



# The Torch

The official newsletter for Indiana state employees

## Commission for Higher Education launches Indiana's *You Can. Go Back.* Initiative

*You Can. Go Back.* is a statewide campaign that aims to help the 750,000+ Hoosier adults with some college but no degree finish what they started. With \$7.5 million in state grants available for adult students, the Indiana Commission for Higher Education (CHE) is reaching out to Hoosiers directly and connecting them with Indiana colleges that are committed to eliminating barriers for returning adults.

More than 30 different colleges are offering special programs and incentives to include:

- flexible class schedules,
- online courses,
- college credit for work and military experience,
- grade- and debt-forgiveness programs,
- scholarships, tuition discounts and [\\$1,000 in State grants](#) for qualifying students on a first come, first serve basis.



These programs and incentives apply to bachelor and associate degrees, as well as some certificate programs.

To provide easy access to these programs, CHE developed an interactive website to help students identify schools that support their career interest and match their needs. Students are matched after specifying their desired field of study, degree, learning style and travel distance. Students then select the schools they are interested in to receive an email with complete details on special programs available to them and a central point of contact trained and dedicated to working with returning students. [Click here to view the website.](#)

The state of Indiana is committed to helping employees achieve their education goals. Each agency has specific policies regarding continuing education, some including tuition reimbursement. Check with your HR staff to review these policies.

For more information about *You Can. Go Back.* visit [learnmoreindiana.org/adults](http://learnmoreindiana.org/adults).

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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)

#### Got a story?

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

## Going to retire soon? Sign up to attend this free seminar

If you are serious about retiring from state employment, register now for the upcoming Pre-Retirement Seminar, sponsored by the State Personnel Department (SPD). The day-long workshop is **8:30 a.m. to 4:30 p.m.** on **April 27** in the IGC-S Auditorium. An hour break for lunch is also included. Another session is planned for October 19 if you cannot attend in April.

This program is designed to assist state employees with advance retirement planning by providing information useful in making informed decisions. A sound retirement requires careful advance planning involving numerous interrelated topics, including:

- Public Employees' Retirement Fund
- Social Security information and options
- Insurance –options for both life and health insurance
- Benefits obtainable through Social

- Security and Medicare
- Hoosier S.T.A.R.T. – pros and cons of different types of investments for future retirement security.
- Key elements in estate planning, including: last will and testament, living will, health care authorization, durable power of attorney and death taxes.
- The Indiana Long-Term Care Program as an element of retirement planning.

This workshop is **free of charge**. Employees may attend the seminar on state time; however, your supervisor's approval is required to attend. PeopleSoft automatically sends this person an e-mail asking him/her to approve your enrollment in this seminar. Travel time and cost is the employee's responsibility.

- [View the agenda](#)
- [Click here for registration instructions](#)



Your spouse is welcome to attend, but registration is not necessary if they are not a state employee. You must register in order to attend and seating is limited. Reserve your seat today by self-enrolling into the seminar. Please note: your spot is not reserved until your supervisor approves. Questions may be directed to [spdtraining@spd.in.gov](mailto:spdtraining@spd.in.gov).

## Apply for INPRS retirement benefits in three easy steps

Applying for retirement benefits with INPRS can be done in three simple steps.

### Step 1: Attend a Free Workshop

If you're within two years of retiring, INRPS encourages you to attend one of the free retirement benefit workshops at locations across the state. In these workshops, you receive:

- Information to help make a retirement budget;
- A personal benefit estimate;
- More details on the retirement process;
- Step-by-step instructions for the INPRS retirement application;
- Information about working after retirement; and
- Answers to your retirement questions.

[You can sign up for an upcoming retirement benefit workshop here.](#)

### Step 2: Set a Retirement Date

Your last day at work is **not** your retirement date. Once you've decided your final working day, the retirement date is the first day of the month after that last day.

Deciding when to retire is a very personal decision. We recommend you take into consideration your lifestyle after retirement and expenses you will have (healthcare costs, utilities, food, etc.) Be sure to also identify additional sources of income such as savings accounts, Social Security benefits, and interest from other investments. Talk to a financial planner to help determine what you might need in retirement.

### Step 3: Fill out the Application

Use the online application on the INPRS secure website. The online option allows

you to submit your application sooner than if done through the mail. It also reduces the likelihood of application errors.

A hard copy of the [retirement application is available here](#). A step-by-step video guide is also available on the [INPRS YouTube channel](#).

Don't forget that your retirement date can't be more than six months from the date of your application. Also, once your application is complete and turned in, no changes can be made. **Your retirement elections are final.**

Making the decision to retire is a huge milestone and INRPS wants to help you reach that it well informed. Please contact INPRS with questions at (888) 286-3544.

## Help & Resources

The State Personnel Department is dedicated to fill our Invest In Your Health website with a variety of resources, how to guides and more to assist with navigating HumanaVitality and qualifying for the 2017 Wellness CDHP.

### Connect with InvestInYourHealth

Check the Invest In Your Health website for updates, blog posts, fitness center discounts and more. Visit [InvestInYourHealthIndiana.com](http://InvestInYourHealthIndiana.com) for more information.

Check out these recent blog posts:

- [Self-submit information for preventive exams](#)
- [Kick the habit to Upgrade in 2017](#)
- [Vitality Points earned for healthy guidelines carry over](#)
- [Complete the Health Assessment to earn 500 Vitality Points](#)

Information about the Upgrade 2017 initiative, including HumanaVitality and Wellness CDHP qualification, is available at [InvestInYourHealthIndiana.com/Upgrade](http://InvestInYourHealthIndiana.com/Upgrade).

**Need Help?** Check out our [Help page](#) with resource guides, frequently asked questions and more.

### Join the HumanaVitality Community

HumanaVitality also has a website specifically dedicated to frequently asked questions about the program, including how to submit information, syncing devices and much more! Check it out at [community.humanavitality.com](http://community.humanavitality.com)

## Participate in the Mini Marathon for a discounted rate

Looking for a fun way to stay in shape? Join the State of Indiana Team as we participate in the OneAmerica 500 Festival Mini-Marathon & Finish Line 500 Festival 5K's Employee Wellness Challenge. Take the pledge toward a healthier year by joining us! The team is comprised of both runners and walkers, both at the 13.1 mile and 3.1 mile distances.

Did you know that you can receive a discounted entry to the IndyMini with the Employee Wellness Challenge? Through the State of Indiana Team, you can receive a discounted Mini-Marathon entry for \$65 or 5K entry for \$30. [Click here to register for team](#). Please use your state e-mail address, if you have one, when registering. **Do not pass** the registration link to those who don't work for the State of Indiana.

If you have registered previously, please e-mail [bpawelak@500festival.com](mailto:bpawelak@500festival.com) to be added to the State's team and to get refunded the difference between the discounted rate and what you paid.

You can learn more information about the race at [indymini.com](http://indymini.com).



## Get your Vitality Checks completed early to ensure points towards Wellness CDHP qualification

You are encouraged to complete your Vitality Checks early this year. Vitality Check forms must be self-submitted to HumanaVitality by July 31, 2016, in order to guarantee points towards qualification for the 2017 Wellness Consumer Driven Health Plan (CDHP).

Don't wait until the last minute to submit information since processing by HumanaVitality can take up to 45 days to be reflected in your account.

[Please visit our website](#) for information on Vitality Checks.

## Get a Vitality Check at a state sponsored clinic or partnered location

Back in January, SPD encouraged employees and their adult dependents to make a checklist and plan ahead to complete a Health Assessment and



Vitality Check early in the year. Those completing their Health Assessment before March 30 receive 250 bonus points. To review Health Assessment information, [click here](#). Even if you haven't yet completed your Health Assessment, it's time to schedule your Vitality Check.

A Vitality Check is a biometric screening that is similar to a yearly wellness exam. The information gathered during this check includes: height, weight, BMI, waist circumference, blood pressure, total cholesterol, HDL, LDL, triglycerides and fasting blood glucose. You must follow certain instructions before receiving a Vitality Check. Read [how to prepare for a Vitality Check](#).

Ensure a Vitality Check is scheduled for you, a spouse and all dependents age 18 and older. The information collected from these screenings are reported directly to HumanaVitality and kept confidential from your employer. A completed Vitality Check earns a user a minimum of 2,000 and up to 4,000 Vitality Points (if you have not already been awarded points from the 2015 roll-over). [Review information about the carry-over points here](#).

You can get a Vitality Check at a state clinic or at a partnered clinic location. Vitality Check State Clinics

are scheduled at state facilities throughout Indiana. At these clinics, there is **no charge** to employees, spouses and their covered dependents 18 and older, who carry a medical plan through the State Personnel Department. Sites are classified as "Open" or "Closed" on the event schedule:

**Open:** A site with Vitality Check clinics that accept all employees, spouses and dependents age of 18 and over. You must make an appointment online to attend one of these clinics. First, you create an account. Then follow the steps listed in the guide below to schedule your appointment. Remember to bring your Humana ID or Humana ID number to the appointment.

- [How to schedule a Vitality Check online](#). Please note: account information has been **reset from last year**. You need to create a new account. If you have an issues creating an account, contact the Benefits Hotline at (317) 232-1167 or toll-free at (877) 248-0007.

**Closed:** A site with Vitality Check clinics open only to employees who work at that location. A paper scheduling process has been instituted for these locations. Contact your human resources department for more information on how to set up an appointment.

[View the Vitality Check Clinic Schedule](#)

**Other options to complete a Vitality Check**

If you are unable to attend a state clinic or a clinic is not scheduled for your work location, a Vitality Check can also be completed at one of these locations:

- [Walgreens Healthcare Clinics](#) - find a [location here](#)
- [The Little Clinics](#) (within select Kroger's) - [Find a location](#).
- [Your physician's office](#) – [Resource](#) (this visit is free if it's apart of your preventive appointment. A small fee may be involved to complete the form.)

You must bring the appropriate voucher/form along with your Humana ID card to one of the locations above. Find the vouchers linked above; or log into your HumanaVitality account, scroll over Get Healthy and click Vitality Check. Scroll to the middle of the page and you can find all the waivers linked as well. You can call ahead to make appointment or see if the location accepts walk-ins.

Request a copy of your results and save to submit to HumanaVitality for Vitality Points. [View this resource](#) for steps on how to complete this process.

If you are enrolled in state medical benefits, you can qualify for the 2017 Wellness CDHP by reaching an Earned Status of Silver in HumanaVitality by August 31, 2016, and agreeing to the Non-Tobacco Use Agreement during our next Open Enrollment. This means all points must be processed and posted to your HumanaVitality account by the August 31 deadline. Don't wait until the last minute to submit information since processing of activities can take up to 45 days to be reflected in your account.

## Family status changes can affect your Vitality Point threshold to reach an Earned Status of Silver

Having your family members participate in HumanaVitality helps you reach an Earned Status of Silver quickly and with less pressure on you as the subscriber. The points needed to reach an Earned Status of Silver are determined by how many dependents you have on your health plan who are age 18 or older. Each 18 or older dependent (includes disabled dependents) adds an additional 3,000 Vitality Points to the 5,000 required for the subscriber to reach an Earned Status of Silver. If at any time during the year you experience a qualifying event and you make changes to your medical insurance, your Vitality Point level needed to reach Silver Status can **change** as well. To help explain, read the examples below involving adult dependents. **Please note: family status changes take approximately 30 days to reflect on your HumanaVitality account.**

### A dependent turning 18

On January 1, 2016, George Smith is in enrolled in HumanaVitality along with his 17 year old daughter Sara. Currently, George has to earn 5,000 points by August 31, 2016, to reach an Earned Status of Silver. Sara turns 18 on May 15. On Sara's birthday, Sara can create her own HumanaVitality account. After Sara's birthday, the Smiths' new goal will be to reach 8,000 points to achieve Silver Status. If George has 5,000 points at this time and has earned Silver Status, he and Sara will now go back to Bronze Status, until they earn 8,000 points. After Sara's birthday, she can complete her Health Assessment and earn up to 1,250 if completed within the first 90 days. She can also complete a Vitality Check and earn a minimum of 2,000 Vitality Points. Other HumanaVitality opportunities to earn points are also available to Sara.

### The Torch

### Adding an adult dependent

On January 1, 2016, Jane Miller is in enrolled in HumanaVitality as a single member. At this point, to reach an Earned Status of Silver, she has to earn 5,000 Vitality Points by August 31, 2016. Due to a qualifying event (marriage), Jane adds her husband and 18 year old stepson on June 12 to her medical and HumanaVitality plan. Once the dependents have been added, they are able to create their own HumanaVitality account. Now, Jane Miller's family must reach 11,000 points to reach an Earned Status of Silver. Jane's husband and stepson can each complete his own Health Assessment and earn up to 1,250 if completed within the first 90 days. They can also each complete a Vitality Check and earn a minimum of 2,000 Vitality Points each. They can also participate in the other HumanaVitality opportunities.

Original Points Needed	New Points Needed
Jane – 5,000	Jane – 5,000 Husband – 3,000 Adult Dependent – 3,000
Total Vitality Points needed to earn Silver Status = <b>5,000</b>	Total Vitality Points needed to earn Silver Status = <b>11,000</b>

### Removing an adult dependent

If you drop a dependent age 18 and older anytime during the year, 3,000 points are dropped from the total required Vitality Point threshold to reach an Earned Status of Silver. **It is important to note that once a dependent is dropped from the program, the Vitality Points he/she earned are no longer included in the**

**total points for the subscriber.** You lose the Vitality Points that the dependent has earned, as well as any unspent bucks that the dependent earned. The loss of Vitality Points could impact your Earned Status.

On January 1, 2016, Ken Adams is enrolled on the medical and HumanaVitality plan along with his 23 year old son Sam. At this point he has to achieve 8,000 points by August 31, 2016, to reach an Earned Status of Silver. By the end of February, the Adams family has exactly 8,000 Vitality Points, with Ken earning 4,200 and Sam earning 3,800. In March, Sam starts a new job and begins to carry his own insurance. Ken then drops Sam from this plan. Now Ken's new target for achieving an Earned Status of Silver changes to 5,000 Vitality Points; but since Sam's points are removed, Ken still needs 800 additional points to reach Silver Status. Please note: Ken's Reward Status will remain at Silver, while his Earned Status will go back to Bronze.

Old Points Needed/Earned	New Points Needed/Earned
Ken – 5,000/4,200 Sam – 3,000/3,800	Ken – 5,000/4,200
Total Vitality Points needed to earn Silver Status = <b>8,000</b>	Total Vitality Points needed to earn Silver Status = <b>5,000</b>

Use your Achievement Dashboard to check your Earned Status and review your adult dependent's participation. Visit your Achievement Dashboard by scrolling over Get Healthy > Click on Achievement Dashboard.

## Experiment with herbs and spices to savor the flavor of eating right

Discover new and exciting tastes while trimming fat and sodium from your cooking. For National Nutrition Month®, the Academy of Nutrition and Dietetics encourages everyone to experiment with new combinations of herbs and spices as you “Savor the Flavor of Eating Right.”

“Today’s popular cuisine embraces a wide world of flavors that you can enjoy in all sorts of combinations, while still following a healthful eating pattern,” says registered dietitian nutritionist and Academy Spokesperson Libby Mills.

It’s worthwhile to note the difference between herbs and spices, Mills says. “Herbs, like basil and oregano, grow in temperate climates and are the fragrant leaves of plants. Spices, like cumin and paprika, grow in tropical areas and come from the bark, buds, fruit, roots, seeds and stems of plants and trees.”

Innovative use of herbs and spices offers a real flavor advantage, especially if your goal is to cook with less fat and sodium. “While the exact types of herbs and spices depends on the cuisine, every culture has its traditional favorites,” Mills says.

Mills offers a top ten list of popular ethnic cuisines and the flavors associated with them:

- China: Low-sodium soy sauce, rice wine, ginger
- France: Thyme, rosemary, sage, marjoram, lavender, tomato
- Greece: Olive oil, lemon, oregano
- Hungary: Onion, paprika
- India: Curry, cumin, ginger, garlic
- Italy: Tomato, olive oil, garlic, basil,

marjoram

- Mexico: Tomato, chili, paprika
- Middle East: Olive oil, lemon, parsley
- Morocco/North Africa: Cinnamon, cumin, coriander, ginger
- West Africa: Tomato, peanut, chili.

In addition, Mills recommends keeping a basic assortment of dried herbs and spices on hand for all types of cooking: oregano, garlic powder, thyme, paprika, cinnamon, nutmeg, chili powder, Italian herb seasoning blend, thyme and rosemary.

“Then, explore new flavors beyond these basics with curry powder, turmeric, cumin, clove and bay leaf and experiment with new flavor combinations. Remember to store dried herbs and spices in airtight containers in a cool, dark cupboard or pantry,” Mills says.

The Academy’s website ([eatright.org](http://eatright.org)) includes helpful articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds. Consumers are also encouraged to follow National Nutrition Month on [Facebook](#) and [Twitter](#) using the #NationalNutritionMonth hashtag.

Looking for even more information? Check out some of these great reads recommended by the Academy on the “[Good Nutrition Reading List](#)”.



## Setting a goal in HumanaVitality

After taking your Health Assessment and/or completing your Vitality Check, goals and personalized activities are recommended to you by HumanaVitality. A goal is a recommended activity that awards you Vitality Points upon completion. For example, if you have a goal set to “Keep reducing your weight,” HumanaVitality may recommend that you complete the “Healthy Weight Conversation” or the “Is Your Weight Increasing Your Health Risks?” interactive health tool. You are awarded Vitality Points for completing these recommended activities and for completing the goal!

Before setting a goal, you should know what all it requires to complete the goal. In order to do this, click on the goal (in blue letters). You are then able to see a more in-depth summary of the goal. If you want to set a specific goal, from the goals page, click “Set this goal.” After doing so, the goal you set is now listed under “My set goals.” Once a goal is set, HumanaVitality also starts a daily countdown for the goal’s timeline. This is the timeframe you have to complete a goal.

To see these recommended goals and activities, hover over “Get Healthy” on your dashboard/homepage and then click on “My Goals.” This takes you to your goals’ page, where you can see “Recommended Goals” and set these goals if you choose to do so.

Check out the [Recommend Goals resource](#) on the [Help page](#) on the Invest In Your Health website for more assistance with goals.

## The State Department of Health launches helpline to help moms

The Indiana State Department of Health launched the Maternal and Child Health (MCH) MOMS Helpline on March 1. The new hotline replaces the Indiana Family Helpline and emphasizes services that can help reduce infant death in Indiana.

“The MOMS Helpline is a free resource that assists pregnant women in getting access to early and regular prenatal care,” said State Health Commissioner Jerome Adams, M.D., M.P.H. “Visiting a doctor early and often can help give women the best chance of having a healthy baby.”

The Indiana State Department of Health has identified reducing infant mortality, which is defined as the death of a baby before his or her first birthday, as a top priority. In an effort to help address this critical issue, the MOMS Helpline is committed to improving pregnant women’s access to early and regular prenatal care and connecting them with a network of prenatal and child health care services within their local communities, state agencies and other organizations around Indiana.

When a client connects with the helpline, the communication specialist at the helpline identifies her needs by obtaining household and demographic information, verifying income and type of health coverage. Depending on the individual’s health coverage or income, specialists aim to provide at least three referrals for every need by matching the person with resources



*The key to a healthy baby and a happy mom*

in the helpline’s extensive statewide information database. Once women receive the information and referrals, they are encouraged to call the providers in their network to make an appointment. If necessary, specialists are usually able to find low-cost providers who serve the uninsured and sometimes provide free services. Additionally, for the majority of cases, specialists are able to locate transportation services to and from medical appointments if needed.

The helpline incorporates many of the services from the old Indiana Family Helpline. It can connect Hoosiers with services that include:

- Locating a health care provider
- Prenatal services
- Health coverage enrollment, including the Healthy Indiana Plan (HIP) 2.0
- Care for baby, including the Women, Infants and Children (WIC) program
- Baby programs, including safe sleep information
- Immunizations
- Baby items, such as cribs and car seats
- Care for moms
- Transportation providers
- Free testing sites for pregnancy, HIV and sexually transmitted diseases

- Housing assistance
- Nutrition assistance, such as Supplemental Nutrition Assistance Program (SNAP)
- Education referrals, including breastfeeding classes and job training programs
- Behavioral health providers

Certified navigators are also available to assist Hoosiers who are applying for benefits such as Medicaid, Hoosier Healthwise, Children’s Health Insurance Plan, Healthy Indiana Plan 2.0 and the Supplemental Nutrition Assistance Program.

Call 1-844-MCH-MOMS (1-844-624-6667) to talk to a specialist. The MCH MOMS Helpline specialists and navigators are available Monday-Friday from 7:30 a.m. to 5 p.m.

For more information about the helpline, visit [MomsHelpline.isdh.in.gov](http://MomsHelpline.isdh.in.gov).

For more information about the Indiana State Department of Health, visit [StateHealth.in.gov](http://StateHealth.in.gov).

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



Artwork by Jerry Williams

## Know and reduce your risk for Colorectal Cancer in honor of Colorectal Cancer Awareness Month

Colorectal cancer is the third most commonly diagnosed cancer and cause of cancer-related death among Indiana residents. In 2013, 3,085 Hoosiers were diagnosed with colorectal cancer and 1,132 died as a result of the disease.

Colorectal cancer is any cancer that starts in the colon or rectum. Sex and age are the two greatest risk factors for developing colorectal cancer. During 2009-2013, 50.5 percent of Indiana’s colorectal cancer cases were diagnosed among men. Additionally, during this same time period, 90 percent of cases were diagnosed among Indiana residents ages 50 and older.

According to the U.S. Surgeon General’s report, [The Health Consequences of Smoking – 50 Years of Progress](#), smoking is a known cause of colorectal cancer. Smoking has also been shown to decrease the effectiveness of cancer treatment. Additional risk factors include race, personal or family history of colorectal cancer or polyps, a personal history of chronic inflammatory bowel disease, certain inherited genetic conditions, and being diagnosed with type 2 diabetes. In addition, modifiable risk factors — such as being overweight or obese, not getting enough exercise, eating a diet high in red or processed meat, and drinking alcohol — have also been found to increase colorectal cancer risk.

According to the Centers for Disease Control and Prevention, at least 60

percent of colorectal cancer deaths could be prevented with regular screenings. There are several screening tests available, including simple take home tests. Screening doesn’t have to be uncomfortable or expensive. It’s important to talk to your doctors about which screening option is best.

According to the Indiana Behavioral Risk Factor Surveillance System, in Indiana, during 2014, only 65 percent of adults age 50 or older reported ever having a colonoscopy or sigmoidoscopy. Nationally, Indiana ranks 43<sup>rd</sup> in the nation for colorectal cancer screening. The Affordable Care Act requires preventive screening services to be included in most insurance policies. Often, these services are paid in full. For state employees with state-provided medical benefits, preventive care services are covered at 100 percent with no deductible at in-network providers. This includes screenings for breast cancer, cervical cancer, colorectal cancer and prostate cancer. (Although routine prostate specific antigen (PSA) testing is a covered procedure, the United States Preventive Services Task Force recommends that men be informed decision makers and discuss whether or not screening is appropriate for them given their personal risk, family history, and personal beliefs.)



In addition to screening, Indiana residents can reduce their colorectal cancer risk by:

- Avoiding tobacco products
- Maintaining a healthy weight throughout life
- Adopting a physically active lifestyle
- Limiting consumption of alcohol
- Consuming a healthy diet that emphasizes plant sources, supports a healthy weight, includes at least two and one half cups of a variety of vegetables and fruit each day, includes whole grains in preference to processed grains, and has minimal processed and red meats.

For more information on colorectal cancer, visit the Indiana Cancer Consortium website at [IndianaCancer.org](#).



Indiana State  
Department of Health

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

## Register your child for one of the State Museum summer camps!

Whether your child's perfect summer means solving crimes, digging up fossils, or designing their own fashion line, the Indiana State Museum has a summer camp that's right for them. Camps begin May 31 and each week delivers a new adventure based on the museum's outstanding exhibitions and collections. All camps are from 9 a.m. to 3 p.m. daily, unless otherwise noted. Before and After Care is available for an additional fee. [You can register online here.](#) For more information call 317.232.1637 or [download the brochure here.](#)

### Diggin' IN

May 31 – June 3, Deadline: May 16  
\$150 members, \$175 non-members  
Ages: 8 – 13 years old; Max: 30 kids  
Campers explore the past through learning to surface collect, map sites and work with artifacts.

### Indiana Fashion Runway

June 6 – 10, Deadline: May 23  
\$210 member, \$235 non-member  
Ages: 10 – 14 years old; Max: 20 kids  
Discover how to create your own designs, make a pattern and complete a totally unique garment.

### Indiana Fashion Runway

June 13 – 17, Deadline: May 30  
\$210 member, \$235 non-member  
Ages: 10 – 14 years old; Max: 20 kids  
Discover how to create your own designs, make a pattern and complete a totally unique garment.

### Exploring Nature

June 13 – 17, Deadline: May 30,  
\$150 members, \$175 non-members  
Ages: 6 – 9 years old; Max: 20 kids  
Get ready to have a close encounter with the wonders of the natural world!



### Frontier Survivor

June 20 – 24, Deadline: June 6  
\$150 members, \$175 non-members  
Ages: 8 – 13 years old; Max: 30 kids  
Can you survive 1816 Indiana? Get ready to make some tough decision as you plan, build and make a living on the western frontier.

### Culinary Arts

June 27 – July 1, Deadline: June 13  
\$210 member, \$235 non-member  
Ages: 10 – 14 years old; Max: 15 kids  
Campers are introduced to the basics of cooking including: mixing, measuring, knife skills, and kitchen safety

### Crime Scene

July 11 – 15, Deadline: June 27  
\$150 members, \$175 non-members  
Ages: 11 – 14 years old; Max: 30 kids  
Become a super sleuth as you solve as you examine evidence, lift fingerprints and analyze mock crime scenes.

### Build It

July 18 – 22, Deadline: July 4  
\$150 members, \$175 non-members  
Ages 9 – 14 years old; Max: 25 kids  
Participants learn how to build architectural masterpieces, plan a city, and construct a viable bridge.

### Science of the Circus

July 25 – 29, Deadline: July 11  
\$150 members, \$175 non-members  
Ages: 10 – 14 years old  
Sharpen your skills as a juggler, magician or clown and discover the science behind some of the most spectacular circus acts.

## Governor Pence names Rick Hite as new ICRC Executive Director

On Feb. 25, Governor Mike Pence named Rick Hite Executive Director of the Indiana Civil Rights Commission (ICRC). Hite fills the position formerly held by Jamal Smith, who announced in November 2015 that he would resign in January to lead Indianapolis Public Schools athletics.

“Rick Hite is a man of integrity and a dedicated public servant, and I am proud to announce that he will serve an integral part of my administration as Executive Director of the Indiana Civil Rights Commission,” said Governor Pence. “Rick’s proven track record of upholding the law and building consensus will serve Hoosiers well, and I’m honored to welcome him as a member of my Cabinet.”

Hite most recently served as Chief of the Indianapolis Metropolitan Police Department (IMPD), after he was appointed by Mayor Greg Ballard, and previously worked as Deputy Director of Public Safety. Before moving to Indianapolis from Baltimore, Maryland, Hite served 32 years with the Baltimore City Police Department. He held all ranks from Police Cadet to Lt. Colonel and worked in a variety of assignments from patrol, special operations, Joint Federal Task Force, Mayor’s Office, and Governor’s Office. He oversaw gang intervention, re-entry and community/witness relocation and intimidation activities. Hite is a native of Gary, Indiana.

## INfreefile offers free online tax filing for Hoosiers

This year, the Indiana Department of Revenue continues to offer qualified taxpayers, including state employees, a free tax-filing service called Indiana freefile (INfreefile).

If your adjusted gross income (AGI) is less than \$62,000 or you are eligible for the earned income tax credit, you may be eligible to file federal and state taxes for free with INfreefile.



This year, five vendors provide a fast, easy and secure way to file taxes electronically. Vendors participating in INfreefile include Turbo Tax, TaxACT, 1040NOW, H&R Block and OLT Online Taxes. State employees [should visit this website](#) to see if they qualify based on the vendors' options.

Advantages to filing taxes electronically include:

- **Faster refunds** – e-filed returns are processed in 12 to 14 days, while a paper return can take up to 12 weeks.
- **More secure** – fewer people see your personal information.
- **Get more or pay less** – e-filing software may suggest to you unknown credits or deductions
- **More accurate** – e-filed returns have a two percent error rate versus 20 percent for paper returns.

If you have questions about your return, please contact the department at 317-232-2240 or [individualltaxassistance@dor.in.gov](mailto:individualltaxassistance@dor.in.gov).

## A different mileage reimbursement rate is now in effect

On February 16, 2016, the Indiana Department of Administration (IDOA) sent out a memo to agency heads regarding changes in mileage reimbursement rates.

Based on the last six months of average fuel prices for regular unleaded gas, as well as the average cost of the last six weeks, mileage reimbursement rate will be adjusted down. Effective February 22, 2016, the mileage reimbursement rate is \$0.36 per mile. Travel departing prior to the effective date will be reimbursed at the previous rate, while travel departing on or after February 22 will be reimbursed at \$0.36 per mile. IDOA will continue to review fuel prices semi-annually and adjust reimbursement rates accordingly.

If you have any questions please contact IIDOA Travel Management Office at (317) 232-4258.

## Submit photos to the annual Historic Preservation Month photo contest

Help celebrate Indiana's bicentennial by participating in the Division of Historic



Preservation and Archaeology's (DHPA) Historic Preservation Month. Take notice of the built history of our state by heading out and getting some pictures of your favorite spots. This is a great activity for families!

Take a picture (or three) of your favorite historic resource—building, bridge, cemetery, landscape-- and send it in. It doesn't matter what it is as long as it is at least 50 years old and in Indiana.

The basic requirements are:

- Images must be 8x10 prints, mounted or matted on or with a white 11x14 matte board.
- The registration form must be attached to each photo
- Limit of three (3) photos per person

For a complete list of guidelines and the registration form, visit [www.in.gov/dnr/historic/3994.htm](http://www.in.gov/dnr/historic/3994.htm)

Photos must be submitted by **April 1, 2016**.

If you have any questions, please contact Amy Borland at [aborland@dnr.in.gov](mailto:aborland@dnr.in.gov).

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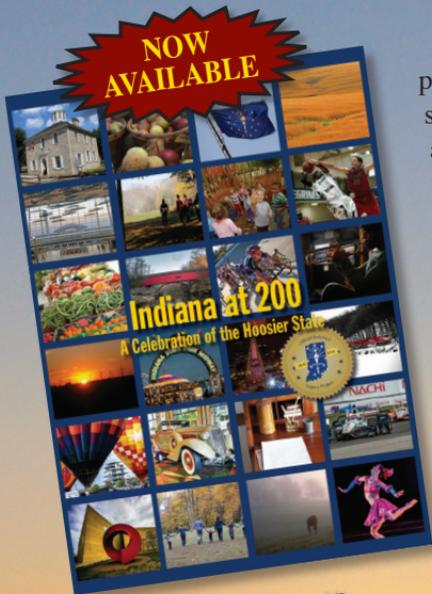
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# Order Your Official Bicentennial Book and Medal Today!



*Indiana at 200: A Celebration of the Hoosier State* is a patchwork quilt of images, prose and poetry commemorating our bicentennial. Incorporating a wide variety of Hoosier voices—this book reflects the thoughts of business and community leaders, artists, athletes, writers, farmers, religious leaders, children and poets. These voices, along with many of the more than 6,000 photos submitted by Hoosiers throughout the state, present a picture of who we are, as well as our dreams and aspirations. Hardbound, 248 pages, indexed, **\$39.95**.

The specially commissioned Indiana bicentennial medal, sponsored by the Indiana Bankers Association, also honors the 200th anniversary of Indiana statehood. Designed by an Indiana artist, the obverse side features iconic Hoosier imagery, and the reverse is inscribed with the Indiana state seal. Available in diameters of 1 3/4" or 3", both keep-sake sizes are antique bronze. Prices include tax and standard shipping to the continental US states. A sterling silver bicentennial medal will be coming soon.

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