



The Torch

The official newsletter for Indiana state employees

SEPT
2022

2022 SECC season kicked off today with \$1.5 million goal

Speaking to hundreds of State of Indiana employees at Robert D. Orr Plaza today, Indiana State Personnel Department (INSPD) Director Matthew A. Brown praised Hoosier generosity and encouraged state employees to set up payroll deductions to support nonprofits of their choice this State Employees' Community Campaign (SECC) season. First Lady Janet Holcomb was scheduled to speak but was unable to attend due to unforeseen circumstances.



Department of Child Services Director Terry Stigdon helped kick off the 2022 SECC season.

Set up payroll deduction

SECC is a decades-long tradition that exemplifies the fun and

generous spirit of State of Indiana employees. Beginning in 1978, state employees have pledged to give tens of millions of dollars to support various non-profit causes and charitable organizations in Indiana. This year's goal is \$1.5 million, and we are sure that state employees are up to the task.

The SECC kickoff event, which was held alongside the Statehouse Market, featured the market's weekly vendors, food trucks, and information booths. In addition to market attractions, the kickoff event featured regular SECC staples like the agency leadership dunk tank, cornhole, pie in the face and many local nonprofits. After

(Continued on [page 2](#))

"For over 40 years, employees have raised millions of dollars through SECC to benefit nonprofits that build stronger communities and make Indiana a great place to live for all residents. These deductions, along with contributions made through our events, resulted in \$1.4M raised for charity last year! I think we can raise even more this year, so we set a goal of \$1.5M."

-INSPD Director Matthew A. Brown

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The Torch is published monthly by the Indiana State Personnel Department and is available online at on.in.gov/TheTorch.

Got a story?

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

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2022 SECC season kicked off today with \$1.5 million goal

remarks, state employees stopped by their favorite food truck for a quick bite, purchased Indiana grown flowers and kettle corn, or checked out the Indiana made honey from our vendors.

To add to the festive spirit of the kickoff event, some agency heads and their executive team members signed up to be dunked in the dunk tank, an SECC annual tradition. Dozens of employees donated \$5 and lined up to dunk their agency head, all in the name of raising money for charity.

Auditor of State Tera Klutz, Kevin Garvey (BMV), Noah Shelton (DWD), and Kevin Gulley (DOR) were all good sports who were dunked, again and again, to raise money for sponsored charities.

If an employee missed all three throws, they had the choice to donate \$10 and push the dunk button themselves to ensure a good soaking.

Besides the dunk tank, there was the always popular pie-in-the-face booth. Participants included, Scott Maitland (DLGF), Greg Dunn (DOC), James Ramer (GCPD), Cam Rowley (INSPD), and Christy Tittle (INSPD).



Department of Revenue Chief Information Officer Kevin Gulley gets dunked by one of his teammates at today's kickoff event.

In all, the grand total for the day was \$805, and the proceeds were evenly distributed among this year's six sponsored charities, chosen by the six agencies sponsoring statewide events this year.

The featured charities were all invited to table at the kickoff event, and state employees had the opportunity to learn more about their missions, visions, and how to best support them. Featured charities included: Mighty Mason Fund for Palliative Care (BMV), Hoosier Burn Camp (DHS), Paws & Think (DCS), Helping Veterans and Families (DWD), Correctional Professionals Assistance Fund (DOC), and Second Helpings (IDEM). Other local nonprofits were also invited and had tables at the event.

State employees can choose to give their payroll deduction to one of these featured charities or they can give to any 501(c)(3) non-profit organization.

Here's a look at this year's sponsoring agencies, their leadership, and the nonprofit they will be supporting:

Week 1: Sept. 12 Bureau of Motor Vehicles | Mighty Mason Fund for Palliative Care

At only 7 years old, Mason was diagnosed with Stage 4 Embryonal Rhabdomyosarcoma



(ERMS) in September 2018. ERMS is a malignant soft tissue tumor formed from embryonic skeletal muscle tissue. Mason completed his initial treatment plan, only to relapse less than two months after receiving clean scans and being declared No Evidence of Disease (NED). After numerous additional treatments, Mason's cancer unfortunately continued to progress. While we continued to fight for Mason, we wanted to honor his wishes of being out of the hospital as much as possible. As a family, and with our medical team's support, Mason was placed in hospice for the last several weeks of his life. Mason bravely fought until June 25, 2020, when he gained his angel wings. Your donation can help us continue Mason's legacy and help ensure that each and every child that is placed in hospice receives the best end of life care. [Set up a payroll deduction to go to the Mighty Mason Fund for Palliative Care here.](#)

(Continued on [page 17](#))

The Fall Pulse Survey is coming Sept. 6

Your hard work is the driving force behind the great government service Indiana is known for. Because of that, your job satisfaction and engagement at work matter a lot to us.

To stay in tune with your evolving needs, the Indiana State Personnel Department (INSPD) will now be conducting the Pulse Survey twice a year to offer you the chance to share feedback more regularly. Once in the spring and again in the fall.

Please remember that the results of the Pulse Survey inform the creation of employee-centric policies like the NextLevel State Work policies introduced earlier this year.

The Pulse Survey is confidential, and no identifiable information



The Pulse Survey is coming

Sept. 6 - Sept. 16

Speak up. We're listening.

will be shared with your agency or your manager. We emphasize this to reassure and encourage you to be as open as possible as you answer the survey.

The Fall 2022 survey will be open for two weeks between **Tuesday, Sept. 6, and Friday, Sept. 16.** Please be on the lookout for your

invitation to participate on **Sept. 6.**

It is our goal to make state work, work for you, so we highly encourage you to take the survey and share your experience working with the State of Indiana.

Thank you for your dedication and hard work.

Major modernization of tax system accomplished

The Indiana Department of Revenue (DOR) is celebrating the fourth and final rollout of Project NextDOR, the multi-year tax system modernization effort, that launched on July 18, 2022.

With the support of Governor Eric J. Holcomb and the



DOR Customer Service Supervisors Rebecca Harris and Tanya Sharp are giddy about their personalized trophies in appreciation of their help on Project NextDOR over the five-year process.

Indiana General Assembly, this transformation of tax systems has been DOR's focus for the last five years. In 2019, the Indiana Tax System (ITS) was officially introduced along with DOR's new e-services portal, the Indiana Taxpayer Information Management Engine (INTIME). Through a series of carefully planned rollouts, the new tax system and portal replaced the agency's legacy tax systems that had been in production for more than 25 years.

Each annual rollout transitioned a group of designated taxes from the old systems to ITS and added customer functionality on INTIME.



For Rollout 4, DOR added new and enhanced electronic filing and payment services for customers who file Fuel, Alcohol, Cigarette, Other Tobacco Products, and other special taxes.

Check out the [Agency Announcement](#) for more information and resources available to Rollout 4 customers.

Article submitted by the Indiana Department of Revenue

Ambaty named IBJ's not-for-profit/government 'Tech Executive of the Year'

Indiana Department of Health Chief Information Officer Mohan Ambaty's tireless work throughout the COVID-19 pandemic led the Indianapolis Business Journal (IBJ) to name him its "Tech Executive of the Year" in the category of Not-for-Profit/Government for 2022.

In nominating Ambaty, Indiana State Health Commissioner Dr. Kristina Box and Chief of Staff Shane Hatchett noted his contributions during the pandemic, including overseeing the creation of test results, vaccine status and school case reporting portals,

developing the Barb the Bot feature, enhancing lab technology, and procuring the technology needed to mobilize staff and response sites.

Ambaty said he was excited by the honor and credited his team and his family and friends for their contributions. "We all know that during the COVID times, we all worked day and night, so I appreciate everyone at the Department of Health who has been here behind me. I think we did a wonderful job in supporting Hoosiers," he said.



AWS Immersion Days

On Tuesday, Oct. 4, Amazon Web Services (AWS) Solution Architects from the AWS Windows Specialty Team will join the Indiana Office of Technology (IOT) to deliver training for .NET developers.

Topics will include:

- A brief introduction to the AWS Cloud
- How to get started with .NET development on AWS
- Using the AWS Toolkits
- Where to host your .NET

Applications on AWS

- Deploying .NET on AWS

Not only will you learn about .NET development on AWS, but you'll get hands on experience using interactive labs.

Tuesday, October 4, 2022

8:30 a.m. to 4:15 p.m. EST

IGC-South

Conference Rooms 4 & 5

Who should attend: Application Developers, AppDev Managers

What to bring: Your laptop and questions for your AWS Solution Architects



Click here to register for this free event

BMV Connect Kiosks

Did you know you can find a BMV Connect Kiosk in the Indiana Government Center?

Complete over a dozen transactions at a BMV Connect Kiosk at Government Center North in the basement or on the 4th floor.

Click here for a complete list of kiosk transactions



Operation Back to School

The Indiana Department of Veterans Affairs (IDVA) announces the Military Family Relief Fund Operation Back to School program is now open for applicants. Indiana veteran families experiencing financial hardship may be eligible for up to \$500 for each dependent for back-to-school supplies and other school-related expenses and needs until Sept. 15.

[Click here to learn more and apply](#)



July 1 to Sept. 15

OPERATION BACK TO SCHOOL MFRF

Indiana Veteran Families experiencing financial hardship apply for \$500 per dependent child for back-to-school expenses

Apply for:

- Children K-12 (up to age 18)
- Full-time college students (up to age 23)
 - *Students must live in the veteran's home*

You Will Need:

- DD-214
- W-9
- Direct Deposit form
- Proof of income
- Bank statement
- Proof of child's residency

MFRF
MILITARY FAMILY RELIEF FUND
IN.GOV/DVA

DETAILS & APPLICATION FOLLOW THE LINK

Join Golden Gavel Toastmasters Open House

Golden Gavel Toastmasters invites you to its open house!

Learn how you can develop leadership and communication skills necessary for today's professional world.

Attend the open house virtually or in-person. The Toastmasters meeting includes a prepared speech, "Table Topics" (impromptu speeches) and evaluations. This exciting event takes place **Tuesday, Oct. 25, 2022** via Zoom and in IGC-S Conference Room 17. The meeting begins at noon and lasts one hour. RSVPs are requested but not required.

For more information, to reserve your space, or acquire virtual access, email goldengaveltoastmasters8911@gmail.com.

There is never a charge to visit a Toastmasters meeting.

2022 Indiana Agriculture photo contest winners

On Aug. 4, 2022, Lt. Gov. Suzanne Crouch and the Indiana State Department of Agriculture announced the winners of the 2022 Indiana Agriculture photo contest. The winning photographs will be displayed in the lieutenant governor's Family of Business offices in Indianapolis.

The winning photos were chosen from hundreds of entries in the following four categories: Agritourism, Conservation, Faces of Agriculture and On the Farm. Two winners were selected from each category, along with two winners overall.

To be considered, the photo had to be taken in the state by an Indiana resident. The photos were evaluated by a panel of independent judges based on creativity, composition and category representation.

[View the winning photographs](#)

Indiana MPH offers free data lessons to employees

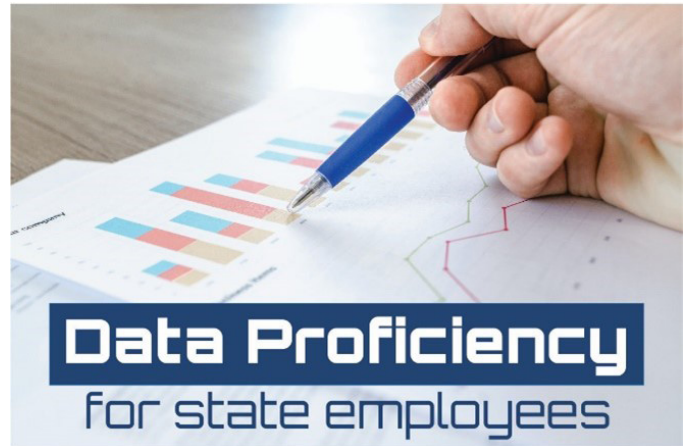
Have you earned your Data Proficiency Program Badges yet? The Indiana Management Performance Hub (MPH) is helping employees across the state understand their role in data and to skill-up. That's why we've created the statewide data proficiency program that engages employees at different knowledge levels and shows how data can impact all of our jobs every day.

The ninth lesson, focusing on health data, should have arrived in your inbox in late August and is now posted on the Data Proficiency Program website at in.gov/mph/data-proficiency-program.

If you are new to state government or have not started your data

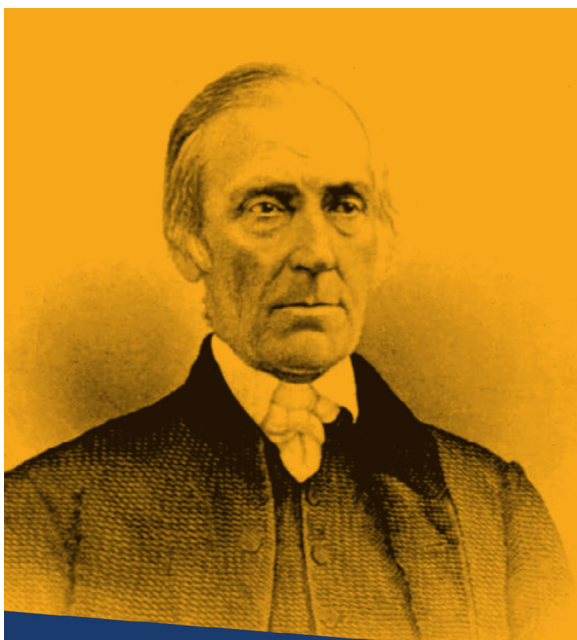
proficiency training, there is no time like the present. The available lessons arrive monthly in your inbox and are always available on the MPH website. The short lessons explain data concepts with simple, real-life scenarios. Please be sure to treat this as any other state-issued training and take the time to review the material.

Once you complete the first five lessons, there is an opportunity to take a short quiz about those lessons to earn your Level 1: Green Badge. Upon successful completion of the quiz, MPH will send you



details on how to collect your badge via email. Then it's off to Level 2! We plan to send lesson 10 in September and include a link to a quiz that gives you the chance to earn your Level 2: Blue Badge.


If you have any questions about the Data Proficiency Program, email MPH at info@mph.in.gov.



INTERNATIONAL
**UNDERGROUND
RAILROAD
MONTH** AT LEVI AND CATHARINE COFFIN
STATE HISTORIC SITE

SEPT. 1 *through* 30

LEARN MORE

indianamuseum.org  INDIANA STATE
MUSEUM
AND HISTORIC SITES

State employees pursuing self-development through LinkedIn Learning

If you follow us on social media, you might be familiar with our newest video series by Indiana State Personnel Department's Performance Management Division. Every few weeks, you can find another quick tip to help you level up your career, your leadership skills, and even your relationships.



In August, we chatted about self-development and goal setting. You can watch our most recent conversation about SMART Goals [here](#), or you can find past and future episodes on our [Microsoft Stream Channel](#).

In Episode 6, Setting SMART Goals, we dive into the makings of a SMART development goal. Namely, you want to set a goal that is:

- S - Specific
- M - Measurable
- A - Achievable
- R - Realistic
- T - Timely



As you work yourself through the SMART goal setting process, you'll begin to see the ripple effects of your progress. If you want to learn more about the importance of setting development goals, check out [Episode 5: Pursuing Self-Development](#).

And when you're ready to develop one of your skills, consider the training options available to you through the State of Indiana. LinkedIn Learning, for example, allows you to search for courses on that can help you develop your target skill.

Content Name	Content ID	Unique Viewers	Completions	Skills
Managing Stress	2810626	127	101	Stress Management
Excel Essential Training (Office 365/Microsoft 365)	728369	94	19	Microsoft Excel
Working with Difficult People	598481	83	55	Interpersonal Communication, Teamwork
Excel 2016 Essential Training	376985	64	39	Microsoft Excel
Leading without Formal Authority	2849265	59	44	Influence Without Authority
Customer Service: Handling Abusive Customers	661753	58	34	De-escalation
Customer Service Foundations	693076	58	24	Customer Loyalty, Customer Service
Teamwork Foundations	2823195	55	41	Teamwork
Coaching Skills for Leaders and Managers	713373	55	45	Career Development Coaching, People Development

Wondering what skills you might develop next?

Here's a look at what skills your colleagues across the state are developing this month on LinkedIn Learning:

If you're a state employee and you don't have a LinkedIn Learning account yet, click [here](#) for a step-by-step guide to get you started with your free account!

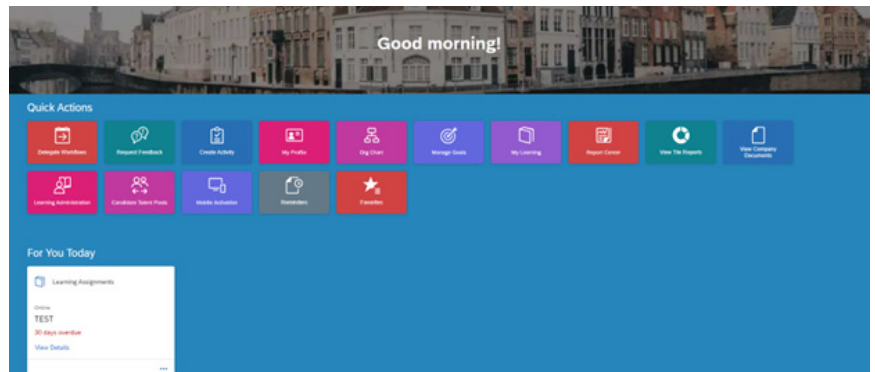
Stay tuned to our State of Indiana LinkedIn page for more tips you can use to level up your leadership skills, career and relationships.

Welcome to SuccessFactors' new home page

SuccessFactors is rolling out a new home page with a new, improved design and overall experience.

The new home page will use a card format instead of a tile format. So, with the more consolidated card format, you won't have to scroll too far.

For more information please view the SAP SuccessFactors tile of upcoming enhancements, [here](#). Please stay tuned for more information about the new home page.



MLK Days of Service

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is, 'what are you doing for others?'" For many years, the Indiana Civil Rights Commission (ICRC) has been guided by the late Dr. King's passion for service.

ICRC, the MLK Holiday Commission, and Indiana Black Expo, Inc. are excited to host their Annual Day of Service once again, but this year with a bonus. There will be two days of service! To coincide with Governor Eric J. Holcomb's Executive Order that increased state employees' community service leave to two

days, we are eager to use this opportunity to spend more time in our communities.

On **Sept. 13 and 14 from 10 a.m. to 2 p.m.**, ICRC will host its days of service along MLK Blvd. in the Northwest Neighborhood of Indianapolis. ICRC has collaborated with members of the community, the Northwest Landing Association, Keep Indianapolis Beautiful Inc., and the City of Indianapolis to identify a variety of beautification projects in order to improve the neighborhood's quality of life.

Volunteer check-in begins at 9

a.m. each day at the Watkins Park Family Center. Light breakfast refreshments will be served from 9 to 10 a.m. A boxed lunch will be served in the afternoon.

We would love for you and your organizations to join us in honoring Dr. King's legacy through our MLK Days of Service.

[Sign up to learn more and volunteer here](#)

Tx:Team You Are Not Your Diagnosis presentation

Even though x-rays and MRIs give an in-depth view of what's going on under the skin, it may not actually be what is causing your symptoms.

Tuesday, Sept. 13 | 12:00 p.m.



Working with us is good therapy.™

Join Dan Ginader, Doctor of Physical Therapy, and learn more about:

- Diagnoses like arthritis and degenerative disk disease are not always linked to your pain and dysfunction
- Damage showing up on an image is often just a sign of aging, not anything that needs to be "fixed"
- The "symptomatic threshold" and how it causes pain and what can be done to reduce that pain

Scan the QR code to the right to join the Microsoft Teams meeting >



What the pandemic taught us about preventative care, and why it's important

State employees, like so many others across the country, had their lives disrupted by the pandemic. There were some good changes, like getting closer to family and having more time to think and re-evaluate, but also a lot of good habits were broken—like exercising, annual check-ups with your doctor, and dental cleanings. Gyms were closed and it was hard to get an appointment with a primary care physician or dentist.

Right now, we're seeing the results of these missed preventive visits, and they are not good.

Chronic disease rates are increasing because they aren't being caught early, and emergency room visits are the highest they've ever been.

This rise in chronic conditions like diabetes, high blood pressure, and high cholesterol levels mean shorter lifespans, poorer quality of life, higher healthcare costs, more sick days, less overall energy, and more time spent in hospitals and emergency room visits.

The good news is, many chronic conditions are manageable, and if caught early enough, they can be prevented. Prediabetes is a great example of a developing chronic condition that can be reversed with dedication to lifestyle changes.

So how does this affect you? If you're diagnosed with pre-diabetes, for example, having the resources and support that allow you to make lifestyle changes could:

- Add 10 – 15 years to your life.
- Save you \$2,500 a year in out-of-

pocket costs.

- Give you more energy to work, play with your kids, and pursue hobbies.
- Prevent life-altering complications like loss of sight, amputation, etc.

The good news is, your commitment to scheduling annual physicals, blood work, and dental cleanings can help you catch these conditions early and help put a plan in place to manage your health. These routine screenings can be lifesaving!

Screenings are so important that the Indiana State Personnel Department's Invest In Your Health program offers rewards to encourage you along the way.

Here is a checklist of the three most important steps to take right now:

1. Complete your annual wellness visit.
 - a. Call your PCP to schedule, or find a PCP through the Anthem Sydney app.
 - b. Your PCP will discuss your health history, any current concerns, and make a plan for your health.
 - c. **Submit the Wellness Visit Form to earn a \$100 gift card.**
 - d. [Learn more.](#)
2. Complete your annual dental cleaning.
 - a. Annual cleanings keep your teeth and gums healthy.
 - b. **Earn a \$50 gift card when your cleaning visit claim is processed by**

Anthem.

- c. [Learn more.](#)
3. Have a plan for crises.
 - a. Avoid expensive Emergency Room bills.
 - b. Ask your PCP about after hours resources they have available to their patients.
 - c. Add the Anthem Nurseline in your phone's contacts. This resource is available 24/7 to help you decide when to seek care and where to go.
 - d. Visit Anthem's website to locate urgent care or retail health care options near you.
 - e. Avoid unnecessary debt.

Remember, these core preventive care steps—wellness visits and dental cleanings—are 100% covered by the state's health insurance plan, with no out of pocket fees. And when you track your visits in the ActiveHealth portal, you and an eligible spouse have the opportunity to earn up to \$175 in gift cards (including a \$25 gift card for completing an online health assessment).

We want you to live a healthy, happy life. So, in addition to your health insurance, the State of Indiana invests in additional resources that you can use to navigate common healthcare matters.

[Click here to see all the programs available to state employees](#)

Three digits could save a life

Remember 988 for the Suicide & Crisis Lifeline

About 12.2 million adults seriously think about suicide each year in the United States, and 1.2 million attempt it. Every 11 minutes, someone in the U.S. dies by suicide.

If you or someone you care about is having thoughts of suicide or experiencing a mental health or substance use crisis, help is available 24 hours a day. Call or text 988 anytime for caring support from a trained crisis counselor through the **988** Suicide & Crisis Lifeline. Those three digits — **988** — could save someone’s life.

FSSA’s Division of Mental Health and Addiction is leading the effort to implement and communicate about the new 988 Suicide and Crisis Lifeline in Indiana. For more information about Indiana’s efforts go to [in.gov/fssa/dmha/update-on-988-in-indiana/](https://www.in.gov/fssa/dmha/update-on-988-in-indiana/).



Help is available.
Call or text **988** anytime, day or night.

Read the full article
on the Invest In Your
Health blog

Webinar: Aging healthfully and gracefully

Did you know you can start being active at any age? In this webinar, we’ll talk about finding activities you enjoy, how to exercise safely, and tips to motivate yourself to get up and move any time of the year!



Aging healthfully and gracefully
Tuesday, Sept. 20
10 a.m., 12:30 p.m., or 4:30 p.m. EST

Register now

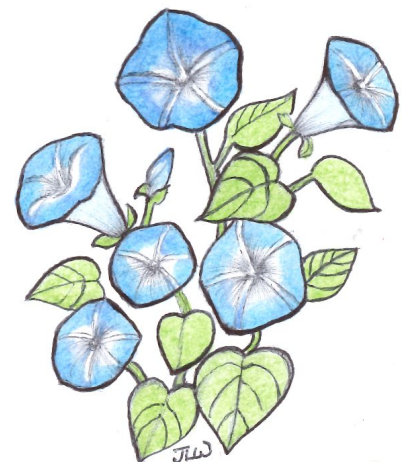
To see future monthly wellness webinar topics and register visit: www.investinyourhealthindiana.com/wp-content/uploads/2021/12/2022-ActiveHealth-Wellness-Webinar-Calendar.pdf



Stay informed about your State of Indiana health benefits.

Sign up to receive text alerts about your employee benefits, including wellness rewards, insurance updates, open enrollment, wellness resources and more.

Click here to sign up



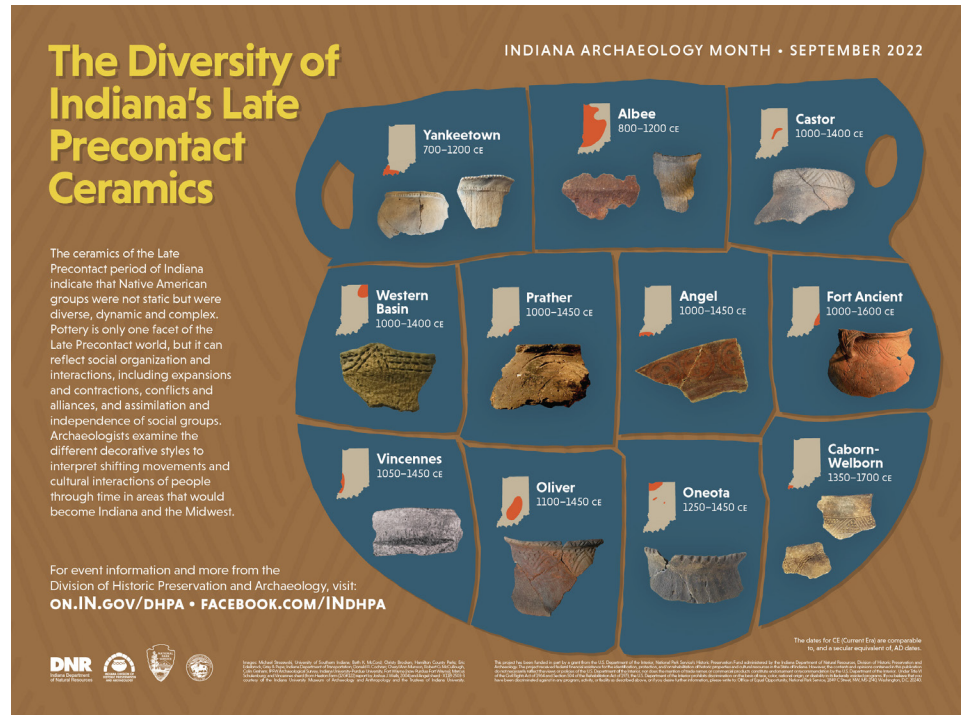
Artwork by Jerry Williams

Indiana Archaeology Month

This September is the 27th anniversary of a statewide celebration of archaeology in Indiana. The Department of Natural Resources Division of Historic Preservation & Archaeology (DHPA) coordinates the event to encourage learning about Indiana archaeology. Universities, museums, organizations, and individuals throughout the state host a variety of archaeology programs and activities.

2022 Poster

The commemorative poster focuses on the diversity of Indiana's Late Precontact ceramics. The design highlights examples of sherds, and the maps indicate where within the state these ceramics generally manifest. Archaeologists examine the different decorative styles to interpret shifting movements and cultural interactions of people through time in areas that would become Indiana and the Midwest.



Free posters (folded and unfolded) will be available to pick up in person at the DNR Customer Service Center in the Indiana Government Center South, in Indianapolis. Hours are 8:30 a.m. - 4 p.m., Monday - Friday. When attending Archaeology Month events, DHPA staff will also bring posters to distribute. Requests

for folded posters (limit of 5 per person) to be mailed may be sent to ajohnson@dnr.IN.gov.

Check out the Archaeology Month events at on.IN.gov/archaeologymonth.

Article submitted by the Indiana Department of Natural Resources

Genealogy Fair examines unconventional ancestors at Indiana State Library



The Indiana State Library will once again host its popular Genealogy and Local History Fair in downtown Indianapolis on Saturday, Oct. 22. The free event will take place from 10 a.m. to 3:30 p.m. in the library's History Reference Room.

This year's theme is "Family Drama: Researching Your Complicated and Unconventional Ancestors." Presenters will use

case studies to illustrate research techniques and contextualize family stories within the larger scope of history. Attendees will also be encouraged to visit the exhibition hall to collect information from genealogy and local history organizations and to shop the commercial vendors.

Daniel Hubbard will present "When a Life Becomes Myth"

(Continued on [page 12](#))

Genealogy Fair examines unconventional ancestors at Indiana State Library

about an odd and dramatic family tale that showed a life slowly being converted to myth over generations. Hubbard will also present “Where the Murderers Roam,” concerning family stories that are far more important than they seem on the surface.

Additional presenters include Erin Moulton, who will present “Death of a Showman,” examining what happens when the subject of your genealogical research joins the carnival, moves across the country, reappears six years younger, marries a couple of times and then dies suddenly leaving a wave of confusion in his wake; and Robert Bowling, who will share his research concerning the history of grave robbing in central Indiana.

[Click here to read more about the Genealogy and Local History Fair.](#)

Registration is not necessary to attend.

The Indiana State Library is located at 315 W. Ohio St. in downtown Indianapolis. Please contact the State Library’s Genealogy Division via email, genmail@library.in.gov, or by calling 317-232-3689 with any questions.

Article submitted by the Indiana State Library

98th annual Hoosier Art Salon



The work of nearly 130 artists from across Indiana is on display in the Indiana State Museum through Oct. 23 as part of the 98th annual Hoosier Art Salon exhibition.

This year’s exhibit features 155 works by 129 artists in eight categories – figure, still life, abstract, three-dimensional work, watercolor, portrait, landscape and original work or print on paper.

Twenty-three artists are being featured for the first time and seven former Best of Show winners have work in the exhibit.

“The Indiana State Museum is once again honored to host this important exhibit,” said Mark Ruschman, the Indiana State Museum and Historic Sites’ senior curator of art and culture. “This is a great opportunity for our visitors to see the amazing artistic talent from across the state, featuring a wide variety of media, technique and subject matter.”

To be eligible for the competition, an artist must be a Hoosier Salon member and must have lived in Indiana for a minimum of one year at any point during his or her life.

All the work in the show is available for sale beginning Aug.

25 through Oct. 23 online at www.hoosiersalon.org.

“You might think you have seen it all after 98 years of the Hoosier Salon annual exhibition, but that is not true,” said Michael Quinn, Hoosier Art Salon board president. “Indiana artists continue to amaze us with new ways to really see and appreciate nature, objects, people and experiences. It is the perfect opportunity to discover new artists and experience a wide array of Indiana artists’ works in one place.”

The Hoosier Salon legacy began in 1925 when the Daughters of Indiana opened the doors to the first exhibition of Indiana contemporary artists at Marshall Field and Company Galleries in Chicago. In 1942, the exhibit moved to downtown Indianapolis – first at the William H. Block (until 1977), then at L.S. Ayres and Company (1978-89). In 1990, the Hoosier Salon exhibit came to the Indiana State Museum, where it has been ever since, except for a stint at the Indiana Historical Society from 2005-2010.

[View full list of participating artists](#)

Indiana Commission on Hispanic/Latino Affairs' Hispanic Heritage Month Festival

The Indiana Commission on Hispanic/Latino Affairs (ICHLA) is a nonpartisan state cultural commission that works to uplift the Hispanic/Latinx community in intentional ways. The Commission's three main focuses are social, economic, and educative equity. The work for the Hispanic/Latinx community cannot be achieved without the work and participation of the ICHLA Commissioners. The Commission is composed of 20 members, which are appointed from around the entire state to represent their respective community and or state agency.

To celebrate this year's National Hispanic Heritage Month, ICHLA is hosting a Hispanic Heritage Month Festival at the Indiana Statehouse on Sept. 15, 2022.

The Commission chose Sept. 15 for the first ICHLA Festival due to it being the first day of Hispanic Heritage Month. Hispanic Heritage Month spans from Sept. 15 to Oct. 15 to include the anniversaries of independence from colonial rule of multiple Latin American countries.

National Hispanic Heritage Month is an opportunity to celebrate the histories, cultures and significant contributions of our Hispanic and Latinx American communities to America's past, present, and future. The Hispanic/Latino community has grown substantially in Indiana, and the Commission would like to dedicate the 2022 Hispanic Heritage Month Festival

to all the invaluable contributions that Hoosier Latinos have made to create a better Indiana.

ICHLA would like to formally invite all Hoosiers to attend the Hispanic Heritage Month Festival! Join us for free mobile health units, mariachi music, and food trucks at the Statehouse Market from 11 a.m. to 2 p.m.!

To learn more about ICHLA's Hispanic Heritage Month Festival



and other programs such as The ICHLA Grant Program, click [HERE](#) to go to ICHLA's website. You may also contact Director Alexis Gonzalez directly at 317-232-2624 or Info@ichla.in.gov.

The poster has a dark blue background with a subtle pattern. At the top, a white-bordered box contains the text "THE INDIANA COMMISSION ON HISPANIC/LATINO AFFAIRS" in white, all-caps font. Below this is the ICHLA logo. The main title "HISPANIC HERITAGE MONTH" is written in large, white, all-caps, sans-serif font. Below that, the word "Festival" is written in a large, red, cursive script. At the bottom, there is a white silhouette of the Indiana Statehouse. Below the silhouette, the event details are listed: "11AM - 2PM" and "SEPTEMBER 15" on the left, and "INDIANA STATEHOUSE" and "200 W WASHINGTON ST" on the right. At the very bottom, in small white text, it says "JOIN US FOR FREE MOBILE HEALTH UNITS, COMMUNITY ORGANIZATIONS, MARIACHI, AND FOOD FOR PURCHASE".

Sept. 10, 2022

Country Fair at The Farm | Prophetstown State Park

Save the date for the 2022 Country Fair at The Farm at Prophetstown. Details to follow.

[More information >](#)

Sept. 10, 2022

Mansfield Cornbread Festival | Raccoon Lake SRA

Join us in Mansfield as we celebrate the Village's annual Cornbread Festival.

[More information >](#)

Sept. 10-15, 2022

Salt Creek Valley History Week | Monroe Lake and Brown County State Park

This event celebrates the pre-1960 history of this region, with a variety of programs that include guided hikes/tours, lectures, and kids activities.

[More information >](#)

Sept. 17, 2022

Poker Paddle | Tippecanoe River State Park

Poker Paddle will include a 3.5 mile canoe/kayak trip, pick a playing card at five stations to win prizes. More details to come.

[More information >](#)

Sept. 24, 2022

Lake Cleanup Day | Patoka Lake

Join us at the Patoka U.S. Army Corps of Engineers Dam to register before heading to a key cleanup location. All supplies will be provided. After cleanup ends, an appreciation lunch will be offered. Prizes and giveaway bags will be

distributed during lunch.

[More information >](#)

Sept. 25, 2022

Seaplane Splash-In | Pokagon State Park

Come to the Potawatomi Inn Lawn to view seaplanes flying and landing on the shore in this one-of-a-kind special event! Participants can also enter their names in a drawing to win a ride in a plane.

[More information >](#)

Sept. 30, 2022

Spooktacular | Mounds SRA

This event weekend is filled with fun activities that include a campsite decorating contest, a costume contest, campground trick-or-treating, hikes, live animal talks, crafts and more. Specific activities, times and locations will be announced closer to the date of the event.

[More information >](#)

State Park Runs

Sept. 18, 2022

Run to the Creek (5K Run/Walk & 10K Run) | McCormick's Creek State Park

[More information >](#)

Sept. 24, 2022

Run the Falls 5K | Clifty Falls State Park

[More information >](#)

Sept. 24, 2022

Vargo Hill Race | Potato Creek State Park

[More information >](#)

Labor Day in the Parks

Sept. 3-4, 2022

Labor Day Weekend | O'Bannon Woods State Park

[More information >](#)

Sept. 3, 2022

Labor Day Cornhole Tournament | Quakertown SRA

[More information >](#)

Sept. 3, 2022

Labor Day Cornhole Tournament | Raccoon SRA

[More information >](#)

Sept. 3, 2022

Lieber's Booming Beach Bash! | Lieber SRA

Take some time to splash in the water or play a few beach games later in the evening. We will host a corn hole tournament down at the beach so take your chance at winning a prize! We will also have music for guests to dance to under the pavilion and yummy snacks and foods to eat! Lastly we will finish the night with a BOOMIN' firework show!

[More information >](#)

Sept. 4, 2022

Labor Day Cornhole Tournament | Mounds SRA

[More information >](#)

**View all DNR
special events >**

This Month WITH



Sept. 10, 2022

T.C. Steele's 175th Birthday Bash | T.C. Steele State Historic Site

Experience artists capturing the beauty of Brown County during the Great Outdoor Art Contest during your visit to T.C. Steele. Between 11 a.m. and 3 p.m., create a make-and-take torn paper landscape collage. Hear a lecture written by T.C. Steele and performed by a Steele interpreter at 2:30 p.m., and finish out the afternoon with a birthday party celebration of cake and ice cream from 4 to 5:30 p.m.

[More information >](#)

Sept. 10, 2022

34th Great Outdoor Art Contest | T.C. Steele State Historic Site

Indiana's oldest plein air painting competition celebrates its 34th year in 2022! Bring your blank pages and canvases to be stamped, then find a spot to create your masterpiece – en plein air (or outdoors) – at T.C. Steele State Historic Site. Artwork will be judged at 2 p.m. with youth and adult awards announced beginning at 3:45 p.m.

[More information >](#)

Sept. 10, 2022

Family Discovery Day: Motion | Indiana State Museum

From planetary orbits to our Foucault pendulum, visitors will get hands-on play with the physics of motion. You'll make a kinetic sculpture and discover the powerful story of Major Taylor, a pioneer in cycling history.

[More information >](#)

Sept. 10, 2022

Autumn Loblolly Wildflower Safari | Limberlost State Historic Site

Discover autumn wildflowers and plants, and learn which flowers have been introduced to the area, which ones are native – and which ones might even be harmful or even deadly!

[More information >](#)

Sept. 16, 2022

Major Taylor: Nine13sports | Indiana State Museum

Enjoy special activities with community partners Nine13sports. Hop on Nine13sports' multi-rider Kids Riding Bikes race simulator with your friends and see if you are as fast as Major Taylor was when he set the world record.

[More information >](#)

Sept. 16, 2022

Quirky Queries: Cocktails and Cadavers | Indiana State Museum

Indiana has an extensive history with caskets and funerals. Join our collection staff members to look at funerary objects, including cooling tables and embalming tools. Plus, play games that revolve around the lighter side of death, test your knowledge of the secret lives of cadavers at our trivia wheel and purchase themed drinks at the cash bar.

[More information >](#)

Sept. 16, 2022

Trivia Night | Lanier Mansion State Historic Site

Gather your team and test your brainpower while answering trivia questions about local history and history of the Lanier Mansion. Teams of up to five people will tour the mansion and play for a chance to take home the top prize!

[More information >](#)

Sept. 17, 2022

To Do Right: Levi Coffin and the Underground Railroad | Levi & Catharine Coffin

In a live performance, hear Levi Coffin recount his travels and trials while assisting freedom-seekers along the Underground Railroad. There is more work to do with more risk each day. Would you help?

[More information >](#)

Sept. 17, 2022

Twilight Adventure | Limberlost State Historic Site

Explore the Loblolly Marsh as the sun goes down! Then, enjoy an animal presentation with skulls, furs and nests at the Loblolly Pavilion, plus roast marshmallows around a campfire to cap off the evening.

[More information >](#)

[View all Indiana State Museum and Historic Sites events](#)

This Month WITH



WHITE RIVER STATE PARK
INDY'S URBAN ESCAPE

Sept. 3, 2022

Walk for NF | Locust Grove

The goal is to raise funds and awareness while building community and showing our passion for the cause and one another.

[More information >](#)

Sept. 10, 2022

Indy Ultimate

Walk, jog, or run your way through many of the city's most iconic venues and landmarks. Enjoy unforgettable activities like running the bases at Victory Field and kicking a field goal at Lucas Oil Stadium among other unique experiences along this year's full loop route. Stops include Indy's most iconic sports venues, arts and culture sites, and city landmarks.

[More information >](#)

Sept. 10, 2022

Out of the Darkness Community Walk | Celebration Plaza

The Community Walks, held in hundreds of cities across the country, are the core of the Out of the Darkness movement, which began in 2004. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost.

[More information >](#)

Sept. 17, 2022

Uncorked Wine Festival and 5K | Indiana State Museum Lawn

Easley Winery Presents its very own Wine Festival 5K! Walk some... Wine Some... Run some... Wine Some... Stroll some... and Wine some more... cause wine is what I am moving for!

[More information >](#)

Sept. 17, 2022

ASMBS Foundation's Walk for Obesity | Canal Walk

Funds raised through this event will support the mission of the American Society for Metabolic and Bariatric Surgery (ASMBS) Foundation, supporting obesity treatment research, education, access to care, and awareness.

[More information >](#)

Sept. 18, 2022

10th Annual Festival of Faiths | Military Park

A community that pursues peace through interfaith understanding and cooperation.

[More information >](#)

Sept. 23, 2022

IUPUI Regatta | Military Park

The IUPUI Regatta even offers an opportunity for the greater Indianapolis community to interact with the Jaguar Nation by cheering on the participants in the star attraction: the rowing competition.

[More information >](#)

Sept. 23, 2022

St. Jude Walk/Run Indianapolis | Celebration Plaza

The St. Jude Walk/Run is an inspiring, family-friendly event that unites people across the nation behind the lifesaving mission of St. Jude: Finding cures. Saving children.

[More information >](#)

Sept. 24, 2022

Circle the City | Indiana State Museum Lawn

Come join us for a day at the museum. We also have collaborated with the Indianapolis Zoo, Indiana Historical Society, Indianapolis Childrens Museum, Indianapolis Indians and the Eitlejorg to offer additional program opportunities at a minimal cost.

[More information >](#)

Sept. 25, 2022

Indiana AIDS Walk | Eugene and Marilyn Glick Indiana History Center

Some Indiana AIDS Walk participants walk to remember a loved one lost. Some walk to raise awareness of HIV/AIDS. Others walk to help out a stranger in need. On Sunday, Sept. 25, you can help us to raise money for the Gregory R. Powers Direct Emergency Financial Assistance (DEFA) Fund.

[More information >](#)

[View all White River State Park events](#)

2022 SECC season kicked off today with \$1.5 million goal

Week 2: Sept. 19 Department of Homeland Security | Hoosier Burn Camp

Hoosier Burn Camp programs help burn survivors from infancy through young adulthood build self-esteem and realize their highest potential as they overcome the pain and trauma associated severe burn injury.

We create worry-free environments where young burn survivors can just be one of the kids™ while they develop the personal strength to reach their highest potential. Through the generosity of donors, we are able to provide our character-building experiences at no cost to campers and their families. [Set up a payroll deduction to go to the Hoosier Burn Camp here.](#)

Week of Sept. 26 Department of Child Services | Paws & Think

Paws & Think is a non-profit organization focusing on the at-risk community, both human and canine. Our vision creates a community where “every person who would benefit from a dog has the opportunity, and every dog fulfills its potential.” [Set up a payroll deduction to go to Paws and Think here.](#)

Week of Oct. 10 Department of Workforce Development | Helping Veterans and Families

We are working to end homelessness among veterans. Through a unique partnership

with U.S. Department of Veterans Affairs and many community organizations, we provide housing and re-integration services for homeless veterans and programs to prevent at-risk veterans from becoming homeless. [Set up a payroll deduction to go to Helping Veterans and Families \(HVAF\) here.](#)

Week of Oct. 17 Department of Correction | Correctional Professionals Assistance Fund of Indiana (CPAFI)

There are times in everyone’s life where a helping hand can make a difference. The Correctional Professionals Assistance Fund of Indiana (CPAFI) was established for this very purpose, to provide assistance to the employees of the Indiana Department of Correction during times of great need. [Set up a payroll deduction to go to the Correctional Professional Assistance Fund of Indiana \(CPAFI\) here.](#)

Week of Oct. 24 Department of Environmental Management | Second Helpings Indianapolis

Our mission is to alleviate hunger by excelling in the ongoing development and management of a distribution channel between food donors and charitable food providers. Since 1998, Second Helpings has accepted donated perishable and overstocked food to prepare nutritious meals for thousands of hungry children and adults every day, and distributes them free of charge through local social service agencies in Greater Indianapolis. Second

Helpings also trains unemployed and underemployed adults for meaningful careers in the culinary industry. [Set up a payroll deduction to go to Second Helpings Indianapolis here.](#)

SECC is coordinated by INSPD with the help of over 60 coordinators from across our state’s agencies. Reaching this year’s ambitious fundraising goal can happen easily if all our state employees participate—so please consider signing up for payroll deduction this year and encourage your office to do so as well.



Setting up a payroll deduction for the first time is easy! | [Click here to view instructions](#)

Updating your 2021 deduction takes less than five minutes. | [Click here to view instructions](#)

Keep your SECC Champion status by updating your deduction. | [Click here to view instructions](#)



Age gracefully by staying in motion

Getting in good physical shape and weight now will pay off for years to come. Did you know that your bone mass peaks by age 30, then slowly declines¹? Exercises that strengthen your muscles and bones, as well as cardio to manage your weight and heart health, are the building blocks of a long, active life. Below are some healthy changes to make lifelong habits:

- Weight-bearing, calorie-burning exercises like walking, tennis or dancing
- Muscle-building workouts like lifting weights, planks or resistance bands
- Eat calcium-rich foods like yogurt, edamame, tofu or dark leafy greens
- Get plenty of lean protein to support your blood, muscles and bone growth
- Find healthy ways to manage stress, like meditation or playing with your pets
- If you still use tobacco, get help to quit now to add 10 years to your life²

Wellness Webinar Series

Aging healthfully and gracefully

Even if you don't exercise at all right now, you can start at any age. We'll talk about finding activities you enjoy, how to exercise safely, and tips to motivate yourself to get up and move when you'd rather hang out on the couch.

September 20, 2022 | 10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars>



1. AAOS OrthoInfo, "Healthy Bones at Every Age," August 2021.
<https://orthoinfo.aaos.org/en/staying-healthy/healthy-bones-at-every-age/>

2. CDC, "Benefits of Quitting," Sept. 23, 2020.
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm



Coach's corner

with **Coach Denise, CHS, RN**

As an ActiveHealth wellness coach, Denise likes to encourage people by telling them to 'stop being ashamed of how many times you have fallen and be proud of how many times you have gotten up!'

Denise's well-being tip:

Everyone has days when you don't feel like moving, but it's easy to get off track and become inactive. Here are easy ways to add activity to a normal day:

- Keep it simple. Take a brisk walk around your block.
- Bored with your usual workout? Mix it up! Try salsa dancing or shoot some hoops at the gym.
- Add small amounts of motion. Skip the elevator and take the stairs.
- Make it a date. Plan a bicycle ride with your spouse or a friend.



Escarole & White Bean Salad with Swordfish

Here's the perfect dinner in one dish to fuel your active weekend. Swordfish and white beans are healthy, hearty lean proteins, and peppery, leafy escarole and lemon give it an extra zing.

MyActiveHealth.com > Resources > Learning Center.

Connect with others

Staying active and social as you age improves your mood and sharpens your mental focus. When you take part in social activities, you'll feel happier and better able to cope with life's ups and downs. Below are a few ideas of activities you may enjoy:

- Sign up for a class in your area or online: painting, cooking, tai chi or computer skills.
- Check out community art shows or music festivals.
- Adopt a dog. Join neighbors to walk your pets or visit the local dog park.
- Make regular dates to play board games or cards with friends.
- Collect used clothes and travel-size toiletries to donate to a local shelter³.



For more tips on how to manage your well-being, visit [MyActiveHealth.com](https://www.myactivehealth.com)

3. National Institute on Aging, "Participating in Activities You Enjoy as You Age," March 28, 2022. <https://www.nia.nih.gov/health/participating-activities-you-enjoy-you-age#:~:text=Participating%20in%20hobbies%20and%20other,Have%20a%20longer%20lifespan.>

