



The Torch

The official newsletter for Indiana state employees

Governor Pence delivers first State of the State address

On Jan. 22, Governor Mike Pence delivered his first State of the State address reporting on the condition of Indiana and his roadmap for Indiana's future.



One of the first tasks the Governor completed after being sworn in was to submit a jobs budget to the legislature.

"I believe our State must live within its means and never spend a single dollar more than it collects. So, first, we have submitted an honestly balanced budget, with no tax increases," said Gov. Pence.

The budget funds what the Governor labels as priorities and includes:

- Funding for full day kindergarten and teacher pensions each of the next two years. Education represents 64 percent of the total budget.
- Increasing funding for the Department of Child Services by \$35 million.
- Investing \$18 million to ensure that all Hoosier workers have the skills to find a job in today's economy.
- Investing nearly \$347 million on roads, bridges and infrastructure.
- Investing in the Indiana Economic

Development Corporation, so it can adequately attract more business and investment to Indiana.

- Investing more money in job training and certification for Veteran Service Officers with the goal to procure three percent of state contracts from veteran-owned businesses.
- Cutting income taxes by 10 percent over the next two years.

Other goals include creating a partnership with Indiana's life sciences industry and universities, spurring research and producing high-paying jobs; and helping Indiana to become a hub of food and agricultural breakthroughs.

Education was also stressed from establishing a strong foundation during early education through more state college funding to help with tuition costs.

"We have to give our kids, our future, every opportunity for success. That means quality schools, choices about their education and multiple pathways to success. The more our kids succeed in the classroom, the more Indiana will succeed," said Gov. Pence.

Governor Pence proposed an increase in funding for schools over the next two years, with the second year based on school performance and an additional \$6 million in teacher

excellence grants to increase pay for our high-performing teachers.

He also stressed the need to ensure our students stay in school, have high levels of math and reading proficiency and are adequately trained for future careers.

"Together, we will build a more prosperous future, open doors of educational opportunity for all our kids and approach our third century with confidence," he said.

To read the entire speech, click [here](#).

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With 43 deaths, flu season is prevalent, but so is “stomach flu”

Winter is the season for influenza, and as the flu season continues, State health officials want to remind Hoosiers this is also norovirus or “stomach flu” season. Norovirus is not actually influenza, however, both may be prevented by taking measures to protect yourself.

This season, health officials are reporting that a new strain of norovirus has appeared. This new strain, called GII.4 Sydney, originated in Australia and has been detected throughout Europe and the United States. This strain is overtaking others to become the dominant strain in areas where it has been found. Most people will be susceptible to this new strain; however, it does not carry worse symptoms than others.

Health officials confirm the new GII.4 Sydney strain of norovirus has reached Indiana and are investigating outbreaks and monitoring disease activity.

“With so much discussion regarding this flu season, it is important for Hoosiers to understand there is a difference between influenza and what is commonly called the stomach flu,” said State Health Commissioner William VanNess II, M.D. “Knowing the difference can help prevent both illnesses.”

Norovirus infection, also known as viral gastroenteritis, is not the flu at all, but a viral infection of the intestinal tract. It is spread through eating or drinking contaminated food or drink or by close contact with an infected person.



Norovirus is more common in the late fall through winter, but infections and outbreaks can occur any time of year. Norovirus can survive on surfaces for up to 72 hours. Symptoms occur about 24 to 48 hours after exposure and include sudden onset of nausea, vomiting and diarrhea. Other symptoms may include fever, headache and body aches. Most people recover fully within one to two days without complications.

“Flu shots do not protect against norovirus,” said Dr. VanNess.

Know the difference

Signs and symptoms of norovirus (“Stomach Flu”) versus influenza (Flu):

Norovirus (“Stomach Flu”):

- abdominal cramps
- vomiting
- nausea
- watery diarrhea
- fever (usually slight)
- headache
- fatigue

Influenza (Flu)

- fever 101 degrees Fahrenheit or greater
- headache
- fatigue
- cough
- muscle aches
- sore throat

“However norovirus prevention is similar to flu prevention in the need to frequently wash hands, disinfect contaminated surfaces, wash soiled clothing and avoid preparing food if you’re not feeling well.”

Influenza, by contrast, is a viral infection of the respiratory tract. It is spread by respiratory

droplets from close contact with infected persons or contact with contaminated surfaces or objects. Infection can occur when influenza viruses contact the eyes, mouth or nose, and possibly through inhaling droplets from a sneeze or cough. Sometimes people may become infected by touching surfaces or objects contaminated with influenza viruses and then touching their eyes, mouth or nose.

State health officials report that influenza has caused 43 deaths. A large majority of the deaths have occurred in individuals older than 65 years and two of the deaths occurred in individuals younger than 18 years.

Below are a few tips to help protect against the spread of influenza:

- **Clean:** Properly wash your hands frequently with warm, soapy water.
- **Cover:** Cover your cough and sneeze with your arm or a disposable tissue.
- **Contain:** Stay home from school or work when you are sick to keep your germs from spreading.

For more information about norovirus or influenza, visit the Indiana State Department of Health at www.StateHealth.in.gov.

Striving to save one million hearts

February is a time of love, roses, cupid, but most importantly hearts. This Valentine's Day, give yourself the gift of heart health as organizations across the nation work to spread awareness and well-being for American Heart Month.

According to the Centers for Disease Control and

Prevention (CDC), heart disease is the leading cause of death in the United States with one in every three deaths attributed to heart disease or stroke. That's 600,000 deaths every year and 2,200 every day.

The Federal Department of Health and Human Services (HHS) is helping to fight against cardiovascular disease by continuing its national initiative Million Hearts™. The program, which began September 2011, strives to prevent 1 million heart attacks and strokes by 2016.

Million Hearts™ is led by the CDC and the Center for Medicare and Medicaid Services (CMS). They work with other federal agencies, nonprofit groups and private organizations to enhance cardiovascular disease prevention programs, techniques and activities across the country.

Million Hearts™ encourages prevention techniques, such as avoiding tobacco and monitoring one's sodium and trans fat intake. The initiative also encourages those who are at risk for a heart attack or stroke to focus on the "ABCS", which include "Aspirin for people at risk, Blood pressure control, Cholesterol management, and Smoking cessation," according to the program.

In conjunction with these measures, Million Hearts™ recommends at least 30 minutes of physical activity most days of the week, a diet high in fresh fruits and vegetables, and following your doctor's prescription instructions.



Along with the nation, heart disease is Indiana's leading cause of death, with stroke being

the state's fourth. According to the Indiana State Department of Health (ISDH), it is the leading cause of death for all genders and races in Indiana, with women being just as likely to be affected as men. Heart disease was the cause of 13,715 deaths in Indiana in 2007.

The disease also costs the state a significant amount of money. The projected "annual cost of heart disease and stroke will be \$10.6 billion and \$2 billion, respectively, by 2023," according to the ISDH.

There are many ways to get involved this February for American Heart Month. Along with national efforts like Million Hearts™, there are local and statewide events to help support heart health awareness. The Indianapolis [Go Red For Women Luncheon](#) is Feb. 22 at the JW Marriott downtown. Click [here](#) to see other Go Red events in Indiana.

For more information about American Heart Month and how to improve your heart health, visit the American Heart Association's website at www.heart.org. Also, to learn more about Million Hearts™ and their fight against cardiovascular disease, visit their website at www.millionhearts.hhs.gov.

Leading a heart-healthy and nutritious lifestyle

- First, you need to know how many total calories you should consume and drink to maintain a healthy body weight. Then track how many you actually consume and notice any difference. Try not to consume more than the recommended amount of calories, especially if these extra calories are not being burned off through exercise.
- 30 minutes of physical activity daily is needed to help maintain body weight, but also helps keep a healthy heart. If 30 minutes at a time is too much at once, it is recommended to divide the workouts into 10-minute segments throughout the day.
- Consuming nutrient-rich foods high in essential vitamins and minerals and low in calories are great sources for a heart-healthy diet. These include: vegetables, fruits, whole-grain products, lean meats and fat-free or low-fat dairy products. These provide a variety of vitamins, minerals and fiber to help maintain weight, blood pressure and cholesterol levels.
- Eat more fish! Fish contains healthy fats known as omega-3 fatty acids which lower triglycerides and blood pressure.
- Carefully read food labels and avoid food that contains high levels of trans-fat.
- Keep your cholesterol intake to less than 300 milligrams and sodium less than 1,500 milligrams each day.

Thanks to the Indiana Dietetics Association for this content.

The sweetness of prevention: a personal story of living heart healthy

Meet Mendel Pryor. Mendel has worked at the Indiana State Department of Health for five years. As an overweight person with Type 2 diabetes and dizzy spells, he consulted a



cardiologist and was put through all the tests—and passed with flying colors. He used to tell people, “my heart is the only thing that works.”

However, in July 2012, Mendel was having lunch when both his arms went numb. He thought it had something to do with his recent gastric bypass surgery. After consulting a colleague, Mendel went to the hospital. He was told something he never thought he would hear: “You’re having a heart attack.”

Mendel’s left ventricle was 90 percent blocked. Blockage had never been

detected on any of the tests. He had been seeing a cardiologist for five years. He was tested before his surgery and was given a clean bill of heart health. How did he have a heart attack? The truth is, every 25 seconds, an American has a coronary event, and about every 60 seconds, someone dies from one. Heart disease is the number one killer of Hoosiers.

According to the Centers for Disease Control and Prevention, high blood pressure and cholesterol are two main reasons people have heart attacks, strokes, and related vascular diseases. In Indiana, more than 30 percent of all Hoosiers report having high blood pressure and 40 percent report having high cholesterol.

How can you take steps now to help prevent this from happening to you? The American Heart Association has identified seven key goals to lower your risk of heart disease and stroke:

- Get active
- Eat better

- Stop smoking
- Lose weight/Maintain a healthy weight
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar

INShape Indiana can help! Learn how to eat better, move more and avoid tobacco at [INShape Indiana](#). For more information on Life’s Simple 7, visit the [American Heart Association](#). Remember, you don’t have to change everything at once. A few simple changes can help improve your quality of life.



Mendel knows that the simple lifestyle changes he made before his surgery helped save his life from the heart attack. He encourages us all to look at the sweetness of prevention. His few lifestyle changes saved his life; one simple change could save your life.

Welcome Governor Mike Pence



Chief Justice Brent Dickson swears in Governor Mike Pence as the 50th Governor of Indiana (Photo by Melissa Helsby). Visit in.gov/gov/2387.htm to view more pictures of the Governor.

INfreefile available now to help with taxes

Nearly 1 million Hoosier taxpayers, including thousands of state employees, qualify to file their federal and state taxes for free through Indiana freefile (INfreefile).

If your adjusted gross income (AGI) was \$57,000 or less during 2012, the Indiana Department of Revenue can offer you free federal and state tax filing online.

INfreefile provides faster refunds, easy-to-use professional software and both federal and state tax filings. It's a one-stop shop for your individual income tax filing needs. If you do meet the qualifications for INfreefile, to ensure that both your federal and state returns are free, visit www.in.gov/dor/4581.htm.

Visit the website and see if you qualify for INfreefile based on the vendors' options. Then click the vendor of your choice. It's that simple!

What if you don't qualify? If you don't meet one of the criteria stated on the INfreefile website, you must pay for these services. Keep in mind, however, that there are many advantages to electronically filing:

- Faster refunds: e-filed returns are processed in an average of less than two weeks, while a paper return can take up to 10 weeks
- Better security: fewer people see your information
- Get more or pay less: e-filing software may suggest credits and deductions you might not have known about.
- Better accuracy: paper returns have a 20 percent error rate versus 2 percent for electronic returns

If you have questions specific to your return, please contact the department at (317) 232-2240 or email at individualtaxassistance@dor.in.gov.

Artist selected to sculpt historic busts

The Indiana Arts Commission, Indiana Historical Bureau (IHB) and Indiana



Department of Administration (IDOA) recently announced that sculptor Jon Hair has been selected to create a bronze bust of two African-American legislators as part of the Indiana State House permanent historic sculpture collection..

The busts will portray James Sidney Hinton (1834-1892), the first African-American elected to the Indiana General Assembly, and Julia Carson (1938 - 2007), who had a long career of public service, culminating in her tenure as a U.S. Congresswoman for Indiana from 1997 to 2007.

"I very much admire these two individuals who accomplished so much," said Hair upon accepting the commission. "It is an honor for me to capture their likeness, which I hope will inspire people to make their own contributions to Indiana history."

The Indiana Arts Commission, the IHB and IDOA coordinated the artist selection process. Hair was selected from 19 artists who competed for the commission.

Among his body of work, Hair has fulfilled commissions for several of the nation's historically black colleges and universities. He also has created life-sized bronzes of Dr. Martin Luther King, Jr. and Rosa Parks. Hair has completed many other major public art commissions since he began his career as a sculptor in 2000, including "The Boilermaker" at Purdue University, and the "Olympic Strength" monument at the U.S. Olympic Training Center.

ConditionCare can help

As a part of your health plan benefits, a program called ConditionCare for diabetes, heart disease, COPD and asthma is available to you, free of charge. This program offers nurse coach support and health resources to help you live a healthier, more active life.

As of the first of the year, you now can count on ConditionCare if you and your covered dependents have been diagnosed with skin, prostate, colon or breast cancer. When you enroll in ConditionCare, you get:

- Counseling and coaching on topics like eating healthy, pain management, and exercise.
- Support from Nurse Coaches, pharmacists, dietitians, doctors and other health care workers to help you manage your symptoms, know your treatment options and feel better.
- Educational guides and tools to help you learn more about your condition.
- Round-the-clock phone access to a nurse coach for support and information.



If you, or a covered family member, have been diagnosed with skin, prostate, colon or breast cancer, call 888-279-5449 now to enroll in ConditionCare. We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.

Job opportunities

DOR has a few job openings to check out

The Indiana Department of Revenue is seeking to fill two exciting career opportunities.

The **Statistician** position is located in Tax Policy and adds to the Department of Revenue (DOR)'s efficient and effective operations by providing guidance for taxpayers, practitioners and DOR staff. A successful candidate should possess at least six (6) years of work experience in research analysis, statistical reporting or related experience. Accredited college training may substitute for the required experience (15 semester hours in Mathematics; Statistics; Economics; Business Administration; or a related area required).

It is preferred that a successful candidate:

- have a Graduate level degree with a background in economics/statistics and tax law
- possess good communication skills in both individual and group settings
- be proficient in Microsoft Word, Excel and other electronic applications, primarily to create and maintain documents and databases
- possess ability to utilize Westlaw-general research skills are essential
- be capable of interpreting and synthesizing constitutional, statutory, and regulatory provisions with case law, both at the federal and state level
- be capable of understanding and comprehending material such as very specialized and technical manuals
- possess the ability to understand and integrate independently complex and sophisticated concepts and rules

For more details and to apply to this position, sign into PeopleSoft Self Service, Recruiting Activities, Careers, and use the Advanced Search option to search for Job Opening ID: 581295.

The **Collection Manager** position executes and monitors section and staff goals and metrics. A successful candidate should possess a Bachelor's Degree in Accounting, Business or related field, plus two (2) years of documented supervisory or managerial experience. Two (2) years of post secondary education in a related field, plus four years of documented supervisory or managerial experience may substitute for the Bachelor's degree. Experience in collection and collection processes preferred.

It is preferred that a successful candidate should have:

- analytical skills
- project management experience
- thorough knowledge of the theories, principles, practices and methodology of management
- ability to coordinate and motivate personnel.
- ability to be creative in developing alternatives to meet section goals.
- ability to maintain cooperative work relationships.
- hiring, disciplinary and employee relations skills
- experience in setting goals and measuring achievement

For more details and to apply to this position, sign into PeopleSoft Self Service, Recruiting Activities, Careers, and use the Advanced Search option to search for Job Opening ID: 582954.

If someone you know would be interested please have them visit the state's job bank, www.in.gov/spd.

Governor appointments

Gov. Pence appoints new DCS Director

On Jan. 30, Governor Mike Pence named Mary Beth Bonaventura as the head of the Department of Child Services.



She brings a wealth of knowledge and experience, most recently serving as Senior Judge of the

Lake Superior Court, Juvenile Division, one of the toughest juvenile court systems in the state. Bonaventura was appointed Senior Judge in 1993 by then-Governor Evan Bayh after having served more than a decade as Magistrate in the Juvenile Court.

Since the start of her career in the Juvenile Court, Judge Bonaventura has been recognized for her dedication and outstanding service to children. In 2008, Governor Mitch Daniels appointed Bonaventura as a member of the Indiana Commission on Disproportionality in Youth Services. In 2009, she was named Chair of the Civil Rights of Children Committee for the Indiana State Bar Association and the Chief Justice appointed Bonaventura as Chair of the Child Welfare Improvement Committee.

"Judge Bonaventura is uniquely qualified to lead the state's Department of Child Services and help to protect Hoosier children from abuse and neglect," said Governor Pence. "She is a strong leader who has an impeccable reputation of integrity and compassion for children."

Bonaventura received her undergraduate degree from Marian University in Indianapolis and her Juris Doctorate degree from Northern Illinois University in DeKalb, Illinois.

Look out for Reds discount coming soon!

The Cincinnati Reds are proud to announce that they will again offer discounts on select Reds single-game tickets for state employees this season. Dates and pricing for the tickets will be announced in our



March newsletter.

In the meantime, if you are interested in getting more information about Cincinnati Reds group tickets, premium seating options, hospitality areas or fundraising for your group, feel free to contact Bart Conway

at (513) 765-7474 or bconway@reds.com. Conway is the primary contact for the state employee ticket discounts and is happy to work with anyone interested in bringing a group to Great American Ball Park.

Check out other employee discounts at www.in.gov/spd/2439.htm.



Artwork by
Jerry Williams

2013 Outdoor Fun - at 2012 Prices!

Do you buy annual passes, lake permit or horse tags or swimming passes? Some permit fees are going up in 2013, but these value packs are staying the same price for now. Order yours at www.innsgifts.com for healthy savings!

Family Fun Value Pack - YOUR PRICE: \$199!

Package Value: \$247; You Save \$48

Indiana Resident Annual Entrance Pass

- Outdoor Indiana Magazine 1-Year Subscription
- A \$75 CampIN Gift Card OR a \$75 SP Inn Gift Certificate
- 1 Swimming pool pass, good for 25 single admissions at all SPR pools
- 4 SPR GO! T-shirts or a Naturalist-led program (up to 12 people)
- 1 SPR GO! Signature 17"x 14" Sportpack

Trails and Waves Value Pack - YOUR PRICE: \$99!

Package Value: \$140; You Save \$41

- Indiana Resident Annual Entrance Pass
- Outdoor Indiana Magazine 1-Year Subscription
- 1 Annual Horse Tag or 1 Annual Motorized Lake Permit
- A \$40 CampIN Gift Certificate OR a \$40 SP Inn Gift Certificate
- 4 Centennial Booklets
- 1 SPR GO! Signature 17"x 14" Sportpack

Indiana State Parks & Reservoirs



Get Outside!

Order online at www.innsgifts.com

Face to Face Shopping

Annual passes, Golden Hoosier Passes, lake permits, horse tags and other permits are on sale now at state park and reservoir offices and gates (when open). Stop in and say hello and enjoy a hike while you're there! Passes may also be purchased at the Customer Service Center in the Indiana Government Center in Indianapolis.



ConditionCare: Cancer

You don't have to fight cancer alone

Our Nurse Coaches are ready and waiting to help you

Today, millions of people are living with cancer. And, each year the number of people who survive the disease keeps going up.* Join ConditionCare today and let our Nurse Coaches stand by you in your fight.

If you, or a covered family member, have been diagnosed with skin, prostate, colon or breast cancer, call now to enroll in ConditionCare. It's already part of your benefits, so there is no added cost to join.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a Nurse Coach who'll answer questions about your health.
- An initial health screening by phone.
- Support from Nurse Coaches, pharmacists, dietitians, doctors and other health care workers to help you manage your symptoms, know your treatment options and feel better.
- Educational guides and tools to help you learn more about your condition.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.

GET STARTED TODAY

To learn more or to join ConditionCare, call us toll-free at **888-279-5449**.



* Centers for Disease Control and Prevention website: *Cancer Survivors in the United States* (accessed November 2011): cdc.gov.

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