



# The Torch

The official newsletter for Indiana state employees

## Take time now 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:

**Know the dates:** Mark your calendars for the 2015 Open Enrollment season. It begins October 29 and ends November 19 at noon (EST).

**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. Are you using your Health Savings Account (HSA) effectively for these expenses? 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 a HSA in order to receive the contributions the state makes to each account.

Are you still in a traditional PPO medical plan? 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. 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 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

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## Got a story?

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

Follow us on:



## Early planning is well planning

Oct. 19 – 25, 2014 is National Save for Retirement Week (NS4RW). In celebration of NS4RW, people across the nation focus on retirement readiness, but there is no need for you to wait until October to plan for a comfortable retirement. Living well in retirement is impacted by your planning (or lack of planning) today. Start planning and saving early (as early as in your twenties) to retire the way you want. For more information, visit our [Investing 101](#) page. Like INPRS on [Facebook](#) and follow [@INPRS](#) on Twitter to stay informed about your retirement options.



## SECC Special Events

On Sept. 3 the 2014-2015 State Employees' Community Campaign (SECC) officially began with the theme "Heart of Public Service." Chairman **DOR Commissioner Mike Alley**, and state agencies are already hosting special events to raise money to reach our goal of \$1.3M. Below is one of those events:



Just in time for SECC, the AMVETS Riders of Post 91 in Monticello challenged the Indiana Veterans' Home (IVH) to complete the ALS ice bucket challenge. Because veterans are twice as likely as non-veterans to develop ALS, this challenge was particularly meaning to the staff. Since enough buckets could not be found, a local fire department helped out by dousing employees with very cold water. Best of all, in just 24 hours, the IVH staff and volunteers raised \$381 for ALS research.

## Celebrate Howl-O-Ween at Great Wolf Lodge with discount

Enjoy thrills and chills as we celebrate Howl-O-Ween at Great Wolf Lodge! This October, grab your costume and head to Great Wolf Lodge for a spooktacular time with your family. Howl-o-ween festivities include a trick or treat trail, Monster Bash Dance Party, and Costume Parades. Enjoy 20% off of our room rates at Great Wolf Lodge when booking using the code INDI462B online at [www.greatwolf.com/mason](http://www.greatwolf.com/mason) or with a reservationist at 1.800.913.WOLF. Offer based on availability, restrictions apply, must present State ID upon check in.



On Sept. 9, Governor Mike Pence announced the completion of the Management and Performance Hub (MPH) Technology Center. The Technology Center, which houses the work of the Governor's MPH initiative, aims to bring greater effectiveness, efficiency and transparency to state government, using cutting-edge, real-time data technology.

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## Open enrollment preparation

enrollment period is the time to do so. Life insurance can be considered if you do not currently carry it.

### Review your beneficiaries and dependents.

This is an important thing to do on a yearly basis. If your family situation has changed at all, it will certainly merit making a review of your beneficiaries and dependents.

**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 a head. 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, prepare and ask questions now to help reduce the stress later. If you have any questions or have a unique situation and require some guidance, please contact the SPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis).

**The Torch**

## The time for flu shots is upon us



Kroger pharmacists are hosting a flu shot clinic on the Indiana Government Center (IGC) campus **8 a.m. to 4 p.m. on Oct. 8** in **Conference Room**

**B**, and **Oct. 9 in Conference Rooms 1 & 2**. The Statehouse Atrium is scheduled for **October 22**. 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 written prescription from the doctor for a pharmacist to administer a flu vaccine. See [page 10](#) for a list of other scheduled flu shot clinics around the state.

You must bring your **Anthem ID card** and a completed waiver prior to receiving the vaccination:

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

Kroger Pharmacies are also administering vaccines in their 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 medical insurance.

Indiana State Police 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 is sending further information regarding flu shots that have the claim forms you 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.

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](#).

## Please examine all personal information in PeopleSoft

One of the opportunities provided by Open Enrollment is a review of your Contact Information, including current preferred email address. Please take the time to review your personal information screens and update your contacts. This ensures that any notices from PeopleSoft, such as Family-Medical Leave or training notifications, are sent to you at an email address you check regularly, whether it's a state or personal email. Don't forget to carefully check the spelling and punctuation marks too. These addresses are pulled automatically into a Request for FML. Misspellings cause the notices to be misdirected.

- [Click here for instructions](#)

## Wellness programs improve employees' lifestyles and health

*This information is for educational purposes only and is not a substitute for professional medical advice. While generally accurate, these statements may not be current or complete and may not apply to your specific medical or financial situation. Never disregard professional medical advice, or delay seeking it, because of something you read here.*

Since the launch of the Invest In Your Health wellness program, employees have been able to see results after making healthy life choices. Many have sent great testimonials and we would like to share a few of them:

### Stairs vs. the elevator

"It was always the elevator. Now, thanks to the steps challenge, the elevator no longer exists. The steps aren't that bad after all. I love my pedometer; it encourages me to always do a little more walking. Thank you for showing me how easy it is to exercise!" – **David Wandrei, Department of Correction**

### Walking saved me from a heart attack

"I wanted to let you know that the weekly walking group could have saved me from having a heart attack and possibly saved my life. I have always been very active in exercise and walking. I stopped smoking six years ago after being a 35 year smoker. I don't drink alcoholic beverages and really ramped up my exercising five years ago. I always go through my annual physical. Several years back my cholesterol was just over 200 so I started to get it down to normal levels. I do not have high blood pressure. Overall, I am a very healthy person. This past fall I got lazy and didn't walk as often or do yoga or any cardio at all. So after gaining 10 pounds during the holiday season, I jumped at the chance to join the walking group here. As I walked, I noticed tightness

in my chest but the worst was the pain in my teeth and jaw. I thought it was from the cold as we walked through the crosswalks. It took a bit for the pain to recede but I continued walking.

I personally thought it was lung cancer since I smoked for so long and the shortness of breath. I went to Florida the end of January and thought since it was 60 degrees outside if I still had these symptoms then there was definitely a problem. Sure enough, it was still there. Though I did continue my walking regimen, my laziness was also a symptom; fatigue. When I returned home I went to the doctor February 13. We did the lung scan and x-ray but my symptoms told her it was heart related. I had a heart stress test the next day and they found a blockage in the right artery, back side of my heart. I had a heart cath only to find that I had a 99 percent blockage in one artery and they implanted a stent. Heart disease runs in both sides of my family but I didn't think it would affect me, but it did.

So the message I really want to send to everyone who reads this is to listen to your body. I was told by my doctor that it was just a matter of time before a heart attack would happen and thankfully, I paid attention and knew something wasn't right. Continue doing all the right things to be healthy and stay healthy but also listen and pay attention to how your body reacts and don't delay. Thank you walking group for getting us out there and moving." - **Shelley Reeves, Department of Natural Resources**

### Changed my diet to prevent diabetes

"On May 6, 2014 I went into the doctor's office for my physical. I stepped on the scale and saw that number climb higher than it has been in years. The

doctor came in and gave me my blood work results. All my blood work was really good except my fasting blood sugar and my A1C. He said 'I want to put you on a diabetic [medication] to get this down. You are in what we consider to be pre-diabetic stage.' I said no, I'll lose the weight and I'll get the sugar down. He said he'd give me three months and then I would be going on a [medication] because he just didn't see me [being] able to accomplish it. My mom is a diabetic, my grandmother was a diabetic and my little brother died at 25 from complications of diabetes. The odds were stacked against me. I left his office mad at him and mad at myself, but determined to beat it. I started walking every night and when the weather would not cooperate, I would do a DVD workout. I changed my eating habits all together. I now eat healthy foods. I don't 'pig-out' anymore. No sweets, no colas of any kind, no bread, no potatoes. I feel satisfied and better than I have in years with just the diet change!! I drove my co-workers nuts about walking with me and do the 'steps challenge'. I have gotten one faithful one out of the bunch that walks with me nightly. I went back to the doctor on August 4, 2014 and I am happy to say that my fasting blood sugar and A1C was not even in the category to be even considered pre-diabetic or diabetic!! I BLEW him away with my accomplishment. In these three months, I have lost 46 pounds, as of this morning too!! I feel GREAT!!" – **Lisa Daugherty, Bureau of Motor Vehicles**

If you have a story about how the wellness program has benefited your life, please email them to us at [investinyourhealthindiana@spd.in.gov](mailto:investinyourhealthindiana@spd.in.gov).

## Reduce cancer risk through prevention and early detection

Today, approximately two in five Indiana residents now living will eventually have cancer, suggesting that every Hoosier has or will have a personal connection to cancer in some way. Although the cancer rates have decreased, cancer is still Indiana's second leading cause of death.

Increasingly, evidence points to links between healthy behaviors and decreased cancer risk. According to the American Cancer Society (ACS), a substantial number of cancers could be prevented through better lifestyle choices, and all cancers caused by cigarette smoking and heavy alcohol use could be prevented completely. During 2014, ACS estimates that almost 30 percent of the cancer deaths nationally will be caused by tobacco use. In addition, the World Cancer Research Fund estimates that up to one-third of cancer cases are related to overweight or obesity.

Many cancers can be prevented or identified at an early stage with regular medical care and early detection screenings. For example, up to 60 percent of deaths from colorectal cancer could be prevented if persons 50 and older were screened regularly. While these statistics point to the importance of early detection, in 2012, 37 percent of Hoosiers 50 years old or older reported never having been screened through either sigmoidoscopy or colonoscopy.

In Indiana during 2011, 71 percent of all cancer cases occurred among people ages 55–84; approximately 27 percent of state employees are in this age range. Although middle and older aged adults are most likely to be diagnosed with cancer, anyone can get cancer at any age; precancerous changes may

sometimes occur years before cancer develops. For this reason, it is important for Hoosiers to be informed and active participants in their healthcare, having open and honest communication with their health providers about risks and age-appropriate cancer screenings.

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. In addition to regular medical care and early detection screenings, you can reduce your risk for cancer by making the following lifestyle changes:

**Avoid tobacco.** Smoking accounts for 87 percent of lung cancer deaths and more than 30 percent of all cancer deaths. Over one million adults in Indiana still report being smokers, making Indiana's adult smoking rate one of the highest in the nation. If you are a smoker, you can greatly reduce your risk of developing lung cancer by quitting now. Even if you don't smoke, avoiding second-hand smoke reduces your risk of developing cancer. State benefits include access to the Live Tobacco Free program for employees and their families through the employee assistance program. Visit [www.anthemep.com](http://www.anthemep.com) to access this valuable service. In addition, prescription and some over the counter smoking cessation drugs, with limits of 180 days of therapy per year for nicotine, bupropion/Zyban, and Chantix, are covered by employee medical plans. For those without state insurance, the Quit Now Indiana is a free resource available to all Indiana residents. By calling 1-800-QUIT-NOW (1-800-784-8669), or visiting [www.QuitNowIndiana.com](http://www.QuitNowIndiana.com), Hoosiers have access to free

resources, information and trained quit coaches to help them quit.

**Maintain a healthy body weight, eat a healthy diet and get up and move.** According to the Centers for Disease Control and Prevention (CDC), adults should participate in at least 150 minutes of exercise each week. The CDC recommends breaking this down into 10 minute increments; for example, taking three 10-minute walks, five days per week. This not only makes it easier to get in recommended amounts of exercise, but also ensures that people are active throughout the week. In addition to moving more, eating a diet that is low in animal fat and high in fruits and vegetables can help prevent certain cancers. For more tips on healthy diets and physical activity, visit INShape Indiana at [www.INShapeIndiana.org](http://www.INShapeIndiana.org).

**Reduce sun exposure.** To help reduce your sun exposure, and risk of developing skin cancer, limit or avoid exposure to the sun during peak hours and regularly wear sunscreen with a Sun Protection Factor (SPF) of 15 or higher. For more information, visit the Outrun the Sun website at [www.outrunthesun.org](http://www.outrunthesun.org).

Cancer in Indiana is a burden we all share. It's important for all Hoosiers to understand how we can reduce our own risk, and then to share that knowledge with our family, friends, and neighbors. Together, we can reduce the heavy burden of cancer in Indiana.



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

## Make a few lifestyle and diet changes to prevent cancer

October is National Breast Cancer Awareness Month and one of the most widely recognized forms of cancer. It should be remembered that good nutrition can lower your risk of developing multiple types of cancer. In fact, nutrition guidelines for cancer prevention are much like those recommended to prevent other medical concerns such as, heart disease, diabetes and obesity. Although no one food has been proven to prevent cancer, what we eat has been linked to fight cancers both directly and indirectly as noted by the American Cancer Society's (ACS) recommendations for nutrition and physical activity. The following tips are a compilation of guidelines from the ACS, The Academy of Nutrition and Dietetics and the American Institute for Cancer Research, to guide you on a path to cancer prevention:

### Maintain a Healthy Weight

Be as lean as possible without becoming underweight. Research demonstrates a strong link between body fat and cancer. Consuming foods that are high in calories but low in nutrients, can lead to weight gain and decreased appetite for foods that have more cancer fighting properties. Although science isn't exactly sure how, these 7 cancers appear to have a stronger connection to increased body fat: Esophagus, Pancreas, Colon and Rectum, Breast (after menopause), Kidney, Endometrial and Gallbladder.

### Eat Vegetables, Fruits, Whole Grains and Legumes

Make 3/4 of your plate plant based by eating more fruits and vegetables, including beans, and whole grains. Research shows fruits and vegetables likely lower the risk of the following cancers: Lung, Oral and Esophageal, Stomach and Colon.

Although it's still uncertain which specific components provide protection, it's recommended that we choose an array of colorful fruits and vegetables and grains that are whole and less refined to maximize our intake. Evidence suggests foods high in dietary fiber; vitamins, minerals and phytonutrients are helpful. Consider some of the following:

- Cruciferous and dark, leafy green vegetables: spinach, broccoli, cauliflower, Brussels sprouts, cabbage, collards, kale
- Fruits: citrus, berries, cherries
- Whole-grains: oats, barley, bulgur, whole-grain pastas, breads, cereals, crackers
- Legumes: dried beans and peas, lentils, soybeans

### Monitor Meat Portions

Consuming a diet that includes meat has not yet been definitively shown to either increase or decrease the risk of cancer. Some studies suggest a link between colon cancer and eating large amounts of red meat, particularly processed meat such as lunch meats, ham, bacon and hot dogs, but this research is not conclusive. Animal protein is a complete protein source that provides all nine essential amino acids and an appropriate way for many to get this daily requirement. It is recommended as with all foods that we monitor portion size based on our bodies' needs.

### Eat Whole Foods

Research suggests some relationship between the nutrients found naturally in foods and their protective ability. While supplements can be useful for those who are unable to eat or drink some healthful foods, the best source for nutrients in general are found in the whole foods first. Some supplements

may cause harmful interactions with medications or other medical conditions and should be carefully considered with the advice of your Physician, Pharmacist and Registered Dietitian. For more information on the latest "cancer fighting foods" see the [American Institute for Cancer Research's website](#).

### Limit Alcohol

Evidence suggests all types of alcoholic drinks could increase cancer risk, particularly those of the mouth, pharynx, larynx, esophagus, breast and colon. If you consume alcohol experts recommend no more than one drink daily for women and two for men.

### Be Physically Active

As mentioned above, weight is closely connected to several types of cancers. Maintaining a healthy weight is more than just eating the right foods. Engaging in regular exercise can help reduce your risk, allow you to maintain a healthy weight and assist in control and prevention of other medical conditions. A minimum of 30 minutes of moderate physical activity most days of the week is recommended. Brisk walks at lunch or a game of tag with your kids in the yard are a couple of ways to increase daily activity above the normal routine.



Thanks to the [Indiana Academy of Nutrition and Dietetics](#) for this submission.

## Are you using all your available resources to prevent cancer?

Cancer has become one of the leading causes of death in the U.S. and has affected millions of Americans and the way they live. Preventive care, which is offered through your State medical insurance, can help detect the symptoms of cancer and it's offered to you for free! Some of the cancer-screening services that are available with your Anthem benefits include:



- **Mammograms:** According to The United States Preventive Services Task Force, it is recommended that women aged 50-74 have a mammogram once every two years. Women younger than age 40 who have a higher risk for breast cancer (for example, a family history) may be screened earlier.
- **Pap smears:** The United States Preventive Services Task Force recommends screening for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every five years.
- **Prostate cancer screening** including digital rectal exam and PSA test.

It is also important to remember that healthy habits are critical to preventing the onset of cancer. While a lot of questions are still not answered about how or why certain cancers occur in our body, a balanced diet and daily exercise can reduce

your risk from multiple types of cancer. [Healthy Lifestyles](#), offered through Anthem, can help track your current progress and everyday health or it can assist with habits you would like to improve on. Within Healthy Lifestyles, you can track your exercise, get healthy recipes and join online forums where you can connect with others who have similar goals to help you stay on track.

Anthem's [Employee Assistance Program \(EAP\)](#) is another tool offered to State Employees that can help you find resources and tools related to maintaining and improving not only your physical health, but also your mental health. EAP is available to all State of Indiana employees, even if you are not covered under a state medical plan. With more than 200 articles on cancer and prevention, finding information can be as easy as a few words in a search box.

Have you or a family member recently been stricken with the news of cancer? Anthem EAP can also offer telephone counseling services 365 days a year, 24 hours a day. It is completely confidential and can

be beneficial to balancing your grief and everyday life. You can find these resources at [online](#) or toll-free at 1-800-223-7723.

If a particular cancer runs in your family, it's important to get tested early. Have you ever wondered where you can find screening locations

and ways to verify if your services will be free or how much they will cost? Castlight is a great tool to find cancer preventive services and testing in your area. Simply type in the procedure or service you wish to receive and let Castlight do the work at searching for you. You can find more at: <https://mycastlight.com/stateofindiana/>

As we kick off Cancer Awareness month, it's important to be mindful of your health and your family's health. A simple 30 minute visit or test could save your life!

If you have any questions any benefits related questions, please contact the SPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis).

## Community involvement: Bicentennial Legacy Projects

Legacy Project Number IBC-YE-26, "A Town Born of Victory" is a video project about the Town of Orleans in Orange County, Indiana. Orleans' name is tied to the Americans defeating the British at New Orleans - an astounding victory that told the world that the new nation was a force to be reckoned with. Samuel Lewis and William McFarland were so inspired that they named the town they were plating out in the Indiana Territory "Little Orleans."



*The centennial film included President Woodrow Wilson's visit, James Whitcomb Riley, the evolution of the street car and G.A.R. Encampment and parade, as well as 30,000 school children performing a flag drill.*

Orleans 2015 Bicentennial will include:

- "Orleans' 200 Birthday Party" on March 11, 2015
- A special commemorative postmark will be offered through the Orleans Post Office
- The annual [Dogwood Festival](#) in 2015 will feature a bicentennial birthday party theme.
- "A Town Born of Victory" video premier
- "Orleans Homecoming" over the long Fourth of July celebration

Visit [Facebook](#) for details.

### The Magic of Discovery: Where is Indiana's "lost" centennial film?

In 1916, a "moving picture" became a part of Indiana's centennial celebration promotions. During the filming, weather was often inclement. "However it presents a suitable and commendable picture show, suggestive of incidents in the historical life of Indiana. It has been shown in connection with many celebrations and is in great demand generally," according to the Report of the Indiana Historical Commission, April 24, 1915 to December 1, 1916.

Selig Polyscope Company of Chicago produced the picture on nitrate film which becomes highly volatile with age. However, a few minutes of transferred footage exists yet today at the Indiana State Library, the National Archives and on [YouTube](#). Is there more?

While Ted Green, Indianapolis filmmaker, was doing research for documentaries on basketball's Roger Brown and Slick Leonard, he unearthed an historic WWI era Indianapolis film. Scenes included Teddy Roosevelt's Indianapolis visit, soldiers returning home from WWI and the moving of a hotel with rollers and horses so the War Memorial could be built.

"Finding that old canister at the State Library, then having Eric [Grayson] digitize it and seeing it for the first time, it was like the magic of discovery. I was blown away," said Green. To think of history slowly deteriorating in mostly unmarked boxes. Imagine the possibilities, and the catastrophe of losing it forever."

Please send any centennial film information to [Deb Wezensky](#). To learn more about Indiana's Bicentennial, visit [www.indiana2016.org](http://www.indiana2016.org).

## Join a rideshare and win in October!

October is National Rideshare Month, so Central Indiana's rideshare program, Commuter Connect, is holding a challenge from Oct. 1 through Oct. 31. Log your smart commutes anytime during the month, and you'll be entered for a chance to win a \$500 Amazon gift card, 31-day IndyGo pass, a gas gift card or a bike shop gift card.



There are two ways to win. Sign up for free at [www.commuterconnect.us](http://www.commuterconnect.us) and then log the trips you take to work when you ride the bus, bike, carpool, vanpool or walk. Be sure record your commutes at least once a week – the more days you log, the more chances to win. Set up the "Commute Reminder" so you can get emails or texts and record your commute without logging in and from your smartphone.

New this year is a selfie contest. Post a selfie with the #IndyCommute hashtag on Facebook, Twitter or Instagram, and you'll be eligible for weekly drawings for an iTunes gift cards.

To find carpool and vanpool partners or a biking buddy, click "Sign Up" on the home page of the website. By signing up, there is no commitment to carpool, vanpool or bike to work; Commuter Connect only provides potential matches to help commuters get started with one of these options, if they choose to do so.

To learn more, visit [CommuterConnect.us](http://CommuterConnect.us).



## Going to retire soon? Plan to attend this free seminar

If you are serious about retiring from state employment, register now for the upcoming Pre-retirement Seminar. The day-long workshop is **8:30 a.m. to 4:30 p.m.** on **October 15** in the IGC-S Auditorium. An hour break for lunch is also included. This is the last planned session for 2014.

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 Pre-Retirement Planning Seminar on state time; however, your supervisor's approval is required to attend. PeopleSoft automatically sends this person an email asking him/her to approve your enrollment in this seminar. Travel time and cost is the employee's responsibility.

- [Click here for instructions on how to register.](#)

Your spouse is welcome to attend, but registration is not necessary if they are not a state employee. Seating is limited, so reserve your seat today by self-enrolling into the seminar. Questions may be directed to [spdtraining@spd.in.gov](mailto:spdtraining@spd.in.gov).

## Fall festivals are coming to State Parks!

Each State Parks & Reservoirs property offers at least one special, family-oriented fall festival weekend. Each has a different flavor based on history and natural features, but most feature trick-or-treating, campground decorating contests, crafts, pumpkins and more. See a [complete listings here](#).

More special October activities:

- Burn the midnight oil with the naturalists for our sixth season of saw-whet owl banding at Indiana Dunes State Park. Sign up for alerts
- Bike Back in Time on a scenic ride around Monroe Lake on Oct. 5 or 18. [Registration required](#)
- Camouflage the Duck Blinds at [Monroe Lake's](#) Stillwater-Northfork Wildlife Area on Oct. 4. Help clean, repair, and camouflage the waterfowl blinds for the upcoming hunting season.
- Pioneer Day at [Mounds State Park](#) on Oct. 11. Flint-knapping, Dutch oven cooking and laundry washing the old-fashioned way.

## Sign up for a Haunted 5K to support the Hoosier Youth Challenge Academy

The Hoosier Youth Challenge Academy is hosting a Haunted 5k Run/Walk on October 26 starting at 1 p.m. The cost is \$25 per person and kids under 12 run for free. The first 100 people to register receive a free scary t-shirt. Bring the whole family to this event for a bake sale, games and a haunted house! Register at [www.hoosieryouthchallenge.org](http://www.hoosieryouthchallenge.org) or by calling 317-507-0347. The Hoosier Youth Challenge Academy is located at 10892 North State Rd 140, Knightstown, Indiana 46148.



Artwork by  
Jerry Williams

## Flu shot clinics around the state:

Date(s)	Time(s)	Agency/Location	Address
10/1/2014	7:30 a.m. –10:30 a.m.	Greenfield INDOT	32 South Broadway, Greenfield, IN 46140
10/2/2014	2 pm – 3:30 pm	Indiana School for the Blind and Visually Impaired	7725 N. College Ave., Indianapolis, IN 46240
10/7/2014	1 p.m. – 4 p.m.	DOC - PEN, IREF	2010 East New York Street, Indianapolis, IN 46201
10/08,10/09	8 a.m. – 4 p.m.	Indiana Government Center South	Indianapolis
10/9/2014	9 a.m. – 11 a.m.	Lake County DCS	661 Broadway St. Gary, IN
10/14/2014	12 p.m. – 2 p.m.	Monroe County DCS	1781 West 3rd Street Bloomington, IN 47404
10/17/2014	9 a.m. – 11 a.m.	Johnson County DCS	1784 E. Jefferson St. Franklin, IN 46131
10/22/2014	8 a.m. – 4 p.m.	Indiana Statehouse	Indianapolis
10/22/2014	9 a.m. – 11 a.m.	Department of Revenue	7811 Milhouse Rd., Indianapolis, IN 46241

## Evansville IceMen's state employee discounts details

All games begin at 7:15 p.m. unless otherwise noted.

### Games Dates Available for Discount\*:

10/18- Saturday vs. Gwinnett  
 11/01- Saturday vs. Indianapolis  
 11/19- Wednesday vs. Greenville  
 12/05- Friday vs. Kalamazoo  
 12/20- Saturday vs. Reading  
 12/31- Wednesday vs. Toledo  
 01/03- Saturday vs. Kalamazoo  
 01/17- Saturday vs. Cincinnati  
 02/07- Saturday vs. Indianapolis  
 03/14- Saturday vs. Orlando  
 03/20- Friday vs. Florida  
 03/29- Sunday vs. South Carolina at 5 pm

### Seating Prices

Club section regular price: \$28  
 Discounted Rate: \$21  
 Center Ice regular price: \$24  
 Discounted Rate: \$18  
 Corners regular price: \$20  
 Discounted Rate: \$15  
 Goalzones regular price: \$18  
 Discounted Rate: \$13

\*For additional regular games at the discounted rate contact:  
[Evan Schludecker](#), 812-463-6394

Location: The Ford Center- Evansville, IN  
 Web site: [www.evansvilleicemen.com](http://www.evansvilleicemen.com)  
**Offer expires on March 29, 2015**

Proof of employment not necessary for purchase. Offer is good for employees, families, and friends

### Exclusions:

- Tickets must be purchased in advance of game date in order to receive ticket discount through IceMen Ticket Rep Evan Schludecker.
- Discounted tickets cannot be redeemed or purchased at The Ford Center Box Office on day of the game.

