



# The Torch

The official newsletter for Indiana state employees

## Governor Pence appoints new Alcohol and Tobacco Commission Director

On December 3, Governor Pence named Judge David Cook as Director of the Alcohol and Tobacco Commission. Judge Cook currently serves on the Marion County Superior Court 7 Criminal Division and was appointed to this role by the Indiana Supreme Court in February 2014.

“Judge David Cook is a widely respected and reputable lawyer and has served the citizens of Indianapolis for many years,” Governor Pence said. “I appreciate his willingness to lead the Alcohol and Tobacco Commission and I know that with his extensive experience he will continue to serve Hoosiers well in this new role.”

Previous to his service in the Marion County Superior Court, Judge Cook has served as Chief Public Defender of Marion County, Master Commissioner in the Marion County Circuit Court, and in the Marion County Prosecutor’s Office, along with several years practicing law at various private practices in Indianapolis. In addition, Judge Cook is currently an Adjunct Professor of Trial Advocacy at Indiana University School of Law and has worked as an Adjunct Professor at Indiana University-Purdue University Indianapolis’ School of Public and Environmental Affairs.

He is a former member of the Indiana Public Defender Council Board of Directors and a current member of the National Association of Criminal Defense Attorneys, and has received multiple recognitions, including the Indianapolis Bar Association President’s Award, the Indianapolis Bar Association Manager’s Award, the Indiana Community Corrections Board of Director’s Award, and the Indiana Public Defender Board of Directors Distinguished Service award. He has also been listed as a top lawyer on the Indianapolis Business Journal Distinguished Lawyer’s list (2007) and eight times as an Indiana Super Lawyer (every year from 2006-2013).

Judge Cook is a graduate of Ball State University, where he received his Bachelor’s degree, and Indiana University – Indianapolis School of Law, where he received his Juris Doctorate.

Judge Cook assumed his role on Jan. 5, since his current term as Marion County Superior Court Judge expired.

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*The Torch* is published monthly by the State Personnel Department and is available online at [www.in.gov/spd](http://www.in.gov/spd)

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## Bicentennial Torch Relay will highlight state celebrations in 2016

On December 11, Governor Mike Pence announced a new signature event of the Indiana Bicentennial Commission. The Indiana Bicentennial Torch Relay will touch each of Indiana's 92 counties during the 2,300 mile journey across the state. The torch relay will be an inspirational event during a monumental year for Indiana and will connect people, communities and regions during the six-week trek in the fall of 2016.



The Indiana Bicentennial Torch Relay will start in September 2016 in Corydon, Indiana's first state capitol, and culminate with a celebration in October on the grounds of the statehouse in Indianapolis. Accompanying the torch will be a mobile visitor center serving as an interactive museum that highlights

"The Indiana Bicentennial Torch Relay will give generations of Hoosiers the opportunity to honor our past while also looking with optimism towards Indiana's future," said Governor Pence. "With the continued ingenuity, entrepreneurial spirit and collective good will of Hoosiers, I know the light of Indiana will shine brightly for centuries to come."

Developed by the Indiana Office of Tourism Development (IOTD), the relay is patterned after the Olympic Torch Relay and is designed to connect Hoosiers across the state and nation with their home state during the bicentennial year. The torch relay route, which can be found attached, was charted by a committee of representatives from multiple state agencies and the private sector; including the state departments of transportation, natural resources, state police, tourism, community and rural affairs and state archives. The route showcases locations of natural beauty, local interest and/or historic significance to the state.

important milestones during Indiana's first 200 years. A map of the torch relay route (subject to modifications) [can be found here](#).

"A torch is the centerpiece of our state flag; representing liberty, enlightenment and Indiana's far-reaching influence. The Indiana Bicentennial Torch Relay is a terrific opportunity to celebrate Indiana achievements, influence and heritage while also symbolically 'passing the torch' to future generations of Hoosiers," said Mark Newman, IOTD executive director.

The torch itself is being designed by engineering faculty and students at Purdue University. The torch will be primarily transported by people, passing the flame from torch bearer to torch bearer. The relay will also employ other modes of conveyance that are symbolic of the history and heritage of Indiana, including watercraft, farm equipment, a racecar, horse and wagon, antique automobile and others. Torch bearers will be Hoosiers who have been nominated

by their peers through the Indiana Bicentennial Torch Relay website: [www.Indiana2016.org/torchrelay](http://www.Indiana2016.org/torchrelay). Nominations will be accepted beginning in March 2015.

"We are thrilled to announce this interactive element within our state's bicentennial celebration," said First Lady Karen Pence, Ambassador for the Bicentennial Commission. "Hoosiers from every county in Indiana will have the opportunity to showcase their state pride by choosing how the torch will travel through their county. I look forward to seeing their creativity."

Volunteer county coordinators will organize torch relay activities in their respective counties. With the assistance of the Indiana Office of Community and Rural Affairs (OCRA) and the Indiana Bicentennial Commission (IBC), county coordinators have been identified in nearly every county. Additional volunteers will be needed to assist with the preparation and execution of relay-related activities. Hoosiers interested in volunteering can sign up at the Indiana Bicentennial Torch Relay website.



Artwork by Jerry Williams

## Create a new habit for life: new year, fresh start, blank page

The start of a new year is a wonderful opportunity to take stock of your healthy or not-so-healthy habits. One thing each one of us has in common is the **NEED to MOVE!** The current recommendation from the Institute of Medicine and the Department of Health and Human Services is 150 minutes per week of moderate physical activity. Moderate physical activity can be activities like brisk walking or running and muscle-strengthening exercises. Even activities like Yoga and Pilates are helpful to increase your balance and core strength and are wonderful tools to get you moving.

Most of us already know the benefits of regular activity but just in case you can't remember, here are the **best** reasons to exercise regularly:

- Improves your stress level
- Improves your blood glucose control
- Lowers your risk of heart disease, stroke, high blood pressure and high cholesterol levels
- Lessens tendencies towards depression and low moods
- Improves mental function and sense of well-being

The opposite of regular physical activity is inactivity and inactivity results in poor health.

One thing we can all count on is that all of us need to get out of the chair, off the couch, off the bed and start moving. Even people that experience difficulty moving can perform chair exercises that are safe and enjoyable.

**So how do you get started?** Begin with a goal and a plan. Left to our own devices we all tend to choose



the “easy” route and stay on the couch; but if we have a goal to exercise 150 minutes per week our goal can become a reality. This is only 30 minutes for five out of seven days. Plan ahead when you exercise. Some of us like early morning and some like to exercise in the evenings in front of the television. Some like to walk with neighbors while others like to exercise in solidarity.

A necessary component is the addition of fun to your routine. If your usual activity is rote and a drudgery, you won't sustain the effort. Analyze what activity can you do that allows you to relax, treat yourself to some “me” time and only takes 30 minutes.

Another suggestion is to reward yourself when you hit your targets. Maybe you buy new music to augment your exercise routine; or you and a friend go see a movie; or buy a new exercise mat. The point is the reward should be minimal but one that helps sustain your pursuit of physical fitness.

When starting a walking routine,

take it slow. Begin with a 5 to 10 minute walk with a goal to increase it to a 7-12 minute walk and then a 10-15 minute walk until you reach your goal. By inching up slowly you will build up muscles and condition yourself so that you are ready for the next goal.

Making regular physical activity a habit is one of the **best** things you can do for yourself. No one can do this for you but **YOU** are worth it! Think about your daily habits and you should be able to find 30 minutes five days a week to set aside for some valuable “me” time.



*Thank you to Indiana Academy Members, Hendricks Regional Hospital Registered Dietitians for this article.*

## Planning ahead can help make your quit smoking resolution a reality

If your New Year's resolution is to quit smoking, you're in good company. There are more former smokers in the US than there are current smokers. Planning ahead can help make your healthy tobacco free resolution a reality. Free, confidential help from the Indiana Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) or at [www.equitnow.com](http://www.equitnow.com) can help you get started.

### How Does Smoking Hurt Your Health?

Knowing the facts about smoking can make you more determined to stop smoking this year.

- Tobacco smoke contains a deadly mix of more than 7,000 chemicals and chemical compounds. Hundreds are toxic and about 70 cause cancer.
- Smoking causes immediate damage to the body.
- Tobacco use causes an estimated 480,000 deaths each year. It kills more people every year than HIV, illegal drugs, alcohol abuse, car crashes, suicides and murders combined.
- For every person who dies from a tobacco-related disease, another 30 people live with a serious smoking-related illness.
- People who stop smoking can greatly reduce their risk for disease and early death. The younger you are when you quit, the better your chances of avoiding health problems.

### No One Said Quitting Would Be Easy

Quitting smoking can be challenging. Most people make multiple attempts because nicotine is a very addictive drug. But don't give up trying just because you haven't succeeded in the past.

Think about your past attempts to quit—what worked and what didn't. If one method didn't work, don't hesitate to try another method. Learn more about how the quit coaches at the Indiana Tobacco Quitline can help. This time might be time you quit for good!

For inspiration look to successful quitters. [Beatrice](#), a busy mother of two boys, share her quit story in CDC's *Tips From Former Smokers* campaign. Smoking seemed cool at age 13, when she started smoking regularly. By her thirties, Beatrice's family begged her to quit. Check out more inspiring quit stories from Hoosiers like [Barbara and Paul](#). Check out [BecomeanEX](#) for support from others.

### Prepare Ahead and Change Your Routines

- Prepare for the day you plan to quit. Think about your environment and what you need to change. Get rid of all tobacco products (and other items such as ashtrays) in your home, car and where you work.
- Don't let people smoke around you. Ask them not to use any tobacco product near you.
- When you first try to quit, change your routine, even at work. Eat breakfast in a different place. Do something to reduce your stress. Try to distract yourself when you feel an urge to smoke or use tobacco. Talk to someone, go for a walk, exercise, or read a book.

### Let Others Help You

Get support from other people. Tell your family, friends, and coworkers that you are going to quit and that you want their support. Studies have shown that you have a better chance of being successful if you have help.

### Talk to Your Doctor or Health Care Provider

- Talk to your health care provider (e.g., doctor, dentist, pharmacist, psychologist, or smoking cessation coach or counselor), especially if you want to consider using medications. Medications can help you stop smoking and lessen the urge to smoke and you can get a prescription from your health care provider.
- Over-the-counter nicotine replacement therapies, or NRTs, can help. These are medications that contain nicotine to help reduce your cravings and withdrawal symptoms so you can focus on changing the behavior and habits that trigger your urge to smoke. Some NRTs are available without a doctor's prescription, including nicotine lozenges, nicotine gum and nicotine patches.
- Other prescription medications don't contain nicotine and work in different ways to help reduce your urge to smoke. These medications are FDA-approved and proven to be effective in helping smokers to quit.
- Quit counseling can be combined with over-the-counter or prescription medications. This combination works better than either method alone.

Regardless of how you decide to quit, it's most important to commit to quit, make a plan, and stick with it. Here's to a tobacco free 2015!

*Article adapted from Centers for Disease Control and Prevention; provided by the Tobacco Prevention and Cessation Commission at the Indiana State Department of Health.*

*Thanks to the Indiana State Department of Health for this submission.*

## A new health and wellness tool is coming soon: Humana Vitality

*This information applies to employees enrolled in a medical plan through the State of Indiana and does not apply to conservation officers, excise officers, Indiana State Police plan participants, temporary employees or contractors.*

Get ready to be rewarded for activities that support your health and well-being! The State of Indiana is excited to add a new Invest in Your Health partner to your wellness journey - HumanaVitality.



We are thrilled to provide you with leading edge wellness and health management tools through our new partnership with HumanaVitality.

With HumanaVitality, you can:

- **See Where Your Health Stands** with a personalized report after taking a Health Assessment.
- **Take Action Toward Well-Being** by setting wellness goals.
- **Get Healthy, Stay Healthy** by participating in recommended wellness activities.
- **Get Rewarded** with incentives gift cards, fitness devices and more!

All employees and their families enrolled in a state medical plan have access to this program beginning **January 12, 2015**. Be on the lookout for additional communications regarding this program and start checking your mail for your HumanaVitality ID card and directions on how to set up your account.

For additional information on other Invest in Your Health programs, visit [www.InvestInYourHealthIndiana.com](http://www.InvestInYourHealthIndiana.com).

### 2015 information is available online

The State Personnel Department website has been updated with 2015 Holidays and 2015 Benefits information.

- [2015 Holidays](#)
- [Benefits main page](#)

If you have specific questions about state benefits not answered on the State Personnel Department's website, call or email a Benefits Specialist in State Personnel:

- 232-1167 (within Indianapolis)
- Toll free 1-877-248-0007 (outside the 317 area code)
- Email: [SPDBenefits@spd.in.gov](mailto:SPDBenefits@spd.in.gov)

## Finding a new doctor can be easy

### What type of doctor do you need?–

First, decide whether you need a primary care doctor, surgeon or specialist. If you don't already have a doctor, start by choosing a primary care doctor. They can take care of any basic illness and keep you healthy by providing preventive care. They can also tell you when you need to see a surgeon or specialist.

### Decide what you care most about

– Rank the following characteristics based on how important they are to you: low cost, gender, years of experience, the doctor's education, location of the doctor's office, bedside manner, success rate and helpfulness. When making your list, keep in mind the type of doctor you are looking for – your priorities may change depending on whether you are looking for a primary care doctor or a surgeon.

### Identify and narrow down your options with Castlight

– Now that you've thought about your priorities, find the options in your area by searching on Castlight. Castlight's doctor profiles bring together many different sources of data to give you the information you need to find the doctor that's right for you. See years of experience, educational background, board certifications, ratings and reviews by other patients, and personalized cost estimates based on whether or not you've already met your deductible.

Catlight can help you find the doctor you need. [Click here](#) to learn more about Castlight. [Register for Castlight today!](#)

## Celebrating the Bicentennial with Lincoln Squash

When the Lincoln family left Indiana for Illinois in 1830, Thomas Lincoln traded some squash seeds with an Illinois farmer. According to family lore, they have been growing the squash, often called the cushaw “Lincoln” squash, ever since. The history of the squash became popular in Illinois when Abraham Lincoln was elected president of the United States. It has recently been rediscovered as a heritage crop at Lincoln Boyhood National Memorial, Indiana’s first national park unit and the place where Lincoln grew up from age seven to 21.

Through a Bicentennial Legacy Project there are plans to have elementary students learn about the history of the cushaw “Lincoln” squash and grow them in their gardens.

“We want to have every garden in Spencer County growing the Lincoln squash in 2016,” says Kendell Thompson, Superintendent at Lincoln Boyhood National Memorial.

“Our goal is to inspire our youth by engaging them in their heritage by planting the seeds and sharing the story of Lincoln and his Indiana family farm with others. This project will encourage them to get outside, get their hands dirty, and maybe even help feed their family.”

Over 10,000 seeds have already been collected by National Memorial staff,



*Lincoln Boyhood National Memorial staff, community partners and volunteers began their participation in the Lincoln Squash project in 2013 by planting and growing the squash and harvesting seeds (photo provided).*

community partners and volunteers who began their participation in the Lincoln Squash project in 2013 by planting and growing the squash and harvesting the seeds.

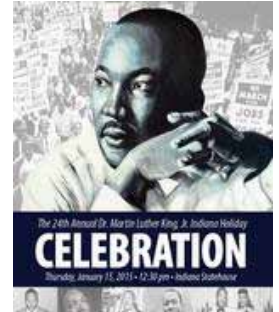


*A “Lincoln” cushaw squash harvest in Spencer County (photo provided).*

This project will help celebrate Indiana’s bicentennial in 2016 and the centennial of the National Park Service. The Indiana Bicentennial Commission’s goal is to have 200 legacy projects across Indiana in celebration of our state’s 200th birthday. For more information about Indiana’s bicentennial, visit [www.indiana2016.org](http://www.indiana2016.org)

## Attend this year’s celebration!

The Indiana Civil Rights Commission (ICRC) and Dr. Martin Luther King, Jr. Indiana Holiday Commission invite you



to attend the State of Indiana’s 24th Annual Dr. Martin Luther King, Jr. Indiana Holiday Celebration on Thursday, January 15, 2015 at the Indiana Statehouse. Included in this year’s program are the presentation of four awards.

The program, which is open to the public for no charge, begins at 12:30 p.m. and is expected to bring together more than 500 students, state employees, local and state government officials, human rights agencies and Indiana residents from across the state to celebrate the life and work of Dr. Martin Luther King, Jr. Other highlights of the program include:

- Remarks by a member of the Governor’s office
- The presentation of four awards
- The recognition of the seven schools and the more than 400 students who participated in the MLK Educational Youth Summit at the Indiana State Museum in the morning
- A musical performance by the Golden Singers of Broad Ripple Magnet High School
- [Click here](#) to register.
- [Click here](#) to view the program flyer.

For more information about the 24th Annual Dr. Martin Luther King, Jr. Indiana Holiday Celebration, call (317) 232-2641.

## State creates free county travel status mobile app

The State of Indiana has created a free mobile app to provide Hoosiers with county travel status updates and alerts directly to their mobile devices.



county. Tapping on a county will display the temperature and an icon with the current conditions.

- Contact information for county emergency management agencies, which are responsible for the status updates.

“This new app will be a great on-the-go resource for citizens and visitors to Indiana,” said Governor Mike Pence. “The travel advisory map has been one of the most popular pages on the State of Indiana website, particularly during times of inclement weather. The app will be even more convenient, and we hope many people will use this as a resource to make informed travel decisions.”

In addition to weather, the app will also include notifications with regard to flooding, hazardous materials spills and other events that could affect travel.

Last winter, the Indiana Department of Homeland Security (IDHS) County Travel Status Map was the most visited page on IN.gov, generating nearly 5 million unique visitors between December 1, 2013, and March 31, 2014.

The Indiana Office of Technology and IDHS collaborated on the project. The Indiana Travel Advisory app is available to download:

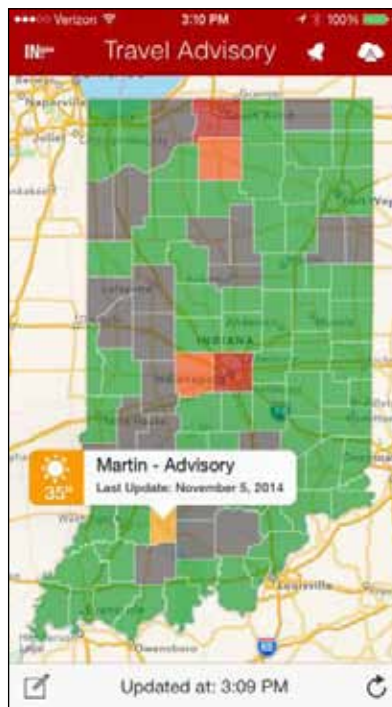
- iPhone in the [App Store](#)
- Android in the [Google Play Store](#).

Features include:

- Ability for users to set alerts for any county or counties they choose, up to every county in the state. When the travel status in a selected county is changed, the user will receive an alert notification.
- Weather conditions for each

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The app is meant to be used as part of a system to stay aware of changing travel conditions. Other sources include local news, travel, weather and social media sites and apps.



*The Indiana Travel Advisory app is meant to help users stay aware of changing travel conditions. Above is screenshot of what the app looks.*

Indiana Travel Advisory is part of the IN.gov family of apps. The state has developed 12 different mobile apps to help serve citizens, including the IN.gov app (Apple and Android), which is a hub to access all the apps from the State.

## Cash for College runs through March 10

The Indiana Commission for Higher Education urges families and students to plan and find some “Cash for College”. The Commission’s annual “Cash for College” campaign kicked off in December and continues through Indiana’s March 10 financial aid filing deadline.

The “Cash for College” initiative includes information for students of all ages, including adult learners and college students. Students and their families can explore topics such as basic financial literacy in younger grades, the connection between good grades and college financial aid, finding scholarships, and filing the FAFSA. The campaign’s “FAFSA Fridays” in February will walk students through the process of filing the most important financial aid form, the Free Application for Federal Student Aid (FAFSA).



The “Cash for College” campaign also gives thirteen students the chance to win real cash for college. One student in each grade will receive \$529 in an Indiana CollegeChoice 529 Savings Plan, a tax-free way to save and pay for education. Schools can also compete for a \$1,000 grant to support college and career readiness activities. Visit [CashForCollegeIndiana.org](#) to learn more.