



The Torch

The official newsletter for Indiana state employees

Now is the time to prepare for open enrollment

Open enrollment is just around the corner. Rather than wait to the last minute to determine what options to select, take time now to carefully review your health care needs. That way, you are better prepared to select the plans that best meet the health care needs of you and your family.



Here are a few tips to get started:

Review this year's medical, vision and dental expenses. How much did you spend on medical, vision and dental needs? These are your out-of-pocket expenses. Would an Health Savings Account (HSA) make better sense? An HSA is like a savings account set up to fund only eligible medical, vision and dental expenses. Not only does the state deposit

money into the account, but an employee can also elect a portion of their paycheck to be deposited into a HSA, before taxes. An employee must open up an HSA in order to receive the contributions the state makes to each account.

Compare the total out-of-pocket costs you spent this past year in medical, vision and dental expenses and the cost of your overall medical expenses. Be sure to include your premium costs. After you total this number, a CDHP combined with a HSA, may be significantly cheaper than a traditional PPO medical plan. It can potentially give you other tax advantages since contributions are made before tax.

Examine how much you contribute to your Flexible Spending Account (FSA). If you have a Flexible and/or Dependent Care Savings Account, be sure to examine your out-of-pocket expenses closely as these programs are a use-it-or-lose-it program. You may need to increase or decrease your contributions accordingly. Understand your insurance needs. If a qualifying event has occurred within the past year, your insurance needs may have changed as well. A qualifying event could be a birth, divorce, wedding or an adoption. Rather than simply signing up

Continued on page 2

In this issue

- 2 • Prevent the flu early with a flu shot



- 3 • Fall squash recipies

- 4 • Castlight Giveaway winners!

- 5 • Preventative care
• Mindful eating habits



- 8 • Commuter Connect
• New SPD trainings



The Torch is published monthly by the State Personnel Department and is available online at www.in.gov/spd

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

Follow us on:



continued from page 1

Prepare for OE

for the same amount you did the year before, determine whether your overall financial situation has changed, and whether or not you need more or less insurance. If you experienced such an event and did not request a change to your benefits within 30 days, the open enrollment period is the time to do so.

If you are married: compare your coverage against your spouse's. If you and your spouse have different company benefits, make sure to weigh the pros and cons of each health insurance and overall benefits package. Since premiums can change significantly in smaller- and medium-sized companies based upon last year's health claim ratings, one company's insurance programs can be cheaper than another. This could be a change from the year before. Compare the list of doctors in your plan to your spouse's to see if one plan offers more than the other. If your spouse's open enrollment period and effective dates differ from the state plans, plan ahead. Your spouse's open enrollment is not considered a qualifying event to change plans or level of coverage later in the year. Also, if you're spouse's plan does not offer vision or dental; you may consider picking one or the other from the state's plan.

Open enrollment does not need to be a stressful time. Plan ahead and ask questions now to help reduce the stress later. If you have any questions about your benefits, please contact the SPD Benefits Hotline for any questions or issues you may have regarding your coverage at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis).

Health

Prevent the flu with a flu shot early

According to the Centers for Disease Control and Prevention (CDC), the "seasonal flu season" in the United States can begin as early as October and last as late as May. Now is the time to get armed against the annual bug. Since preventive care services are covered at 100 percent, employees with the state's health plan and their eligible dependents should get vaccinated.

Indiana State Police, Excise and Conservation Officers Health Care Plan Members are eligible to utilize these clinics; however, you must complete a separate claim form and bring it with you to the clinic. State Police Human Resources, DNR Law Enforcement and the Excise Police will be sending further information separately regarding flu shots that will have the claim forms you will need.

The best protection against the flu is to get a flu shot every year before the flu season starts. Since influenza viruses change over time, it is important to get a shot every year. Each year the vaccine is remade to include the types of flu virus expected to cause illness during that flu season. The vaccine begins to protect you within a few days after vaccination, but the vaccine is not fully effective until about 14 days after vaccination.

Kroger pharmacists are hosting a flu shot clinic on the Indiana Government Center (IGC) campus **8 a.m. to 4 p.m. on Oct. 16 and 17** in Conference RM B, and in the Statehouse Atrium on Oct. 24. If you do not carry State



insurance, the cost is \$20 payable by cash or check. **Please Note:** if you plan to bring a child under the age of 14, it is necessary to have a prescription from the doctor for a pharmacist to administer a flu vaccine.

You need to bring your Anthem ID card with you and complete a waiver prior to receiving the vaccination:

- [Inactivated shot consent form](#)
- [Live nasal vaccine consent form](#)

Kroger Pharmacies are also administering vaccines in its retail locations. Vaccinations may also be administered at your doctor's office, pharmacy or nearby walk-in clinic. Even at any of these locations, the state covers 100 percent of the cost, if you carry state insurance.

To see a full list of flu shot clinics across the state, see page 11.

If you are wondering if you should get a vaccine, a detailed list can be found at [Who Should Get Vaccinated Against Influenza](#). A complete list of health and age factors that are known to increase a person's risk of developing serious complications from flu is available at [People Who Are at High Risk of Developing Flu-Related Complications](#).

Ways to cook squash, try these three delicious fall recipies

New recipes are always fun and a great way to try new foods. Fall produce has a bounty of vegetables and fruits available and this is an excellent time to experiment with low cost, in season items you can purchase straight from the Farmers Market. Winter squashes are fantastic, with their slightly sweet taste they are sure to be a hit with your family. Try one (or ALL) of these three flavorful squash recipes.



Crockpot Curried Butternut Squash Soup

Recipe from: Thegirlwho.net

- 2 pounds butternut squash, rinsed, peeled, seeded and chopped into 1-inch cubes
- 1 yellow onion, chopped
- 2 firm crisp apples, peeled, seeded and chopped
- 5 cups chicken stock/broth
- 1 tablespoon curry powder
- ¼ teaspoon ground cloves
- Pinch of cinnamon
- Pinch of nutmeg
- Salt and pepper to taste
- ¼ cup chopped dried cranberries

Cut skins off two medium butternut squash, cut seeds out, cut into 1 inch cubes and put in crock pot. Dice one medium-sized yellow onion and add to crock pot. Peel apples, chop into small cubes and add to crock pot as well. Pour 5 cups of chicken broth

The Torch

over top of vegetables in pot and add spices. Cook on low for five hours, or until vegetables are soft. Add cooked vegetables and juices in small batches, into a blender to puree until smooth. (You may also use an immersion hand blender directly in crockpot to puree vegetables if you have one). Garnish with dried cranberries if desired. This soup freezes well.

Spaghetti Squash-Tomato Bake

Recipe from: greenlitebites.com

- 3 cups cooked spaghetti squash (1 medium one)
- 2 large garden tomatoes sliced
- Kosher salt
- Garlic powder, onion powder, dried basil, dried parsley for sprinkling
- 5 oz of fancy shredded Mexican cheese blend (separated)
- Fresh Basil for Garnish (optional)



To cook spaghetti squash:

Cut squash in half lengthwise. Place half into deep microwavable dish. Cook in microwave approximately 8 minutes or until squash will pull away from skin when scraped with a fork. It should easily pull away like "spaghetti" noodles. Cook a few minutes longer if strands are still stiff. Remove from microwave, scoop out seeds and scrape out spaghetti squash from outer skin. Set aside and repeat on 2nd half of squash.

To prepare full dish:

Preheat the oven to 350 degrees. Spray a 11 x 9 casserole dish with non-stick spray. Spread about 1 cup of spaghetti squash on the bottom. Top with a layer of sliced tomatoes. Sprinkle with kosher salt and spices. Top with 1.5 oz of cheese. Add another layer of squash, then tomatoes, spices and cheese. Top with a final layer of squash. Top with the last 2 oz of cheese and sprinkle with the spices one last time. Bake for 30 minutes uncovered. Top with some fresh cut basil and cut into 6 serving sizes about 3x3 inches each.

Stuffed Acorn Squash

Recipe from: justapinch.com

- 2 medium acorn squash, halved and seeded water for steaming
- 1 Tbsp butter, melted
- 1/2 lb sausage meat (any)
- 1/2 medium onion, chopped
- 1/2 cup celery, chopped
- 1 cup soft bread crumbs or panko
- 1 can(s) (8 ounce) crushed pineapple in juice, undrained to taste salt and pepper

STEAM THE SQUASH IN OVEN:

Place squash halves cut side down in shallow roasting pan. Add water to about 1/4-inch depth. Bake 400 F oven 25 minutes -- remove from oven and turn cut side up in pan.

STUFFING: In skillet saute onion, celery and sausage until lightly browned.

Drain the fat Add crumbs, pineapple, salt and pepper, then spoon into squash halves. Bake 400 F 25 minutes or until squash is fork-tender.



Thanks to the Indiana Dietetic Association for this submission.

State employees benefit from Castlight in more ways than one

On June 3, the State Personnel Department (SPD) introduced a healthcare transparency tool for State employees aimed to help make medical costs more affordable. Castlight, available to those enrolled in the State's medical benefits, allows employees to search for doctors and procedures in their area based on price and quality. It is like a Priceline or Expedia.com for healthcare.



Denny Darrow, SPD Chief of Staff, presents Kylie Mabe (center) with a FitBit for the Castlight Registration contest. Left to right: Denny Darrow, Kylie, Department of Correction Commissioner Bruce Lemmon, and Correctional Industrial Facility Superintendent Wendy Knight.

Healthcare transparency is becoming a vital way for people to keep their costs down and improve their medical care.

Castlight allows State employees and their dependents to see what a procedure costs or what a doctor charges before going to an appointment. Castlight also lets patients rate and review their experiences, so the ratings seen for each doctor are from real patients with first-hand experience.

“Castlight has helped me because I was having horrible migraines and I checked the website to see where I could go that would be cost effective for me and still receive the best treatment possible,” said Kylie Mabe of Correctional Industrial Facility. “It turns out that my family doctor was the most cost effective which made me feel even better about seeing my doctor, because he already has some idea of my medical history rather than someone whom I’ve never been to before.”

In an effort to spread the word about Castlight to State employees, a chance

to win a free iPad or FitBit was offered to those who registered and conducted a search on their site by June 30. Over the past several months, 15 iPads and 30 FitBits have been given away.

Mabe, who won a FitBit Activity Tracker, is getting the most out of her prize. “I use it every day and it’s become almost obsessive, because I’m constantly checking my FitBit App on my iPhone to see my progress for the day,” she said. “It’s made me more aware of what I’m doing with my time throughout the day, how well I’m sleeping and what I’m putting into my body.”

Along with allowing users to search for procedures and doctors in their areas, Castlight also helps to keep track of past medical procedures and what you’ve spent toward your deductible.

“I have found Castlight to be very useful and very user friendly,” said

Isabel Carrero of the Department of Child Services. “I really like that it does the math for me, so I don’t have to calculate out-of-pocket maximums, limits, deductibles and other confusing things.”

Castlight also has an app that can be used on mobile devices and tablets to help make healthcare transparency available at your fingertips. Employees can utilize the app to make decisions in the doctor’s office in regards to blood work, x-rays, and other procedures in real time.

“Now everyone at the office knows me as the iPad girl,” said Carrero. “Right after I won, a lot of my coworkers started asking me about Castlight and what it was. They were really excited to learn about how helpful it can be to keep health care expenses down.”

“My Local County Director, Division Manager and Supervisor did an awesome job surprising me,” Carrero said. “They called a huge meeting under the pretense of staffing a difficult case and surprised me in front of a lot of my coworkers. I turned bright red!”

State employees who have been enrolled in medical benefits for more than 30 days can register and begin using Castlight. For more information on Castlight and how to sign up, please visit www.investinyourhealthindiana.com/castlight/

Mindful eating tips

Some studies show that mindful eating can lower body weights, a greater sense of well-being, and fewer symptoms of eating disorders. Here are some tips to introduce mindfulness to mealtimes:

Eat slower: Eating slowly doesn't have to mean taking it to extremes. Still, it's a good idea to remind yourself, and your family, that eating is not a race. Taking the time to savor and enjoy your food is one of the healthiest things you can do. You are more likely to notice when you are full, you'll chew your food more and hence digest it more easily, and you'll probably find yourself noticing flavors you might otherwise have missed. If you have young children, why not try making a game of it — who can chew their food the longest? Or you could introduce eating with chopsticks as a fun way to slow things down.

Silence the distractions: Our daily lives are full of distractions, and it's not uncommon for families to eat with the TV blaring or smartphones running. Consider making family mealtime an electronics-free zone.

Pay attention to flavor: The tanginess of a lemon, the spiciness of arugula, the crunch of a pizza crust — paying attention to the details of our food can be a great way to start eating mindfully. After all, when you eat on the go or wolf down your meals in five minutes, it can be hard to notice what you are even eating. If you are trying to introduce mindful eating to your family, consider talking more about the flavors and textures of food. Ask your kids what the avocado tastes like, or how the hummus feels.

Preventive care is 100 percent covered

You may have heard that preventive services are covered at 100 percent for each of our health plans. What does this mean?

Does this mean that if you go to the doctor for your annual physical and discuss headaches you only recently started experiencing, that bill would be covered 100 percent? How about if you go for a mammogram and a lump is discovered? If you see a medical provider who is not in your network, is that covered?

Let's start by defining preventive care and/or preventive services. This is care or a service provided by a physician to promote health and prevent future health problems for someone who does not exhibit any symptoms.

All three health care plans offer 100 percent coverage on preventive services. Those services include items like annual physicals, well baby visits, mammograms, prostate exams, colonoscopies, routine vaccines and annual pap smears.



The coverage is 100 percent as long as the health care provider is in your network. If the provider is out-of-network, you may be expected to pay 40 percent of the cost if you are enrolled in a CDHP. If you are in a Traditional PPO, that cost bumps up to 50 percent.

You are expected to share the cost of the office visit if it is billed separately or if the main purpose of the office visit is not for preventive services.

For example, while having your annual physical, you tell your doctor you have been having headaches. Now the visit becomes not just preventive, but diagnostic as well. The physical is covered 100 percent, as it is preventive, but the diagnosis for the headaches is not a preventive service.

To avoid being charged the entire cost (for the physical and any diagnosis), make sure you have your insurance card with you and that you point out preventive services are covered 100 percent.

Preventive services are limited to one of each service per year per covered member. Preventive services for all plans do not count toward the deductible.

If you have questions about what is preventive and what is covered, remember the slogan "*know before you go.*" Check with Anthem, either by calling the customer service number on the back of your insurance card, or [log onto their website](#) for determining coverage.

How the Hoosier Youth Challenge Academy educated me for a day

When you first arrive to the ground of the Hoosier Youth Challenge Academy (HYCA), you stand in front of a gothic structure where you find a quasi military learning environment that is giving Indiana youth an opportunity to change their lives and those of everyone they meet.

According to the HYCA, 23 students drop out of high school every school day in Indiana. Dropouts earn \$10,000 less annually than high school graduates.

Roughly, 68 percent of federal inmates are dropouts and roughly 80 percent of Indiana's inmates are dropouts.

The three R's in the life of a Hoosier Youth Challenge Academy cadet are: relationships, respect and responsibility. Under the supervision of the Adjunct General Martin Umbarger, the Hoosier Youth Challenge Academy is a federally and state funded "At Risk" quasi- military, youth academy. Participants must be 16-18 years old, volunteer to participate in the program, be a high school dropout/expellee, unemployed, drug free and have no felony convictions or pending court cases. The academy is offered to Indiana residents tuition free, with no costs to parents or participants.

The academy is a 17-and-a-half month, two phase quasi-military modeled training course. The residential phase consists of five-and-a-half months of a disciplined schedule including physical training, education and community service. Upon graduation, a one year, post residential phase is set to keep graduates on track.



The HYCA Class 13 visits the Indiana State Museum. Visit www.ngycp.org for more information and pictures.

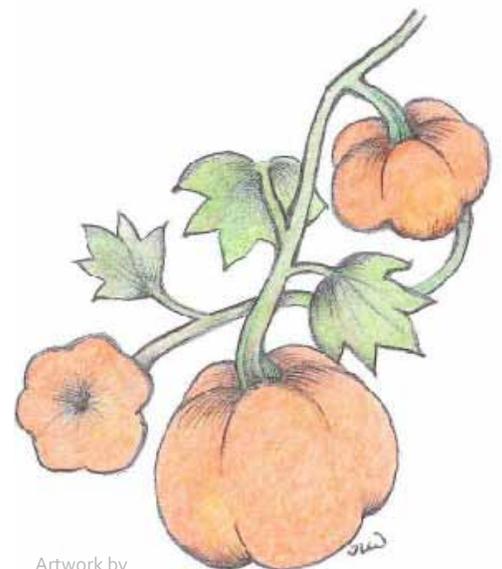
The program boosts a high graduation rate as well as scholarships awarded for higher education.

To date, of the 878 students graduated from HYCA, 45 percent earned their GED diploma, and 27 percent earned three or more college credits. Students have provided more than 44,000 hours of community service and received more than \$371,000 in scholarships.

During a recent visit, I had the pleasure of meeting the leaders of Class 13: Yorell Smith, Aaron Raymer, Geordan Hines and Anthony Enochs. Each cadet heard by word of mouth about the program from a graduate and felt this program would be the best for him. Each displayed exemplary leadership and manners and charm. I visited them during their seventh week in the program, but already most talked about how quickly their minds, bodies and behaviors have changed. From book stars to talking privileges during meals, everything is earned for the cadet. The pride and accomplishments can be seen on the cadets' faces and in how they talk about the program.

Informing Indiana parents and residents about the program to fill the empty beds is the biggest challenge for the program. If you wish to apply for the program, please visit www.ngycp.org/site/state/in/node/2263 to find a local recruiter and to complete a pre-application. You may also call 866-477-0156 or visit them on [Facebook](#), [Twitter](#) or [YouTube](#).

Melissa Helsby, State Personnel Department Communications.



Artwork by Jerry Williams

Enjoy the Indiana Fall festival season

Indiana's fall festival season is upon us and this is a great time of year to get out and explore Indiana. Fall is a special time of year in Indiana due, in large part, to the legacy of fall festivals throughout our state. Indiana's festivals are affordable, family-friendly events that showcase food, local artists, history and reflect the diverse culture of our state. Throughout the entire year, there are over 400 festivals in Indiana. Here are a couple of ideas for festivals within an hour or two of Indianapolis that you and your family could visit this fall.

There's great family entertainment for ALL ages at the Amazing Fall Fun corn maze! Enjoy hours of fun conquering the 12-acre Adventure Maize, hopping on a hayride, roaming the pumpkin patch, or playing a challenging game of one of the many exhilarating activities on site! New this year is The Halloween Trail Maze. It is five-acres of corn maze packed full of special effects and the only one that exists in Indiana! It runs through October 27. School and church field trips are available by appointment. Visit the web site for times and other information: www.amazingfallfun.com or call (260) 333-2302. Located at Amazing Acres Farms, 3150 County Road 43, Waterloo, IN.



The largest War of 1812 living history museum in the United States is the Mississinewa 1812 reenactment. This year, the event is October 11-13 and includes military encampment recreations, period style field drills, artillery firing and battlefield surgery reenactments. Mississinewa is also home to the largest reconstruction of a Woodland Indiana village to showcase Native American lifestyle during this time.

These are just a few of the dozens of fall festivals in Indiana. For more information and travel ideas, go to VisitIndiana.com.



On September 10, day four of his first international trade mission to Japan, Governor Pence meets with leadership of Mitsui Mining & Smelting Company, which is the parent company of GECOM in Greensburg, Indiana. To see more pictures of Governor Pence, visit www.in.gov/gov/2387.htm

Vote INDOT project for top award

State employees are encouraged to cast an online vote for the Indiana Department of Transportation's (INDOT's) I-465/Allisonville Road Interchange Reconstruction project as one of the nation's top 2013 transportation projects in a contest sponsored by the American Association of State Highway and Transportation Officials (AASHTO).

The People's Choice Award are determined by the number of votes received through online voting – [available here](#). Votes are collected through Oct. 2.

The Grand Prize will be determined by a panel of judges. Winners of both awards receive a \$10,000 prize to donate to a charity or scholarship of their choice.

INDOT plans to donate the funds to the Indiana State Transportation Workers Foundation, a charity that supports the families of INDOT workers who are killed or disabled on the job.

In order to vote for the People's Choice Awards, a valid email address must be provided. Individuals may vote up to 10 times per day per individual email address. Contest details and a full Top 10 list may be found at www.AmericasTransportationAwards.org.

The winners of both prizes are announced at the AASHTO Annual Meeting in Denver on Oct. 20.



SPD launches new trainings for customer service and supervisors/managers

The State Personnel Department (SPD) is launching several new catalogs of online training to help our employees develop and enhance their skills.

The first catalog of training is available only to managers and supervisors. The BLR Manager and Supervisor Training catalog is to ensure they receive supervisory training in a timely, cost-effective and efficient manner. The catalog has 32 courses and including two curriculum programs. **CAUTION:** These courses were not developed specifically for state government so while the materials illustrate some general employment concepts, they do not supersede any laws, rules, or policies/procedures directly applicable to State of Indiana employees, supervisors, and workplaces. For State-specific training, [click here for SPD's training catalog](#).

- **The Core Supervisor Training Program** is a 12 course curriculum available to enhance the skill set managers and supervisors need to work effectively and efficiently within our agencies. Topics include: managing conflict, discipline, discrimination, documentation, firing and hiring, performance evaluations, privacy, sexual harassment and violence. After you have completed this course you can print a certificate of completion for your record. A specific quick step guide on how to enroll into this [program can be found here](#).
- **Enhanced Supervisor Program**
The other 20 courses are available ala carte or by registering in the Enhanced Supervisor Training Program. Topics include: dealing with change, conflict resolution, effective communication for supervisors, motivating employees,

problem solving, and time management for supervisors. After you have completed this course you can print a certificate of completion for your record. A specific quick step guide on how to enroll into this [program can be found here](#).

To ensure the state is providing the highest level of service to all customers, a special collection of trainings are available to help any employee who wishes to advance their skills.

- Look for the [BLR Customer Service Library](#) to help you expand on your abilities to meet and exceed customer expectations. Some of these topics include: business writing, connecting with customers, best email practices, team building, time and stress management and maintaining a positive attitude. A specific quick step guide on how to enroll into these courses can be [found here](#).
- Look for the [BLR Health and Safety Library](#) to help you learn why safety is such an important workplace issue and how you can take an active role in promoting workplace safety and health. Some of these topics include: avoiding back injuries, basic first aid, office ergonomics, slips, trips, and falls, and workplace safety for employees. A specific quick step guide on how to enroll into these courses can be [found here](#).

Enrollment is limited for each type of training, so enroll today by logging into PeopleSoft ELM. Instructions on how to register are posted above or online at in.gov/spd/2391.htm. Questions can be directed to spdtraining@spd.in.gov and additional training information for state employees can be located at www.in.gov/spd/2331.htm

October is Commuter Challenge Month

Commuter Connect is a free service to any state employee who lives or works in Boone, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan and Shelby Counties.

Alternative ways to get to work include: carpool, ride the bus, join or start a vanpool, ride your bike or walk. All of these save you money and are healthier ways to get to work.

All State Employees who live or work in one of the above counties are eligible for a Free Emergency Ride home benefit for those who ride to work with a minimum of one other person (including spouses and relatives), people who ride their bike, take the bus, walk or ride in a vanpool on average of three days a week. Just sign up with Commuter Connect to receive this benefit.

So, how do you get started? If you already use alternative transportation to work, make sure you log it with [Commuter Connect online](#). Would you like to carpool, vanpool or ride your bike, if you just knew someone else who lived near you? Well Commuter Connect helps match you up with others you can commute with free of charge.

October is Commuter Challenge Month so make sure you log your alternative commute on our website during the month. There are weekly prizes including the chance to win two grand prize drawings for a \$500 cash gift card and iPad. The more you log your commute, the more chances you have to win. Visit the website for more details.

For more information go to www.commuterconnect.us or call 317-327-RIDE (7433).

Guides help Hoosiers find local dairy, meat and poultry products

Are you looking for sources of local foods beyond the weekly farmers market? If so, two new guides are now available to help locate meat, poultry and dairy products processed here in the Hoosier State.

The Indiana State Board of Animal Health (BOAH) has published the 2013 versions of the Indiana Meat & Poultry Buyer's Guide and the Indiana Dairy Product Buyer's Guide. Each guide lists contact information, location and the types of products each seller produces, including many specialty or niche products that may not be available elsewhere, like jerky and brats or goat's milk cheese.

The guides, initially distributed by BOAH, serve to highlight the wide array of local foods available across the state. And some consumers are a little surprised at what they learn.

"Local foods do not have to come from a farmer's market," said Doug Metcalf, Dairy Division Director for BOAH. "Many Hoosiers do not realize how many national brands of dairy products are raised and bottled right here in Indiana. One great example is the fluid milk and ice cream you buy in your local Kroger store—it comes from Indiana farms and is packaged in Indianapolis."

Other widely known brands, like Reddi-Whip, Dean's, and Prairie Farms, are also made here at home. "Most people don't know that Indiana is actually the second-leading producer of ice cream in the nation," Metcalf explained. "The Edy's ice cream plant here is one of the largest in the world."

The quality of Indiana products runs deep, with smaller Indiana-based dairies, like Deutch Kase Haus and Capriole Dairy, enjoying regional and

national recognition for their products.

Meanwhile, food safety is a top priority for the inspectors at the Board of Animal Health.

"Our inspectors are working, everyday, across the state, to ensure Indiana's meat and dairy products are wholesome and safe to eat," said Indiana State Veterinarian Bret D. Marsh, DVM, who leads the agency. "These guides are a way to introduce consumers to the great food products being produced in the facilities we inspect."

As the state agency responsible for Indiana's dairy program, BOAH staff members inspect all 1200-plus dairy farms, as well as processing facilities that bottle milk and manufacture cheese, ice cream and other dairy products.

BOAH also inspects meat and poultry processing plants as part of the state inspection program. State-inspected facilities must meet all of the safety and sanitation requirements as those inspected by the federal government. Because the federal inspection system is scaled to handle larger processing operations, BOAH fills a gap by providing inspection for 126 small Hoosier businesses that offer economic opportunities in rural regions of the state.

In turn, Hoosiers can enjoy a wide range of specialty products that are not widely available, like duck, brats and buffalo jerky. These processors also provide custom-cut meats, from the individual cut to the side of beef or pork to fill a family freezer.

BOAH is at the Statehouse Market on Oct. 3 with copies of the guides. Or, they can be downloaded from the [BOAH website](#).

Governor appoints new leadership

On Sept. 6, Governor Mike Pence named Sean Keefer as his Legislative Director, Sarah Taylor as the Executive Director of Hoosier Lottery, and Tristan Vance as Director of the Office of Energy Development.

Sean Keefer now serves as Legislative Director in the Office of the Governor. He joins the Governor's legislative team that includes former State Representative Jeff Espich, who serves as Senior Legislative Advisor. With extensive public service experience, Keefer currently serves as Commissioner of the Indiana Department of Labor. Under the Daniels administration, he served as Deputy Commissioner of Labor, as well as Legislative Director and Public Information Officer. Previously, Keefer served as Chief of Staff in the Indiana State Department of Health (ISDH) and Deputy Secretary of State and Chief of Staff in the Indiana Secretary of State's Office. Prior to joining state government, Keefer worked as the Director of Global Health & Science Policy for the American College of Sports Medicine and in the public affairs division of Bose Public Affairs. Keefer, of Fishers, earned his undergraduate degree from Hillsdale College and his graduate degree from Indiana University.

Sarah Taylor will serve as Executive Director of the Hoosier Lottery beginning today. Taylor is the current Director of Constituent Services for the 48th Mayor of Indianapolis, Gregory A. Ballard. Twice elected as the Marion County Clerk, where she served for eight years, she acted as the chief financial officer for court receipts including child support monies and as chief election official for Indianapolis/Marion County. An Indiana native, Taylor, of Indianapolis, earned her undergraduate degree from Indiana University.



SECC Special Events

On September 4 the State Employees' Community Campaign (SECC) officially began with the theme "Indiana: A State that Gives" given by chairman **Lt. Governor Sue Ellspermann**. State agencies are already hosting special events to raise money to reach our goal of \$1.3M. Below is one of those events and other to come:



The Indiana Veteran's Home held a bake sale to raise money for Honor Flight — an organization that helps transport veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifice. Holly Frey and Kim Mosson (pictured) lead the sale and raised more than \$400, which is enough money to sponsor a guardian on an upcoming Honor Flight.

INDOT - Fort Wayne District

The First Annual Golf Outing is scheduled Monday, October 14 at Magic Hills Golf Course, which is located off of SR 9, north of Columbia City. This is a best-ball tournament with a shotgun start. Green fee is \$25, which includes cart, 18 holes of golf, a light meal and a \$5 donation to SECC. Prizes will be awarded for winning team, longest drive and closest to the pin. Bring your 4-member teams, and enjoy our Columbus Holiday playing golf with your coworkers, while we raise money for a worthy cause! For more information and to RSVP, contact Dennis Warnick at dwarnick@indot.in.gov or call 260-341-5919 no later than October 7.

INDOT - LaPorte District

Every Monday, a bake sale is held in the district office lobby starting at 8 a.m. On October 9, a nacho lunch starts at 11 a.m.(central time) in the District Office large conference room.

Open Enrollment help

Online accounts to help with planning

To help you prepare for open enrollment, both Anthem and Express Scripts have ways to track of your health care expenses. Both Express Scripts (formerly Medco) and Anthem websites make it easy for you.

As our pharmacy benefit provider, Express Script's website is set up so that you can view all your prescription information in one place. From here, you can tally up all your prescription costs either through a pharmacy or through Express Scripts.

Log onto express-scripts.com:

- Activate your account for secure access to tools that help you manage your prescription plan
- Track your prescription spending
- Compare the cost of a medication for a 30 vs. 90-day supply
- Compare the price of generic vs. brand medication
- View potential lower-cost alternatives to your medications with My Rx Choices®
- Print your prescription claims summary
- Order prescriptions online
- Get the latest drug, health and wellness information

Anthem provides a similar service for medical and vision spending. Log onto anthem.com:

- View medical eligibility and benefits
- Track the benefits and deductions you and/or your dependents have used to-date
- Check the status of health claims
- Compare the cost and quality of a procedure or services through Anthem's Care Comparison
- View vision eligibility and benefits
- Track your vision claims

Get your Anthem ID card handy and click [here](#) to activate an account.

Flu shot clinics around the state:

Date(s)	Time(s)	Name of Agency	Location/City
Oct. 1 & 2	11am - 7pm	Plainfield Correctional Facility/ RDC	737 Moon Road, Plainfield, IN 46168
Oct. 1 & 2	2 pm - 7 pm	Rockville Correctional	811 W 50 N, Rockville, IN 47872
Oct. 15 & 16	2 pm - 7 pm	Wabash Valley Correctional	6908 S. Old Hwy 41, Carlisle, IN 47838
Oct. 16 & 17	8 am - 4 pm	IGC- South, Conference RM B	Indianapolis
Oct. 17	9 am - 11 am	Tippecanoe County (DCS)	250 Main Street, Suite 301, Lafayette, IN 47901
Oct. 18	2 pm - 7 pm	Pendleton Juvenile Correctional	9310 South State Road 67, Pendleton, IN 46064
Oct. 21	11 am - 1pm CST	Lake County (DCS)	661 Broadway, Gary, IN 46402
Oct. 22	9 am - 11 am	Delaware County (DCS)	3600 W. Kilgore Ave., Suite 600, Muncie, IN 47304
Oct. 22	10 am - 1 pm CST	INDOT LaPorte	315 E Boyd Blvd., LaPorte, IN 46350
Oct. 22 & 23	2 pm - 7 pm	Correctional Industrial Facility	5124 West Reformatory Rd., Pendleton, IN 46064
Oct. 23	11 am - 2pm	Marion County (DCS)	4150 N. Keystone Ave, Indianapolis, IN 46205
Oct. 23	8 am -10 am	INDOT Fowler	600 S. Grant, Fowler, IN 47944
Oct. 24	8 am - 4 pm	Statehouse	Indianapolis
Oct. 24 & 25	2 pm - 7 pm	Pendleton Correctional Facility	4490 West Reformatory Rd., Pendleton, IN 46064
Oct. 29	8 am - 11 am	INDOT Crawfordsville	41 W. 300 N., Crawfordsville, IN 47933
Oct. 31	8 am - 10 am	INDOT Frankfort	1675 W State Rd 28, Frankfort, IN 46041
Nov. 5 & 6	3 pm - 7 pm	Putnamville Correcitonal Facility	1946 West US Hwy 40, Greencastle, IN 46135
Nov. 6	8 am - 10 am	INDOT Cloverdale	10 High St., Cloverdale, IN 46120
Nov. 7	8 am - 10 am	INDOT Terre Haute	5693 E. Sony Drive, Terre Haute, IN 47801
Nov.13	10 am - 2 pm	Department of Revenue	7811 Milhouse Rd., Indianapolis, IN 46241 Ste P
Nov. 13	9 am - 11 am	INDOT Seymour	185 Agrico Lane, Seymour, IN 47274