known as a time to celebrate basketball tournaments, springing forward, and the start of warmer weather. At the Hoosier Lottery, they're also celebrating National Problem Gambling Awareness Month, as designated by the National Council on Problem Gambling. The Hoosier Lottery is once again highlighting this important month with their Positive Play initiatives. Positive Play means whether you win or lose, playing the Lottery should be a positive experience. They promote messaging and provide tools to support this important campaign all year long. The responsible gaming program encourages players to know the game, set a limit, and keep it fun.

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

This March, the Hoosier Lottery has developed a Player Health Screening using the Brief Biosocial Gambling Screen. The goal is to destigmatize the language and encourage positive play, all while supporting problem gambling awareness among players. The Hoosier Lottery is supporting

this initiative with a complete marketing campaign and a player promotion where players can win one of five positive play prize packs upon completing the screening. The prize packs contain two tickets to the Indianapolis Indians, a backpack, hat, scarf, and notebook.

The Hoosier Lottery is committed to working with their employees, retailers, and players to raise awareness about problem gambling and the services that are available to help. They train all of their 4,400 retailers with the skills they need to help keep play positive. Additionally, they communicate important responsible gaming information regularly through their monthly retailer newsletter.

Their website, [HoosierLottery.com/Positive-play/](https://www.hoosierlottery.com/positive-play/) provides resources to help with budgeting, combat gambling myths, and educate on the signs of problem gambling.

The Hoosier Lottery recently received a Level 4 recertification from the World Lottery Association in Responsible Gaming, the highest level that can be achieved. Certification requires an audit and review of the responsible gaming program by an independent panel of experts in corporate social responsibility. Level 4 lotteries are

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

You can find responsible gaming resources by visiting the [Hoosier Lottery's website](https://www.hoosierlottery.com/positive-play/).

*Article by the Hoosier Lottery*

**KEEP *Play* POSITIVE**

**Take the short  
PLAYER  
HEALTH  
SCREENING**

**For a chance to  
win a prize pack!**

**— NATIONAL —  
PROBLEM GAMBLING  
AWARENESS MONTH**

**1-800-994-5448  
PROBLEM GAMBLING  
HELPLINE  
PLAY RESPONSIBLY**

No purchase necessary. Promotional odds are dependent upon the number of entries received.



# DCS celebrates Social Work Month

March is dedicated to Social Work Month, a time to spread awareness and show appreciation for those who devote their lives to helping the community's most vulnerable. The National Association of Social Workers' theme this year is "Compassion + Action" and the Indiana Department of Child Services (DCS) is shining a light on its star-studded staff that achieve success through compassion.

To help celebrate these stars, DCS created the Compassion Walk of Fame. Just like the Hollywood Walk of Fame, the Compassion Walk of Fame honors individuals who go above and beyond in their field. Nominations will go to lead actors in compassion and for those who play supporting roles in family's lives.

And to help readers understand why compassion is so important in social work, two of many exceptional DCS staff members were interviewed:

Amanda Acton has been working for DCS for eight years. "I was always interested in helping people," said Acton, and through her foster licensing work, she's been able to connect with countless Hoosier families. Every day she sees compassion from those around her like the teacher who took in one of their students or the NICU doctor she saw go above and beyond for a substance-exposed newborn.

She says when her team thinks about their foster families, they're always asking the question "What do you need?" or "How can we really make it more feasible?" They also find time to celebrate their foster families with events like a carnival

or movie night. They know that showing appreciation and keeping people engaged with fostering is essential to helping as many kids as possible.

Keeping families together is also a big priority and Acton said her team is always taking action to provide support for all foster families, but especially kinship placements. Whether it's a grandparent who needs help with their forms and training or an aunt who is trying to find the necessary bedroom space, her team is there to keep families together when they can. "My teammates are fabulous," said Acton.

It's a sentiment that Katie Longo echoed. In her five years with the State of Indiana she said her team has been incredible to work with and she enjoys being a training resource for other DCS employees. "I'm fulfilled by helping to support my peers," she said. That support also extends to the families she works with. "It's really important for me to build those relationships...I always, always tell my [families] I can support them," said Longo.

And although she knows some things are out of her control, she enjoys sharing in families' celebrations when they make a change for the better. For example, she's a part of Family Recovery Court that helps caregivers who struggle with substance abuse, and she sees the difference that compassion can make for those families. Celebrating their sobriety with them is incredibly rewarding.

She also recognizes that while her job is fulfilling, it takes a special



person to do it. "This work is not for everyone and that's okay. There's a lot of different ways to support children." But for Longo, this is the place where she feels she can make a difference with her compassion and action. "I'm just really proud to be a part of the work we're doing."

*Article written by the Indiana Department of Child Services and the Indiana State Personnel Department*



Top left: Amanda Acton  
Bottom right: Katie Longo

# 10 essential fall protection tips for outdoor workers

Spring is thankfully right around the corner. The warmer temperatures will also bring an increase in work performed outdoors. Outdoor workers face unique challenges, especially when working at heights or on uneven surfaces. Fall-related incidents are among the leading causes of workplace injuries. Here are ten essential fall safety tips to keep outdoor and indoor workers safe:

- 1. Use personal protective equipment (PPE):** Ensure workers are equipped with proper fall protection gear, including harnesses, lanyards, and hard hats. PPE helps minimize injury risk if a fall occurs.
- 2. Inspect equipment regularly:** Before each shift, workers should inspect their fall protection equipment for wear and tear. Harnesses, ropes, and anchors must be in good working condition.
- 3. Ensure proper training:** Workers should be trained on how to properly use fall protection equipment, recognize hazards, and safely perform their duties. Regular refresher training sessions are crucial. Any training provided should be documented and signed by the worker to ensure understanding.
- 4. Maintain safe work surfaces:** Outdoor workers often deal with rough and uneven terrain. Ensure that work area is stable and free from tripping hazards such as cords, debris, rocks, loose material, and supplies that can roll or shift such as pipes or steel bars.
- 5. Use guardrails and safety nets:** Install guardrails around elevated surfaces, such as scaffolding or platforms. Safety nets can catch workers if they fall but should be used only when all other methods are infeasible or in addition to other protective measures.
- 6. Implement a fall protection plan:** Create a fall prevention plan for each jobsite. This plan should identify potential fall hazards and outline specific precautions to reduce the risk.
- 7. Control environmental factors:** Weather conditions can make outdoor work more dangerous. Work should be delayed or stopped during high winds, heavy rain, or snow. Workers should also dress appropriately for temperatures and humidity.
- 8. Use proper footwear:** Workers should wear slip-resistant, sturdy footwear to reduce the risk of slipping, especially when working on wet or uneven surfaces.
- 9. Use proper ladder safety:** When using ladders for elevated work, make sure they are stable, placed on solid ground, and extend at least three feet above the upper landing. Workers should always maintain three points of contact when climbing.
- 10. Encourage a safety culture:** Foster a culture where workers feel comfortable reporting unsafe conditions. Encourage team members to speak up about fall hazards and take corrective action immediately.

By following these safety tips, outdoor workers can significantly reduce the risk of fall-related injuries, ensuring their safety while on the job. If you have any questions about fall protection or other safety issues, reach out to INSafe, Indiana's workplace safety and health consultation service. A division of the Indiana Department of Labor, all INSafe services are free to both public- and private-sector employers, and information regarding clients, consultations, or hazards are kept completely confidential. For more information, call (317) 232-2688 or email [insafe@dol.in.gov](mailto:insafe@dol.in.gov).

*Article by the Indiana Department of Labor*

**WHAT'S IN**

## DISCOVER MILITARY HISTORY IN INDIANA

Explore Indiana's storied military history. Plan a trip, learn more, and explore all the military locations IN Indiana from monuments, museums, historical markers, and more!

[MILITARY MONUMENTS AND MUSEUMS IN INDIANA](#)



# Health First Indiana year one: Subject matter experts making a difference

The first year of the Indiana Department of Health's (IDOH) [Health First Indiana](#) was filled with milestones and successes.

With \$75 million in funding being put directly into Hoosier communities, positive word spreading and the culmination of all 95 Indiana health departments opting in for a further \$150 million to be shared during the second year of funding, public health in the Hoosier state has significantly been impacted by HFI's seismic shift. For all its focus on local health services, however, some of the most important HFI work occurs behind the scenes.

"HFI is not just local health departments and regional teams, but it includes all of our divisions here, too," explained IDOH Deputy Health Commissioner of Local Health Services Pam Pontones. "Some of them have a lot of experience serving LHDs, and some, through HFI are starting."

Each of the several dozen IDOH divisions features subject matter experts (SMEs) who are available to answer questions that may arise from local health officials. This allows for community public health workers to have access to factual, evidence-based information, resources, best practices, and connections.

This connective tissue is a new way for LHDs to have their questions answered and makes collaboration key as HFI lays the groundwork for a monumental shift in public health.

"Our SMEs have really risen to

help support the local health departments," Pontones said. "Not only is this a great opportunity to assist and support LHDs, but it's also an opportunity for our SMEs to learn more about the needs of a local health department."

Pontones said this knowledge-sharing is "integral to core public health service delivery in local communities."

"We're supporting LHDs in ways we haven't before," she said. "LHDs have different needs and priorities, so our support is not 'cookie cutter.' Having this broad knowledge base of those core services through connection to our divisions and regional teams really helps them dive deeply into planning and implementing those strategies."

## Health First Indiana Year One Recap

- All 92 counties received 2025 funding in January.
- Key players will continue building partnerships and implementing programming and services.
- Core service quality workshops will resume in Q2 2025.
- More than 1.4 million preventive services were provided by local health departments (LHD) and partners.
- Approximately 80% of budgets were spent on preventive services and about 20% spent on traditional services.
- 567 new partnerships were



created and 383 were funded (these numbers will increase for 2025).

- All LHDs developed key performance indicators (KPIs) according to local priorities.
- The [Office of Public Affairs](#) has posted 2025 budgets, activities, partners, core service progress measures, and local KPIs to the [Health First Indiana website](#) — a true, transparent HFI hub.

*Article by Brent Brown, Indiana Department of Health*



*Artwork by Gale Helton (Indiana Department of Transportation)*



# Run the State 5K & Hike Series returns in 2025 with six events

Invest In Your Health and partners at Anthem and the Indiana Department of Natural Resources are excited to host the **2025 Run the State 5K and Hike Series** for State employees and family members.



The 2025 series features six 5K walks/runs and four hikes at state parks across Indiana on select Saturday mornings. Employees and their family members are invited to attend these morning events and spend the rest of the day enjoying the parks.

## Registration

Registration is now open for the first three events with the links below. There is no cost to register, but participants are required to pay \$7 per vehicle at the gate for state park entrance.

You may register for more than one event; however, there are registration limits for each park, so please only register for events that you plan to attend.

All Run the State 5K & Hike participants will also receive a free Run the State t-shirt and medal. T-shirts will be handed out during check-in and medals will be given at the end of each 5K or hike—be sure to select your preferred t-shirt size when registering.

Sign up with your family members and make the commitment to get out and get moving!

## What is the Run the State Series?

The Run the State Series began in 2016 and offers State employees and their families an opportunity to get outdoors and get moving. Each year the Invest In Your Health State employee wellness program coordinates with our partners such as Anthem and the Department of Natural Resources to host various 5K walk/runs and hikes at Indiana's state parks. These events take place on select Saturday mornings throughout the spring and summer months and employees are encouraged to enjoy the parks for the rest of the day with their family, friends, and colleagues.

## 2025 Run the State Series Schedule

- April 26: [Indiana Dunes State Park](#) (5K)
- May 10: [Harmonie State Park](#) (5K & Hike)
- June 7: [White River State Park](#) (5K)
- June 21: Ouabache State Park (5K & Hike)
- August 16: Turkey Run State Park (5K & Hike)
- September 20: Clifty Falls State Park (5K & Hike)

Stay tuned to the [Run the State 5K & Hike Series webpage](#) on the Invest in Your Health website for updates.



# Reminder: OrthoIndy remains the State of Indiana's preferred orthopedic provider

Last year, it was announced that OrthoIndy was the State of Indiana's preferred provider for high-quality and cost-effective orthopedic care. In the second year of this partnership, INSPD wants to remind you of the many benefits available through OrthoIndy—and share a few exciting updates and accomplishments from the past year!

In 2024, 2,624 employees have chosen OrthoIndy for their orthopedic needs.



## Why Choose OrthoIndy?

### Top-ranked quality

- Independently recognized by major employers and ranked #1 in Indiana for total joint replacement by Healthgrades three years in a row (2023 – 2025).
- Recognized by Healthgrades for Patient Safety Excellence from 2013 – 2024, demonstrating their dedication to your safety and well-being.
- OrthoIndy Hospital was the only hospital in the state to rank among the nation's top 5% of hospitals for both Outpatient Orthopedic Surgery and Joint Replacement and achieved the nation's top 5% of hospitals for Inpatient Joint Replacement.
- Recipient of the Healthgrades Outstanding Patient Experience Award six years in a row (2020 – 2025).

### Cost-savings

- If the member chooses OrthoIndy, the State Employee Health Plan may provide assistance with reasonable and necessary travel expenses.

- As an Anthem Tier 1 provider, OrthoIndy offers lower costs for surgeries and other orthopedic services, helping you save with lower deductibles and out-of-pocket expenses.
- Historically, their services run about 30% lower than the Indiana average, translating to significant savings for you and your family.

### Comprehensive care

- From urgent care and appointments to physical therapy, imaging, and surgical/non-surgical specialists, OrthoIndy covers your entire continuum of orthopedic care.
- Convenient care options include walk-in, orthopedic-only urgent care, and a full range of services under one roof.

### Reminder: Consider OrthoIndy before the ER

If you experience an orthopedic injury that is not life- or limb-threatening, remember OrthoIndy's dedicated urgent care facilities can often provide faster, more specialized treatment—and often at a fraction of the cost of the ER.

### Ready to get started?

- Consider transferring your care to OrthoIndy if you're currently seeing another provider.
- Schedule an appointment for urgent care or consultations with fellowship-trained specialists: [Request an Appointment | OrthoIndy](#)
- Find the OrthoIndy location nearest you: [Orthopedic Specialists in Indiana | OrthoIndy](#)

### Learn more

To find out more about OrthoIndy's approach, services, and success stories, visit:

[OrthoIndy Named Preferred Orthopedic Provider for State of Indiana Employees | OrthoIndy Blog](#)

# Work towards your goals with an ActiveHealth health coach



Whether you want to be more active, lower your cholesterol, get more protein or fiber, or achieve any other wellness-related goals in 2025, the team of coaches at ActiveHealth can support you along the way. In a one-on-one coaching session you'll have:

- Personal conversations to support you in your wellness goals
- Expert help to make healthy changes in exercise, diet, sleep, mindfulness, work-life balance, tobacco cessation, weight management, or other areas you want to focus on
- Priorities you set with information, support, and suggestions for small changes to get you where you want to be

Call (855) 202-4219 to schedule an appointment. Health coaches are available from 9 a.m. to 9 p.m. ET Monday through Friday and from 9 a.m. to 2 p.m. Saturdays by appointment. Employees and spouses enrolled in a State Personnel Department sponsored medical plan can earn \$20 for completing a health coaching session (up to \$100 total), through the [Wellness Rewards program](#).

Visit the ActiveHealth portal >

Below are some success stories from real people who have taken advantage of health coaching:

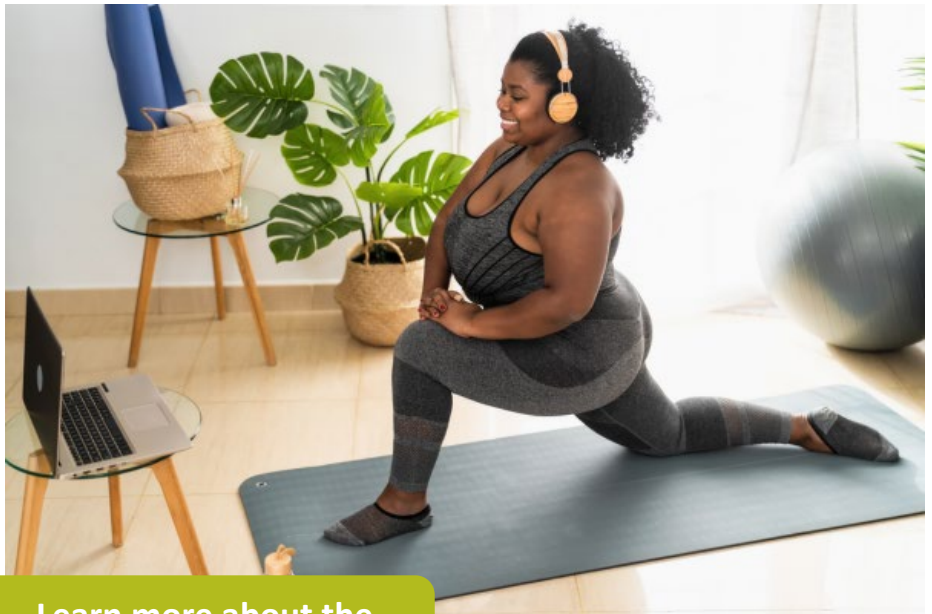
*\*Names have been fictionalized to protect the privacy of these participants*

Anne\* was diagnosed with Type 2 diabetes, has high cholesterol and elevated triglycerides, and is overweight. She decided to meet with a health coach to improve her lifestyle habits before having to take insulin for her diabetes. Over two months, she was able to:

- Lose 12 pounds
- Improve her blood sugar from 160 to 105mg/dl
- Increase her activity levels to 3 times per week for 20-45 minutes
- Stick with having smaller regular meals with balanced fiber, protein, and healthy fats

Maria\* is a mom of four with health risks like prediabetes, hypertension, and obesity. She decided to try health coaching to earn Wellness Rewards, but now meets with a coach regularly. Since first meeting with her coach in December of 2023, she has:

- Lost 40 pounds
- Reduced her fasting blood sugar from 110mg/dl to 97mg/dl
- Reduced her HbA1c from 7.5 to 6.1
- Increased her physical activity to 2-3 times per week



Learn more about the coaches >



## Dear Benefits: Answers to your questions

The Indiana State Personnel Department's Benefits team is here to answer your questions with their new column, Dear Benefits. This month's edition is about benefits options for new retirees.

### Dear Benefits,

I am considering retiring from the State in the next couple of years. What options will I have to continue my benefits upon leaving State employment?

Sincerely,  
Future Retiree

### Dear Future Retiree,

The decision to retire is a big one and takes a lot of planning. Below is a brief overview of some important decision points to consider.

**Active Coverage:** Your health coverage with the State of Indiana as an active employee will terminate on the last day of the month in which you were employed. For example, if your last day worked was April 1, your last day of health coverage would be April 30. Likewise, if your last day worked was April 30, your last day of health coverage would be April 30 as well.

**COBRA:** When you leave State employment, the Benefit's Division will mail you a COBRA packet within a week of the event being entered into PeopleSoft. Under COBRA, you may continue your coverage and/or your eligible dependents' coverage for up to 18 months. You have sixty (60) days to enroll. Under COBRA you pay 102% of the combined employer and employee premium for active employees. For more information about COBRA and the current COBRA rates, please visit [in.gov/spd/benefits/cobra/](http://in.gov/spd/benefits/cobra/).

**Early Retiree Insurance:** If eligible, the Benefit's Division will mail you an Early Retiree Insurance packet within two weeks of your term being entered into PeopleSoft. To be eligible, you must:

- Have fifteen (15) years of creditable employment with a public employer on or before your retirement date, ten (10) years of which shall have been completed immediately preceding retirement
- Be between the ages of fifty-five (55) and sixty-five (65)
- Not be enrolled in Medicare coverage

If you are eligible, you will have ninety (90) days to enroll and may stay covered under the Early Retiree Plan until you enroll in Medicare or turn sixty-five (65). Premiums under the Early Retiree Insurance program cost 100% of the combined employer and employee premium for active employees. For more information about Early Retiree Insurance and the current rates, please visit, [in.gov/spd/benefits/early-retirees/](http://in.gov/spd/benefits/early-retirees/).

**Life Insurance:** When you leave State employment, you have two options to continue your life insurance coverage. Both require you to make the election within 31 days of your termination and will cost more than your active employment rates.

- Ported coverage: Term Life
  - Coverage terminates at age 70
  - Rate increases with age
  - [Learn more about term life insurance.](#)
- Convert coverage – Permanent Life
  - No termination age
  - Rates do not increase with age
  - More expensive
  - [Learn more about permanent life insurance.](#)

Sincerely,  
Benefits Division

# Know the Facts Outreach Kit

Substance Use Disorder, commonly referred to as addiction, is a disease impacting many Hoosiers. Often times, individuals experiencing this disorder feel stigmatized and discouraged to reach out for help. Indiana's [FSSA Division of Mental Health & Addiction](#) (DMHA) would like to remind citizens that treatment is available, and recovery is possible. Please consider partnering with DMHA in spreading awareness on their anti-stigma campaign, Know the Facts, and the resources they have to offer individuals and families in need.



**Know the Facts Campaign** has an **Outreach Kit** available by clicking the link below. These kits are **free** and are delivered directly to the ordering site's office at no charge. Likewise, their micro-site has an **Outreach Materials page** that hosts **free print-on-demand** links for their materials. [KTF Outreach Materials Page](#)

**Know the Facts  
Outreach Kit >**

*Components of the Outreach Kit are pictured above.*

## IDOA seeking State employee input

In its effort to consistently improve its services, the Indiana Department of Administration (IDOA) wants to hear from you! All state employees are invited to share feedback and ideas about any of the areas IDOA serves. IDOA is accepting feedback in person in March during drop-in sessions. You can also fill out a survey, which is linked below.

All feedback is anonymous and those who drop into an in-person session will have the opportunity to view feedback provided by others and vote to agree with/support that feedback. Whether you have five minutes or an hour, please take a moment to share your opinions and ideas with IDOA so that they can serve you better. IDOA will identify trends in feedback and ideas and use them for future planning.

### Session Details:

All in-person sessions are from 8:30 a.m. to 3 p.m. in the Indiana Government Center South.

- **Monday, March 10:** Conference C
- **Wednesday, March 12:** Conference 17 | Harrison Hall
- **Friday, March 14:** Conference 4+5 | Wabash Hall
- **Tuesday, March 18:** Conference A
- **Wednesday, March 19:** Conference 1+2 | Wabash Hall
- **Thursday, March 20:** Conference 17 | Harrison Hall

**Everyone is welcome to attend!**

**Can't drop into a feedback session?**

[Complete this short survey to provide your input >](#)





State of Indiana  
Deferred Compensation Plan  
Sponsored by the Indiana State Comptroller

**Are you ready**  
to organize your finances  
and plan for the future?

## Introducing your all-in-one retirement and financial planner

Take a personalized, guided experience with the My Income & Retirement Planner to help you take control of your retirement and financial plan with confidence. As a Hoosier START participant, log into your account and explore this new tool today!

### In the My Income & Retirement Planner tool, you can:

- Download your personalized Readiness Report
- Estimate your healthcare costs & other retirement expenses
- Explore common scenarios to review possible impacts to your retirement goals
- Review and compare withdrawal strategies
- Track how to achieve your retirement goals

The planner has been designed with your goals in mind and makes it easy to get started while offering the flexibility to customize and adapt to your evolving financial outlook. Whether you're just starting your retirement journey or have complex retirement goals, this online planner provides a streamlined experience to support your decisions.

**Log in to your Hoosier START account to access My Income & Retirement Planner >**



#### Indianapolis office:

317-810-4266  
Hoosier START – Nationwide  
135 North Pennsylvania, Suite 1750  
Indianapolis, IN 46204

#### Solutions Center:

1-855-277-4432  
Monday – Friday: 8 a.m. to 11 p.m. ET  
Saturday: 8 a.m. to 6 p.m. ET



INDIANA DEPARTMENT OF ENVIRONMENTAL MANAGEMENT

## **ELECTRONICS** Indiana **Collection Event!** State Employees

All Cables and Wiring • All Televisions • Batteries (any size, any kind) • Camcorders/Cameras • Cellphones • Circuit Boards • Computer Monitors • Computer Towers • Computers (including desktops, laptops, and tablets) • Copiers • Digital Media Players • Digital Photo Frames • DVD Players • DVR/TiVo Devices (including cable boxes and satellite boxes) • E-readers • Fax Machines • Game Systems • iPods/MP3 Players • Microwaves and Handheld Appliances • Pagers and Palm Pilots • Peripherals (including keyboards, mice, external hard drives, projectors, and any other devices that are for external use with a computer) • Personal Digital Assists (PDAs) • Portable GPS navigation systems • Printers • Routers • Scanners • VCRs • Video Equipment

Questions about other items not listed? Contact us at [E-Cycle@idem.IN.gov](mailto:E-Cycle@idem.IN.gov)



**WEDNESDAY APRIL 9**  
**8:00 a.m. to 12:00 p.m.**

Drive up or walk your unwanted electronics to Robert Orr Plaza.

**Where:**  
**ROBERT ORR PLAZA**



# Aligning goals for 2025

What does it mean to be vertically and horizontally aligned and how can it influence your goal setting for 2025?

Vertical alignment means keeping employees' goals in line with the strategic vision of the agency. Think of it as all the pieces that go into a production—without writers creating a script, actors learning their lines, composers writing music, etc., the show won't be a success. Vertical alignment can also help:

- Clarify a team's purpose and value
- Maintain clear communication
- Utilize resources efficiently

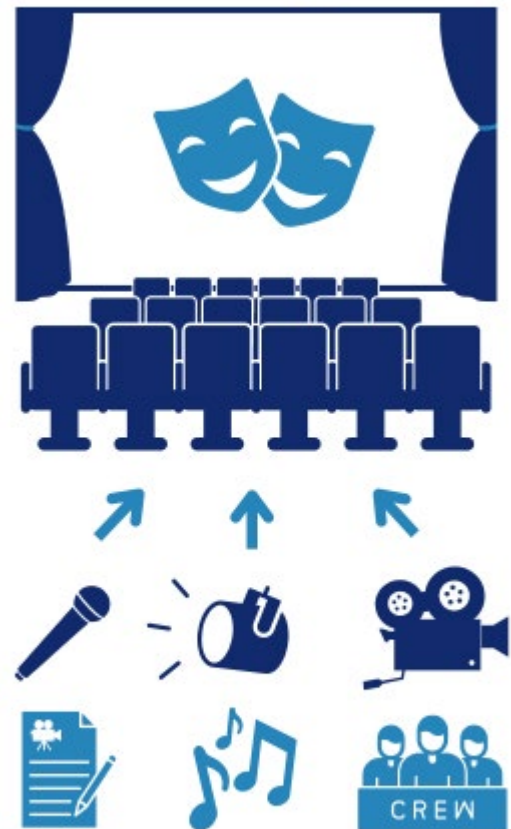
Horizontal alignment means having the same goals for the same roles. Like supports for a bridge, if one role has too much pressure or one is not up to the same standards and expectations, the larger goals of an agency can be impacted. Consistent expectations also help:

- Teams collaborate better
- Employees be treated fairly and held accountable consistently
- Customers experience dependable, high-quality products and services.

Managers play an important role in both horizontal and vertical alignment by cascading goals in SuccessFactors to their direct reports. Cascading these goals can help:

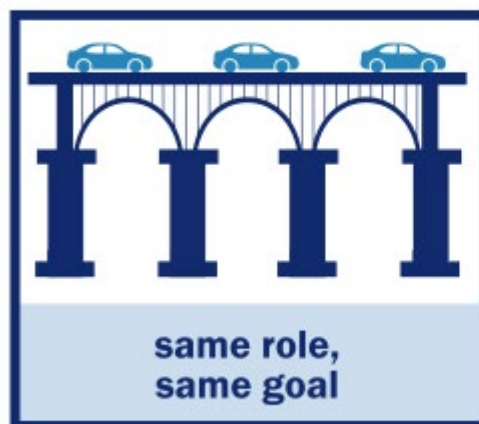
- Define 'what right looks like'
- Support performance assessments
- Consistently identify high/low performers

## Vertical alignment



**Each person and team  
contributes to the big show**

## Horizontal alignment



## Lack of alignment



## Through the Eyes of an Artist: John Wesley Hardrick exhibit open now

The acclaimed Indianapolis artist, John Wesley Hardrick, will have a special exhibit until June 29 at the Indiana State Museum. Visitors can explore 25 unique works by the artist that captured the essence of life in Indianapolis. It's free for members and included with museum admission, which is \$20 for adults, \$14 for youth (ages 3-17) and \$18 for seniors.

During the exhibit's run, curators will take attendees behind the scenes to learn more about Hardrick's life, work, and impact on the art scene in Indianapolis and beyond. **These special curator-led tours will be offered at 1 p.m. on March 9 and 11 a.m. on April 12.** Tours are free for Indiana State Museum and Historic Sites members and \$5 for nonmembers. Attendees are encouraged to register in advance at [IndianaMuseum.org](https://IndianaMuseum.org).



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## Run for the Trees: Registration for Happy Little (Virtual) 5K opens

Registration is open for the return of the [Happy Little \(Virtual\) 5K](#), which the Indiana Department of Natural Resources (DNR) and the Indiana Natural Resources Foundation (INRF) welcome back for the third year in 2025.

In 2024, the virtual run raised more than \$18,000 for tree plantings and healthy forest initiatives in Indiana State Parks, with more than 1,000 people participating.

The event is open to everyone, and registrants can complete their 5K anywhere outdoors—on foot, by bike, skate or paddle, or using a mobility device—anytime between April 19-27, 2025, to encompass Earth Day (April 22) and Arbor Day (April 25).



For \$36 per person, each participant will receive a keepsake Happy Little T-shirt, a commemorative bib number, and a Bob Ross-inspired finisher's medal. All proceeds support tree planting and forest protection efforts in state parks.

# Your local armory: Affordable and convenient rentals for sports tournaments and practice

Large, flexible indoor spaces, including sports-tournament ready gym floors, and ample free parking are just two reasons to consider renting your local armory for your next sporting event or practice. With rates as low as \$45/hour, affordability also makes armories a good choice for your next event. Learn more about renting one of the Indiana National Guard's armories in more than 60 statewide locations.



## Other events hosted at armories

- Conferences
- Trainings
- Seminars
- Meetings
- Banquets
- Fundraisers
- Shows
- Markets
- Clubs
- Sports
- Weddings
- Bar/Bat Mitzvahs
- Birthdays
- Quinceañeras
- Reunions

Click here for the armory rental website >

Or scan the QR Code to the right



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## LinkedIn Learning

Unlock your potential with [LinkedIn Learning](#)! As a State employee, you have access to a wide range of certification courses designed to enhance your skills and advance your career. Whether you are looking to elevate your technical skills or to attain job-specific certifications, LinkedIn offers prep

courses and assessment options for over 175 different credentials. Check out the “Certifications” tab on the left menu next time you sign in. Start learning today and take your career to the next level!





## Farm to Capitol event

Celebrate National Ag Day on March 18! Join fellow State employees and legislators for a one-day Farm to Capitol event where you can interact with farm animals, test your knowledge with a fun agriculture trivia game, enjoy free Indiana popcorn, and more! There will be food trucks located near the event as well.

Indiana agriculture is more than corn and soybeans! Indiana is a national leader in poultry, melon, pork, and maple syrup production – just to name a few! Stop in for an opportunity to learn more about the impact agriculture has on our economy, environment, and local communities across the state, all while gaining a deeper appreciation for the 94,000 Hoosier farmers who make it possible!

**The event will take place on Bicentennial Plaza, located between the Statehouse and Government Centers North and South. Stop in any time between 11 a.m. to 4 p.m. on March 18.**

Questions? Email [communications@ISDA.IN.gov](mailto:communications@ISDA.IN.gov)



The poster features a teal background. At the top is a white dome icon with a red flag on top. Below it, the text 'FARM To CAPITOL' is written in white, with 'To' in red. Underneath, it says 'JOIN US AS WE CELEBRATE' in white, followed by 'NATIONAL AG DAY' in large red letters. Below this, there are four icons with corresponding text: a location pin for 'BICENTENNIAL PLAZA BETWEEN STATEHOUSE AND GOVERNMENT CENTERS', a calendar for 'MARCH 18, 2025', a clock for '11 AM - 4 PM', and a question mark for 'LIVESTOCK, POPCORN, GAMES & MORE'. At the bottom is a collage of farm animals: a pig, a chicken, a goat, and a cow.

## State of Indiana Co-Ed Rec. Softball League



The State of Indiana Co-Ed Recreational Softball League is preparing for the 2025 spring season. Round up a group of State employees to start a team or contact us to join an existing team. A virtual callout meeting will be Thursday, March 13 at noon. Please reach out to [Sam Nance](#) or [Kevin Marshall](#) for an invitation or more information.

Games are Wednesday nights at Chuck Klein Park (4702 Rockville Road in Indianapolis). There are double headers for 5 weeks, followed by a single elimination tournament night during each of the Spring, Summer, and Fall sessions. A traveling trophy is awarded to the winner of the tournament for each session.

For more than 30 years, the State League has boasted a fun, competitive environment for State employees and their families to enjoy some exercise and comradery with individuals from over 15 state agencies. Whether you're interested in playing, have a family member that wants to play, or you're interested in watching and having a fun night, come on out to Chuck Klein. All are welcome!

**March 8, 2025**

## **Leave it to Beavers! | Indiana Dunes State Park**

Hike over to one of the state park's largest beaver dams. Come and learn all about nature's engineers!

[More Information >](#)

## **'Flirt' like a Victorian Era Couple: The Language of Fans | Mounds State Park**

Make a Victorian Fan and learn how to 'communicate' through the unspoken language of fans!

[More Information >](#)

**March 9, 2025**

## **Fossil Collecting in Indiana, Kentucky, and Ohio | Falls of the Ohio State Park**

Indiana, Kentucky, and Ohio are known for their invertebrate fossils that date from 300 to 450 million years ago. Volunteer Dale Brown will bring fossils he has collected and talk about finding fossils, with tips to help budding paleontologists.

[More Information >](#)

**March 14, 2025**

## **A Summer's Day at Rose Island Video | Charlestown State Park**

Stop by the Nature Nook for this 1-hour video presentation featuring stories of Rose Island, the now abandoned theme park, told by those who were there!

[More Information >](#)

## **Timberdoodle Trot | Prophetstown State Park**

Join the naturalist to look for one of the park's elusive residents- the American Woodcock (aka the Timberdoodle.) You'll learn about

these critters and what to listen and look for before embarking on a hike to observe this species in person.

[More Information >](#)

**March 15, 2025**

## **St. Paddy's Day 5K | Summit Lake State Park**

Join Summit Lake for the annual St. Paddy's Day 5K fun run/walk dressed in Kelly green and clovers.

[More Information >](#)

## **Sulf-Ides of March | Falls of the Ohio State Park**

Enjoy some wordplay and celebrate the Ides of March with an informative program about metals called 'sulfides.'

[More Information >](#)

**March 16, 2025**

## **Pickin' in the Park | Ouabache State Park**

Bring your instrument and/or voice for a fun 2-hour jam session.

[More Information >](#)

**March 18, 2025**

## **Scat and Tracks 101 | Clifty Falls State Park**

Discover how to identify various animal tracks and poo on this hour-long easy hike to look for what wildlife has left behind on the trail.

[More Information >](#)

**March 22, 2025**

## **Spring Equinox | Spring Mill State Park**

Get out and get the spring season started with a hike.

[More Information >](#)

## **Spring Scavenger Hunt | Charlestown State Park**

Meet at the Oak Shelter for this fun nature-themed scavenger hunt.

[More Information >](#)

## **Farm to Table Dinner | The Farm at Prophetstown State Park**

Come to the Farm for an unforgettable evening of Irish charm and farm-fresh flavors at the beautiful Gibson Farmhouse! This 5-course dinner celebrates the best of Ireland's culinary traditions, featuring hearty favorites like corned beef and cabbage, Irish soda bread, and perhaps a touch of Guinness to bring the spirit of the Emerald Isle to life.

[More Information >](#)

## **Pokagon Trivia Game | Pokagon State Park**

Pokagon is celebrating 100 years in 2025! Gather in the Nature Center Auditorium to test your knowledge about the park and win a small prize, while supplies last.

[More Information >](#)

**March 29, 2025**

## **March Marsh Madness | Pokagon State Park**

Wetlands play a crucial role in our watershed. Meet the naturalist at the Potawatomi Inn front lobby for a moderate 1.5-mile hike to learn about Pokagon's wetland ecosystems.

[More Information >](#)

**View all DNR special  
events >**

# This Month WITH



**March 8, 2025**

## **Birdwatching Hike | Angel Mounds State Historic Site**

The early birdwatcher catches the worm! Join us for a mid-morning birding excursion and learn about the birds in your own backyard.

[More Information >](#)

## **International Women's Day Special Tour | Vincennes State Historic Site**

To celebrate International Women's Day, explore the stories of some of southern Indiana's most influential women including Lucy Sullivan Stout, Lydia Bacon, Polly Strong, Mary Clark, Marie LaTonton, Jeanette Bonneau Dubois, Anna Harrison, Elizabeth Harrison, and others.

[More Information >](#)

## **Hoosier Reading Frederick Douglass | Levi & Catharine Coffin State Historic Site**

Frederick Douglass was a strong supporter of a woman's right to vote! Celebrate Women's History Month as we walk through Douglass' speech, "I Am a Radical Suffrage Man."

[More Information >](#)

**March 12, 2025**

## **Remarkable Women Tour | Culbertson Mansion State Historic Site**

This Women's History Month, learn about the lives of the incredible women who kept Culbertson Mansion running, including the Culbertson family ladies and the female servants working in the home.

[More Information >](#)

**March 14, 2025**

## **Springtime Scavenger Hunt | Corydon Capitol State Historic Site**

Keep an eye out for clues in Downtown Corydon! After a briefing on Corydon's history, you'll decode riddles and hints to find the important places and objects you learned about.

[More Information >](#)

**March 15, 2025**

## **Inkle Loom Weaving Workshop | New Harmony State Historic Site**

Have you ever wanted to learn how to weave? Inkle looms are small tools used to weave belts, guitar straps, dog leashes, and more. Make your own woven creation at this workshop.

[More Information >](#)

**March 19, 2025**

## **Women and the Underground Railroad | Levi & Catharine Coffin State Historic Site**

Countless women risked everything to be free as they traveled the Underground Railroad. Learn about some of the female freedom-seekers that the Coffins encountered, as well as the female experience of slavery and the choice to escape.

[More Information >](#)

**March 22, 2025**

## **Arrow of Light: Engineer | Indiana State Museum**

Uncover the science behind the various types of engineering as you learn about civil, electrical, and mechanical engineering while completing an engineering challenge of our own.

[More Information >](#)

## **Astronomy at the Mounds | Angel Mounds State Historic Site**

Angel Mounds has incredible connections to the cosmos! Experience the mounds at night to see many of the site's important celestial objects through a telescope. Afterwards, learn about the sky's cultural ties to Native American beliefs.

[More Information >](#)

## **Stories and Stars: An Astronomical Evening | Vincennes State Historic Site**

Experience the wonder of the night sky as we gather for an unforgettable evening beneath a canopy of stars. Explore the cosmos through telescopes, hear Native American stories, and enjoy classic fireside treats.

[More Information >](#)

## **Family Discovery Day: Agriculture | Indiana State Museum**

Together we grow as we celebrate and recognize the abundance provided by American agriculture! Learn how food, fiber, and renewable products are produced. Talk to a local farmer and meet some of the animals who live on the farm. Plant something new and discover ways to grow together!

[More Information >](#)

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





SAVE THE DATE

# PUBLIC HEALTH DAY

---

10 a.m. to noon, March 12  
at the Indiana Statehouse North Atrium



25%  
OFF

SEVEN HOTEL  
LOCATIONS

## Indiana State Park Inns

### Spring fun & savings on lodging!

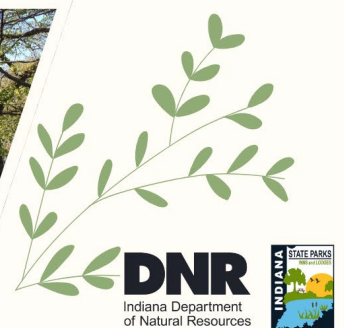
Surrounded by scenic beauty, hiking trails, nature centers and more.  
You're going to love it here!

MARCH 2, 2025 - MAY 22, 2025  
(CERTAIN RESTRICTIONS MAY APPLY)

Stay two or more consecutive  
nights and get 25% off.



INDIANAINNS.COM  
1.877.LODGES I





# Camp Indiana Indiana Through the Decades

Indiana Statehouse Tour Office  
& Education Center

Join us for a week of Summer Fun!

Campers must be between entering 2nd  
grade and entering 6th grade  
(ages 7-11)

Spots available for 15 campers per session

**\$75 Camp Tuition**

For more information and  
how to register:  
Bailey Hinton-Matthews  
BHinton1@idoa.in.gov



## Camp Indiana DISCOVER!

Indiana Statehouse Tour Office & Education Center

Camp Indiana Discover is for  
campers in grades 6-8

Spots available for 15  
campers

**\$75 Tuition Fee**

For More information on how  
to Register:

Bailey Hinton-Matthews  
BHinton1@idoa.in.gov

## Indiana Influencers

**July 7-11**







March 2025: Tips for well-being

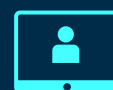
# Eat in balance for better health

Your body needs a steady source of fuel to function well. When you feel sluggish, you may reach for sugary snacks or soda. But the best energy source for your body is healthy food.\*

Healthy eating can lower your risk of heart disease and type 2 diabetes. It helps your muscles and bones stay strong. Eat a balance of healthy foods. Your body needs daily fiber, vitamins and minerals.

## Check out these healthy eating tips:\*

- Get plenty of lean protein. Eat fish, chicken, beans, nuts or low-fat dairy.
- Fiber helps you stay regular. Fruits, veggies and whole grains are good sources.
- Go for dark, leafy greens. Enjoy spinach, collards, broccoli or bok choy.
- Sweet tooth? Mix fresh berries in Greek yogurt. Drizzle a little honey on top.
- Eat heart-healthy fats. Snack on avocado. Toss pumpkin seeds on your salad.



## Wellness Webinar

### Balance your diet and your life\*

You know your body needs energy. But where do you get it? In this session, you'll learn that and more. We'll talk about six ways to eat healthy. And how to set goals that can help you change your eating habits for good.

**Tuesday, March 18, 2025**

10:00 AM | 12:30 PM | 3:30 PM | 6:30 PM, ET

\* The wellness webinar classes are not offered in Spanish.

\* FOR HEALTHY EATING SOURCE: Centers for Disease Control and Prevention. Benefits of healthy eating for adults. Accessed Nov. 18, 2024.

\* FOR HEALTHY FOODS SOURCE: Centers for Disease Control and Prevention. Healthy eating tips. Accessed Nov. 18, 2024.

Services are provided by ActiveHealth Management, Inc. ActiveHealth Management, Inc. is part of the CVS Health® family of companies. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

©2025 ActiveHealth Management, Inc.





# Pacers Network Offer

**TUESDAY | MARCH 11TH | 7:30PM**



You're invited to participate in a special night with the Indiana Pacers! Order through this offer and receive a special discounted ticket price!

**GET TICKETS NOW**



Questions? Contact Christian Evans at  
317-917-2766  
email [CEvans@Pacers.com](mailto:CEvans@Pacers.com)