



The Torch

The official newsletter for State of Indiana employees

JAN
2023

32nd Annual State of Indiana Dr. Martin Luther King, Jr. Holiday Celebration

The Dr. Martin Luther King, Jr. Indiana Holiday Commission, the Indiana Civil Rights Commission, Indiana Black Expo, Inc., and AFSCME Local #725 will once again be hosting the 32nd Annual State of Indiana Dr. Martin Luther King, Jr. Holiday Celebration. There will be a wreath placing ceremony, followed by a light show display on Wednesday, Jan. 11, at 6 p.m. at the Indiana War Memorial: Soldiers and Sailors Monument. The following day, there will be a Celebration and Award Ceremony on Thursday, Jan. 12, at noon in the Indiana Statehouse. We invite all to join us at both of these important events. This year's celebrations are centered around Dr. King's quote, "Make a career of humanity," from his speech at the March for Integrated Schools in 1959. At this ceremony, four Hoosiers who followed in the footsteps of Dr.

MAKE A CAREER OF HUMANITY

32ND ANNUAL
DR. MARTIN LUTHER KING JR.
INDIANA HOLIDAY CELEBRATION

REGISTER TODAY!

WED 11
WREATH PLACING CEREMONY
Indiana War Memorial: Soldiers and Sailors Monument
South side of the Circle
January 11, 2023 | 6:00 - 7:30 PM

THU 12
DAY OF CELEBRATION
Indiana Statehouse North Atrium
January 12, 2023 | 12:00 - 1:30 PM

SCAN ME

<https://bit.ly/INMLK23>

Martin Luther King, Jr. will be given awards for their service to our communities and the state.

Article submitted by Indiana Civil Rights Commission

RSVP for the events here >

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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: spdcommunications@spd.in.gov

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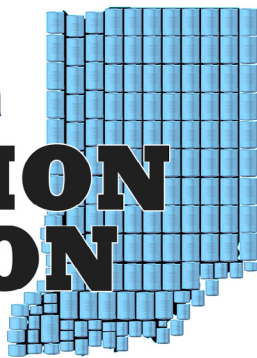
Instagram



Facebook



2023 State of Indiana CANSTRUCTION COMPETITION



It's time to bust out those Canstruction hard hats again! Registration is now open for Canstruction 2023. Indiana State Fair Commission set the bar high in 2022, so you'd better bring your A-game.



The Indiana State Fair Commission took home both "Most Cans Collected" and "Best Structure" awards for the 2022 Canstruction Competition, collecting 2,864 cans!

What is Canstruction?

Canstruction is a structural design competition and a canned food drive in one! We pit agency against agency looking for the most creative design made entirely of donated cans. And most importantly, it's a fun and creative way to help food pantries restock their shelves after the holidays! With a little bit of creativity — and a lot of canned goods — state employees CAN make a difference in their communities.

All state agencies are invited to participate, and there is no limit to the number of teams per agency. Participating teams of state employees will build a structure of their choice entirely from cans of donated food. Teams can build their structures in any work location where they won't create safety issues or impact ordinary agency operations. The structures must be completed between Jan. 17 and Jan. 31. Photos with descriptions and total number of cans should be sent

to spdcommunications@spd.in.gov by Jan. 31.

At the end of the competition, the structures will be dismantled, and all the food will be donated to a local food bank or other charity chosen by the participating team.

[Click here](#) for complete rules and additional details.

Register your team >



Lt. Governor's Office 2022 Canstruction Competition submission.

Public Health Day

Join advocates from across Indiana at the Statehouse on **Jan. 26** to voice your support for public health!

Public Health Day will be held from 11 a.m. to 1 p.m. in the North Atrium. Gov. Eric J. Holcomb and other speakers will share why public health matters and discuss the efforts underway to ensure that every Hoosier has access to the same core public health services, regardless of where they live or work.

This initiative is the product of a months-long study of Indiana's public health system conducted by the Governor's Public Health Commission, which produced recommendations on issues ranging from funding and workforce to emergency preparedness, childhood and adolescent health, governance and services, and data integration.

Supporters are asked to wear blue and gold to show their support.

Save the Date

Please join us for

PUBLIC HEALTH DAY
Investing in Hoosier Lives

11 a.m. to 1 p.m.
Thursday, Jan. 26
at the Indiana Statehouse
North Atrium

Featuring
Gov. Eric J. Holcomb



Show your support for public health in Indiana by wearing blue and gold.

GOVERNOR'S PUBLIC HEALTH COMMISSION
Our goal: To ensure that every Hoosier has access to the core public health services that allow them to achieve their optimal health and wellbeing.
FOR MORE INFORMATION: in.gov/gphc

Pageants, parasites and public health: Dahlhoff seeks to inspire future scientists, pageant participants to dream big

Haley Dahlhoff calls it “divine intervention.”

Whether fate or providence played a role may be a secret the universe chooses to keep its own, but one thing is certain: a chance meeting at a beauty pageant brought a self-professed “science geek” to the Indiana Department of Health (IDOH), and the result is something she feels was absolutely meant to be.

Under the microscope

Dahlhoff grew up in Louisiana and from a very young age developed an affinity for the types of things from which most people would consider running away – or, at the very least, running to see a medical professional at the first hint of their presence.

“I was obsessed with parasites,” Dahlhoff said with a laugh. “I’ve



Haley Dahlhoff joined the Indiana Department of Health in July. She earned her master’s in chemistry and biology at the University of Notre Dame. Credit: Lauren Smith Weddings + Portraits

always been a science kid; I like microbiology and studying disease. Parasites, specifically, are my thing.”

If there was ever any doubt, she can point to her mosquito tattoo and a collection of plush facsimiles of protozoa, helminths, and the like as evidence that parasitology is in her blood.

“I love parasites; I’m a geek for them,” Dahlhoff said.

One bachelor’s and one master’s degree later, Dahlhoff has extensively studied the most co-dependent creepy-crawlies of just about every sort, all in the name of helping people across the world – from Southeast Asia to Africa to her new home in Indiana – avoid illness and disease.

Dahlhoff said she initially took an interest in heartworm, a parasitic affliction that primarily affects dogs, and followed her own heart into STEM studies at Northwestern State University of Louisiana. Specifically, she studied biology and chemistry en route to earning her bachelor’s degree in her home state. When it came time to apply for graduate school, Dahlhoff found a great opportunity at the University of Notre Dame, so she and her husband, Jacob, packed up and headed 16 hours from home to chart a new course in South Bend.



Haley Dahlhoff is the current United States of America Pageants Mrs. Indiana. Credit: Grant Foto Photography

‘Cage fighting’

Moving several hundred miles across the country to continue one’s education is a bold step all its own but doing so just prior to the start of a worldwide pandemic presents entirely different challenges. The Dahlhoffs went to work on their next chapter, with Haley studying drug-resistant malaria at the Notre Dame campus. Jacob began teaching science at a school in South Bend, and even though the “new normal” of the COVID-19 pandemic led to periods of health-minded isolation and maybe even a bit of homesickness, they soon found that Indiana fit them to a “T.”

[Read the full article on Employee Central >](#)

Article submitted by Brent Brown, Indiana Department of Health

Sheriffs name IDOC's Kevin Orme 2022 'Public Servant of the Year'

Leaders of the nonprofit Indiana Sheriffs' Youth Ranch (ISYR) have named Kevin Orme, Executive Director of Construction Services for the Indiana Department of Correction, as their 2022 "Public Servant of the Year."

ISYR's board credits Orme with voluntarily and routinely advising the not-for-profit as they conceptualize, plan and fundraise for needed training facilities, housing accommodations and utilities for the 62-acre training retreat.

Orme, a resident of Clay County, said the Youth Ranch location and mission make it especially satisfying to him – professionally and personally.

"Theirs is a noble cause: mentoring future law enforcement officers, bonding with at-risk kids," Orme said. "My career in Indiana government allows me to help many people, from many places in many ways, but this project is here in my home community and benefits communities statewide."

From his unique vantage point as a corrections executive and an ISYR volunteer, Orme sees a direct correlation between law enforcement's outreach to kids and young families with more productive citizens and less criminal activity.

"Kevin Orme has been a blessing to our cause and our construction," said former Marion County Sheriff John Layton, Youth Ranch founder and board president. "He's taking us from brainstorming to blueprints, concepts to construction. Kevin has a servant's heart and we're lucky



Kevin Orme, Executive Director of Construction Services for the Indiana Department of Correction, receiving the 2022 "Public Servant of the Year" award from the Sheriff's Youth Ranch.

to have him as both taxpayers and nonprofit leaders."

Orme recently worked with Brazil Mayor Bryan Wyndham and Indiana Gov. Eric J. Holcomb to secure federal pass-through funds to equip the Youth Ranch with safe, reliable city water. Layton said Orme's next ISYR projects involve building four youth cabins and a nondenominational peace chapel.

"When completed, ISYR will offer overnight bunks to 100 youth and 20 chaperones, two commercial kitchens and two indoor training facilities," Layton said. "That will be in addition to three stocked lakes, 40-plus acres of managed, rolling woods and seemingly miles of trails with scattered outdoor classrooms and recreation areas."

Allen County Sheriff David Gladieux, Bartholomew County Sheriff Matt Myers, Boone County Sheriff Mike Nielsen, Cass County Sheriff Ed Schroder, Clark County Sheriff Jamey Noel, Clay County Sheriff Paul

Harden, Grant County Sheriff Reggie Nevels, La Porte County Sheriff John Boyd, Monroe County Sheriff Brad Swain, Ripley County Sheriff Jeff Cumberworth, Vermillion County Sheriff Mike Phelps, Vigo County Sheriff John Plasse, Indiana auto dealer John Jones and UAW Local 933 President Gary Holmes joined Layton in honoring Orme.

As ISYR's 2022 Public Servant of the Year, Orme will be allowed to invite family, friends and co-workers to a free springtime cookout at the Sheriffs' Lodge and Conference Center, located on the Youth Ranch property.

For more information about ISYR, to volunteer or donate, call 317-460-4242, email ScottMinier@yahoo.com or write to ISYR, 5325 N. State Road 59, Brazil, IN 47834.

Content from the Sheriff's Youth Ranch's Dec. 15, 2022 News Release, submitted by the Indiana Department of Correction

2023 Wellness Rewards Program

[Start earning rewards >](#)

In 2023, a new, simplified Wellness Rewards program is replacing the option to earn a health insurance premium discount for 2024. You can now complete qualifying wellness activities to earn up to \$500 in gift card rewards on a single plan—and \$1,000 if you cover your spouse.

Instead of waiting for a discount that you don't get until the following year, employees on the State Employee Health Plan can now pick from a list of 25 different activities and start earning gift card rewards right away. Those of you who earned the 2023 premium discount will keep your discounted rate this year and also have the opportunity to earn the maximum amount of gift card rewards.

Why the change?

Improving health outcomes for state employees is the number one goal of the State Employee Health Plan—and evidence-based medicine tells us that preventive care is the most effective way to do that.

Concerningly, coming out of the pandemic, only 37.6% of employees completed an annual physical in 2021, and many missed dental cleanings—both of which are critical to catching chronic and acute diseases early. These missed preventive care visits resulted in a high number of uncaught health conditions in 2022, and more employees are visiting the emergency room than ever before.

Our goal moving forward is that 100% of employees on the State Employee Health Plan complete a free annual physical with a primary care provider. That's why the new program incentivizes free preventive care activities such as annual physicals, dental cleanings, and relevant health screenings at a much higher rate. Notably, among 25 other rewardable options, you will receive \$200 in gift card rewards just for completing a free annual physical exam. In addition, the number of rewardable preventive care screenings has been expanded from two to eight. You can find the full list of rewardable activities on the next page.

To learn more about how the new program works and how to start earning gift cards right away, sign-up for and attend one of the [Maximize Your Program webinars](#) and earn your first \$15.

Program Details

Check out the Rewards Center in the [ActiveHealth portal](#) to see all rewardable activities. As you complete each activity, the Active Health Rewards Program tracker will show how much you have earned. Gift cards are available in \$50 increments up to the \$500 maximum.

When you use your state employee insurance to get a cancer screening, dental exam with cleaning, or vision exam, your provider files a claim with Anthem. Once Anthem processes that claim, Anthem lets ActiveHealth know what preventive care services you've completed. Your activity is automatically completed in the ActiveHealth Rewards Center. No paperwork or documentation required! You can expect to see your reward within four weeks of your completed service. Although uncommon, if you've waited more than four weeks from your preventive service and Anthem still hasn't processed the claim, check out the ActiveHealth Rewards Center to see how you can provide documentation to get your reward.

Remember that only services received in 2023 count towards the 2023 Wellness Rewards. If it's too soon for a screening, or if a screening is not right for you, check out the other reward options in the ActiveHealth Rewards Center. There are lots of options to earn your \$500 in rewards.

For employees that are on the state employee medical insurance, but have other vision and dental coverage, check out the ActiveHealth Rewards Center to see how to get credit for your dental and vision services paid by other insurance.

Wellness Activity List | Earn up to \$500 in gift cards for completing wellness activities.

Activity	Dollars Available
PREVENTIVE CARE	
Annual Physical	\$200
Colon Cancer Screening	\$50
Breast Cancer Screening	\$50
Prostate Cancer Screening	\$50
Cervical Cancer Screening	\$50
Eye Exam	\$50
Dental Exam & Cleaning	\$50
Vaccines	\$25/vaccine (max. of \$100)
ACTIVEHEALTH	
Health Assessment	\$25
Individual Coaching	\$20/session (max. of \$100)
Group Coaching	\$5/session (max. of \$25)
Commit to Quit Tobacco Coaching	\$100
Earn 3,000 Hearts (Reach Level 3)	\$10
Physical Activity Tracking	\$10/50 days (max. of \$50)
Team Challenges	\$10/challenge (max. of \$20)
Wellness Learning Activities	\$5/event (max. of \$10)
ANTHEM	
Anthem's Building Healthy Families Program	\$15/assessment (max. of \$45)
Anthem's Total Health Total You Resources	\$10/session (max. of \$50)
Participate in a Diabetes Prevention Program (DPP)	\$25/milestone (max. of \$100)
BUILD YOUR KNOWLEDGE	
Maximize Your Program Webinar	\$15
Learn with INPRS	\$10
Explore Physical Therapy	\$5
Invest In Your Health Website Scavenger Hunt	\$5
Optum EAP Website Scavenger Hunt	\$5

Full details on requirements for completing each activity are available in the ActiveHealth Rewards Center.

Three FREE Wellness Programs to help you keep your new year's resolutions

Did you know that if you are covered on the State Employee Health Plan, you have access to a variety of FREE wellness programs, each designed to help you reach your personal health goals? Check out these three programs as you commit to sticking to your 2023 new year's resolutions. To learn more about programs included in your health plan, visit www.InvestInYourHealthIndiana.com.

Diabetes Prevention Program (DPP)

What is this program?

This **free** program helps you make small changes that can improve health and decrease risk of diabetes over time. You will receive a personal coach to focus on **weight loss, healthy eating, exercise, sleep and stress management**. The program includes a scale as well as other resources to help keep you motivated on your journey!

Why should I try the DPP?

Pre-diabetes often does not have many symptoms but can increase your risk of developing diabetes, heart disease and stroke. These conditions can impact you for life, so take advantage now and make a change!

How can I engage?

Use your Sydney App or Anthem.com to find the DPP program that is right for you. You can find LiveHealth Online DPP and Lark DPP within the programs section where you can click to engage today! This program is **FREE** for all on the health plan. You also can call your Anthem Health Guide to get started or learn more about the programs at 1-877-814-9709.

Total Health, Total You (THTY)

What is this program?

This **free** advocacy program is available to you for any medical, behavioral health and social system need. Health care professionals including, nurses, behavioral health specialists, physicians and dieticians are available to help you simplify and better understand your healthcare journey.

Why should I engage in THTY?

The healthcare world is big and can sometimes be complicated or even scary. THTY team can take away that concern by helping you navigate the system as well as manage any conditions or life events you may be experiencing. Ease your healthcare stress with THTY Advocates!

How can I engage?

Use your Sydney App or Anthem.com. You can find Total Health, Total You within the programs section where you can click to engage today! This program is **FREE** for all on the health plan. You also can call your Anthem Health Guide to get started or learn more about the programs 1-877-814-9709.

Building Healthy Families (BHF)

What is this program?

A new and improved family support program (formerly Future Moms) that offers a unique digital opportunity to connect with live health coaches, interact with health trackers, and receive personalized content 24/7. This program targets all members who are looking to expand their family, currently expecting or parenting today.

Why should I engage in BHF?

Every family grows in their own way, but it is not always as easy as some make it look! Take advantage of the experts available to you and lessen any stressors that you may be facing when it comes to beginning or raising a family. By taking advantage of these resources, you can ensure you will have the support you need no matter where life takes you.

How can I engage?

Use your Sydney App or Anthem.com to find the BHF program that is right for you. You can find Building Healthy Families within the programs section where you can click to engage today! This program is **FREE** for all on the health plan. You also can call your Anthem Health Guide to get started or learn more about the programs 1-877-814-9709.

Multi-Factor Authentication (MFA) for PeopleSoft is coming to your agency soon

As of Tuesday, Dec. 13, 2022, certain agencies began using Multi-Factor Authentication (MFA) to log in to PeopleSoft HCM & Financials. Soon all agencies will be required to use MFA. You'll log in with your email address, your password to log in to your computer (if asked), and then you will use MFA to complete the sign-in. This is the same MFA you use today to log in to VPN or Office 365 applications, for example.

Why does this matter? IOT turned off MFA during the open enrollment process but is now turning it back on agency-by-agency. This extra verification step increases security for state employees and will enable the rollout of additional features in PeopleSoft 9.2.

The Auditor of State (AOS) and IOT were the first two agencies to use MFA. Following AOS and IOT, these agencies will be required to use MFA as well:

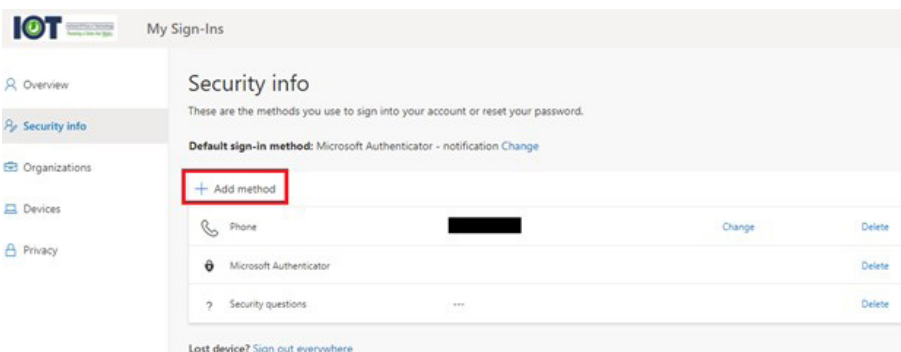
- Jan 3rd - INDOT and DOR
- Jan 10th - FSSA, DCS and DNR
- Jan 17th - ISP and all other agencies not listed
- Jan 24th - DOC and DWD

All staff should login to PeopleSoft before the end of the pay period to ensure they can successfully sign in.

How do I know if I already have MFA set up? To verify, go to <https://on.in.gov/MFA> and sign in with your existing credentials (username and password) that you use today.

Instructions to turn on MFA

1. Go to <https://on.in.gov/MFA> to begin your registration.
2. If asked, sign in with your network credentials.
3. Select 'Add method' – see the red box.



4. Choose from
 - A. [Authenticator app](#) – the most reliable of options and IOT recommended
 - B. [Phone call](#)

PeopleSoft Travel and Expenses

It is with much excitement that IDOA announces the statewide implementation of PeopleSoft Travel and Expenses (T&E) as the new standard for travel requests and traveler reimbursements.

Say goodbye to paper forms, manuals and outdated procedures, and say hello to modern technology! You'll find that T&E provides a state-of-the-art experience for the employee, along with electronic approval workflow and opportunities for travel management, oversight and detailed reporting.

IDOA has been working with your agency travel coordinators to roll out the program in four phases. We started in October with our first group of agencies. Each group takes six weeks to complete the process. As one group nears their go-live target, the next group is started. We are currently finishing the process with Group 3 and will begin with Group 4 after the holidays. The project is currently on schedule to be completed the end of February 2023.

The [PS Travel and Expenses Overview](#) presentation provides a look at the features, options, and benefits of T&E. You are also welcome to visit the [T&E Implementation Project Webpage](#) for more details and continuing updates concerning the rollout.

Please contact your agency's Travel Administrator with any questions about the new process or trainings.

O'Neill School of Public and Environmental Affairs at IUPUI offering State of Indiana employees scholarship

The O'Neill School of Public and Environmental Affairs at IUPUI is a nationally ranked academic institution with a focus on governing, managing and leading. The O'Neill School is offering State of Indiana employees a \$1,000 scholarship for the first semester of the MPA or MSCJPS graduate programs. This is a one-time award that may be combined with other scholarships except for the O'Neill School Public and Environmental Affairs 50th Anniversary Alumni discount. To learn more about the program, please reach out to Angela DeCamp at the O'Neill School by email (amdecamp@iu.edu), by phone (317-274-8773), or by setting [an appointment](#).

- [See list of additional scholarships available to state employees.](#)
- During application process, please let your student advisor know that you are a state employee to receive the \$1,000 scholarship.

List of MA programs/Certificates that O'Neill School of Public and Environmental Affairs offers:

Master of Public Affairs, MPA (39 Credit Hours):

- Public Management
- Policy Analysis
- Urban and Regional Governance
- Nonprofit Management
- Innovation and Social Change
- Environmental Policy and Sustainability
- Homeland Security and Emergency Management

Master of Science in Criminal Justice and Public Safety MSCJPS (36 Credit Hours)

Graduate Certificates (15-18 credit hours):

- Analytics in Public Affairs
- Crime Analysis
- Environmental Policy and Sustainability
- Homeland Security and Emergency Management
- Nonprofit Management
- Policy Analysis
- Innovation and Social Change
- Public Finance
- Public Management
- Urban and Regional Governance



O'Neill Indianapolis has a "rolling admission" which means the applications are always open, however there are deadlines for various semesters. Listed below:

Priority deadlines:

March 1: Deadline for all applicants pursuing merit-based financial aid

Fall admission

- March 1: Deadline for international applicants
- May 15: Deadline for domestic applicants

Spring admission

- Sep. 15: Deadline for international applicants
- Nov. 15: Deadline for domestic applicants

Summer admission

- March 15: Deadline for international and domestic applicants

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](#)



Pre-Retirement Planning Seminar recording

If you are serious about retiring from state employment but could not attend the recent Pre-Retirement Seminar on Dec. 8, 2022, sponsored by the Indiana State Personnel Department (INSPD), please find the recording below. This day-long workshop was designed to assist state employees with advance retirement planning by providing information useful in making informed decisions.



If you plan to retire in the next year, we recommend you watch the recording of this seminar to help plan ahead for various aspects of your retirement, such as:

- Indiana Public Retirement System (INPRS)
- Retirement Medical Benefits Account | Plan 501
- Legal Affairs
- Group Term Life and AD&D Insurance
- Insurance
- Long Term Care Program
- Hoosier Start
- RIPEA
- Social Security Administration (We weren't able to record their presentation because social security information can change between now and the time you retire. We want to make sure the content we make available online is the most accurate.)

Please know that you may not watch the recording of this seminar on state-time. To access the YouTube recording, please watch on a personal device.

[Click here to watch the recording OR scan the QR Code to the right >](#)

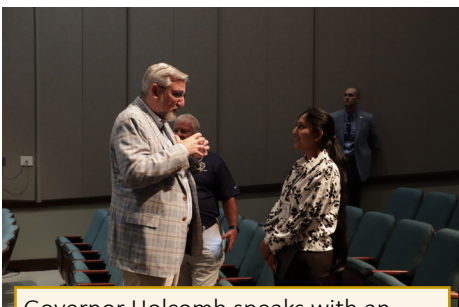


The Governor's Public Service Summer Internship Program is just around the corner!

This internship program was created in 1989 to introduce bright and motivated college students to the operations and officials of state government. This program provides interns the opportunity to work with state agency officials, as well as participate in co-curricular components to enrich their experience.

Last summer, interns visited with Governor Holcomb, Lt. Governor Crouch, Auditor of State Tera Klutz, among others. They also volunteered at White River State Park and visited the Indiana State Museum.

The program kicks off in May and positions are posted at workforindiana.in.gov. Search "internships" to view the openings.



Governor Holcomb speaks with an intern after his meeting with the group of 2022 interns.



Lt. Governor Crouch poses with the 2022 interns.



2022 interns volunteering at White River State Park.

Indiana Statehood Day Trivia answers!

Did you know all the Indiana Statehood Day trivia facts from last month's Torch? Check out the answers below!

1. Where was the original state capital?
A. Corydon, IN
2. What actor, born in Indianapolis, IN, has had a number of roles, including in "The Mummy" trilogy and "George of the Jungle"?
A. Brendan Fraser
3. Who was Indiana's first state governor?
A. Jonathan Jennings
4. In what city, on May 4, 1871, was the first professional game of baseball held?
A. Fort Wayne, IN
5. 90% of the world's _____ comes from Indiana.
A. Popcorn
6. What theme park, originally known as Santa Claus Land, was the first true theme park in America, opening in 1946?
A. Holiday World
7. Which criminal is buried in Crown Hill Cemetery in Indianapolis, IN?
A. John Dillinger
8. In which venue of Indiana did Elvis Presley perform his last concert, in 1977?
A. Market Square Arena
9. What doll was created in Indiana in 1914?
A. Raggedy Ann
10. Which was the first permanent European settlement in Indiana?
A. Vincennes, IN

How did you do?

Thanks to everyone who participated!



Artwork by
Jerry Williams

Jan. 7, 2023

FUR-real! | Chain O'Lakes State Park

Join us at the warm historic Stanley Schoolhouse as we learn more about our native Indiana mammals, and how they are staying warm this winter. Feel the furs and learn more about how they help each animal survive.

[More Information >](#)

Jan. 8, 2023

Animal Footprint Field Guide | Potato Creek State Park

Create your own animal tracks field guide to help you track animals in the snow or mud. This program is great for all ages.

[More Information >](#)

Jan. 11, 2023

Winter Exploration Hike | Paynetown State Recreation Area

Our Winter Exploration Hike Series features off-trail hiking through lesser-known areas of Monroe Lake. These are exploratory in nature so there is no "set" path; we'll have a general route in mind, but plenty of freedom to veer off as things of interest catch our eyes. Hikers should be prepared for the possibility of rugged terrain, lack of formal toilet facilities and lots of fun!

[More Information >](#)

Jan. 12, 2023

Winter Workshop: Cookies and Canvas | Spring Mill State Park

Join the naturalist at the Nature Center for a fun and relaxing evening of painting, while enjoying desserts, fruit and more at our

chocolate bar. Water, tea and coffee available. \$30 per person. 13 years and older. Limited to 20 people. Advanced registration required. January's painting is of our beautiful night sky. Learn how to identify the North Star and a few other constellations. Hear some Greek Mythology around these constellations.

[More Information >](#)

Jan. 14, 2023

Sunrise Eagle Watch | Mississinewa Lake

Watch the eagles leave the roost in morning's light. "Breakfast with the Birds" at 9 a.m. following the eagles watch. Salamonie Raptor Center's birds of prey will be on-site.

[More Information >](#)

Cave River Valley Hike | Spring Mill State Park

Join Sheree for a 2-hour rugged hike at this beautiful and primitive natural area. The history and natural resources are amazing! Meet Sheree at Donaldson parking lot and carpool 15 miles to this off-site property. No restrooms on site. Waterproof hiking boots recommended. Creek crossing involved.

[More Information >](#)

STEM Saturdays: Bird Nest Building | Potato Creek State Park

Come explore the wonders of how birds build unique nests to raise their young in. Put your skills to the test and see if you can craft a nest at the Nature Center.

[More Information >](#)

Jan. 18, 2023

Preschool Discovery Hike | Spring Mill State Park

Every season has colors, textures, and sounds in nature. Take a short hike with the naturalist to discover our natural world. Afterward, use a natural item you found to make a natural craft at the Nature Center. Geared toward preschool age, but all ages welcome.

[More Information >](#)

Jan. 21, 2023

Geology of the Falls | Falls of the Ohio State Park

Geology of the Falls offers an overview of the geological setting and its connection within the region. It touches on paleontology, such as the geological history from the Devonian to the present.

[More Information >](#)

Candlelit Walk | Pokagon State Park

Enjoy the wintry landscapes of Pokagon State Park on a self-guided, candlelit walk. Begin at the Nature Center anytime between 7 and 8 p.m. to follow the 1-mile trail. At the end of the walk, enjoy a warm bonfire and hot cocoa provided by Friends of Pokagon.

[More Information >](#)

[View all DNR special events >](#)

Jan. 13, 2023

Candlelight Tours | Levi & Catharine Coffin State Historic Site

Experience the Levi and Catharine Coffin home by candlelight and hear stories highlighting the experiences of freedom-seekers who chose to risk everything to escape slavery. Explore why wintertime was a common season for escapes with longer nights providing a chance to travel farther in a day and less chance of being detected. Learn why some freedom-seekers chose to stay in Fountain City before moving further north, and find out how free Blacks were just as instrumental to the Underground Railroad as white conductors.

[More Information >](#)

Jan. 14, 2023

Life in an Early Indiana Home - Children's Tour | Levi & Catharine Coffin State Historic Site

Discover what life was like in the early 1800s for the Coffin family children. Compare the chores you do today with the chores they did (without electricity!), find out how school was different then versus now, and learn fun tidbits!

[More Information >](#)

1920's Tech Special Tour | T.C. Steele State Historic Site

The Steeles brought the best technologies the 20th century had to offer when they moved to Brown County in 1907. They equipped the House of the Singing Winds with a Victrola, a player piano and factory-made furniture.

Their home eventually became one of the first homes in the county with electric lights, a refrigerator, a kerosene stove and a generator! Plus, Selma Steele was one of the first owners and drivers of a Ford Model-T! Learn more about these technologies and "modern" improvements the Steeles made to their home.

[More Information >](#)

Young Explorers: The Human Body | Indiana State Museum

Why do you need to blink? How does food get digested in your stomach? Discover the answer to these questions about how your body works and more. In this 90-minute drop-off class, we encourage independence, creativity and exploration in an environment that fosters curiosity and imagination.

[More Information >](#)

Jan. 16, 2023

Martin Luther King Jr. Day Program: "Still Rise" Film Viewing | Levi & Catharine Coffin State Historic Site

Explore African American history in the last 50 years through Henry Louis Gates' four-hour series, "Black America Since MLK: And Still I Rise." Joined by leading scholars, celebrities and a dynamic cast of people who shaped these years, Gates examines the victories of the Civil Rights Movement up to today, asking profound questions about the state of Black America – and our nation as a whole.

[More Information >](#)

Jan. 21, 2023

The Hygge Gathering at Culbertson Mansion | Culbertson Mansion State Historic Site

Shake off the winter chill and experience a warm evening of community at this unique Hygge Tea. Learn all about Hygge – the Danish concept of taking time away from the daily rush to relax and enjoy the small things in life – and find out how to build connection and coziness in your everyday life.

[More Information >](#)

Jan. 28, 2023

Quilting Blocks & Binding Threads | Levi & Catharine Coffin State Historic Site

Quilts and coverlets provided more than just warmth and comfort during the winter months for 19th-century families like the Coffins. Both were also an expression of creativity and provided social opportunities. Take a special walk through the Coffin House to discover the art and history of quilts and coverlets, then join in a discussion about their history after the tour.

[More Information >](#)

View all Indiana State Museum and Historic Sites events >



Take small steps to create a healthy lifestyle

It's a new year! Is one of your goals to lose some weight? You don't need to make drastic changes to your diet or lifestyle to get there. Most people give up fad diets or extreme workouts pretty quickly. You're more likely to succeed if you make small changes that you can live with long term¹.

Here are a few tips to help you stick with healthy eating and activity in the new year:

- Eating the same healthy meals all the time gets boring. Experiment with new recipes.
- Swap ingredients to make dishes a little healthier. Put beans in chili instead of ground beef.
- Don't quit your comfort foods cold turkey. Eat smaller amounts of them less often as treats².
- New to exercise? Start small. Take 10-minute walks. Walk faster or longer as you get in shape.
- Bike, hike or walk with friends or family. Encourage each other to keep it up³.

Wellness Webinar Series



Healthy Weight, Why Wait: What does a healthy weight look like?

In this session, we'll talk about how to determine what's a healthy weight for you. We'll go over strategies for getting to –and keeping –a healthy weight.

January 24, 2023 | 10:00 AM, 12:30 PM and 4:30 PM, ET

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

1. National Institute of Diabetes and Digestive and Kidney Diseases: "Popular Diets and Patient Support." Published Jan. 2, 2020. <https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/popular-diets-and-patient-support>

2. CDC: "Healthy Eating for a Healthy Weight." Reviewed June 3, 2022. https://www.cdc.gov/healthyweight/healthy_eating/index.html

3. CDC: "Getting Started with Physical Activity." Reviewed June 16, 2022. https://www.cdc.gov/healthyweight/physical_activity/getting_started.html



Coach's corner

with Coach Jackie, BA

Jackie enjoys helping people make a healthy life easier. Her way of thinking is, "Challenge yourself. Stay consistent. You'll see change."

Jackie's well-being tips:

Balance is the key word when you're trying to manage weight. Eat healthy foods with fewer calories. Burn excess calories with exercise. How do you get started? Here are a few tips⁴:

- Eat a variety of fresh foods to get all the nutrients your body needs.
- Get a mix of cardio and strength exercise each week.
- Jot down daily foods and activity to stay on track.
- If you have concerns about diet or exercise changes, check with your provider.



Eggplant Tortilla Casserole

Here's a hearty, one-dish dinner that's ideal for winter nights. You and your family will love the colors, texture and spice. It's also high in fiber, so everyone will feel full and satisfied.

[MyActiveHealth.com](https://www.myactivehealth.com) > [Resources](#) > [Learning Center](#).

Healthy shopping tips

Heading to the grocery store? Keep these points in mind as you shop for foods and drinks⁵:

Stick to your list. Write down healthy foods to buy. Not on the list? Don't put it in the cart.

Buy in-season produce. Fresh fruit and veggies taste better and often are cheaper, too.

Read labels. Compare calories, added sugars or saturated fats in packaged foods to pick the healthiest options. Be mindful to compare the same serving sizes.

Plain is best. Grab tuna canned in water, not oil, and canned fruit packed in water or juice, not syrup. Enjoy these foods without the unhealthy additives.



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

4. CDC: "Finding a Balance of Food and Activity." Reviewed Feb. 13, 2022. <https://www.cdc.gov/healthyweight/calories/index.html>

5. American Heart Association: "9 Grocery Shopping Tips." Reviewed Apr. 16, 2018. <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/grocery-shopping-tips>



2023 On-site Vaccine Clinics

Available vaccines: COVID-19, Flu, Hep A & B, HPV, MMR, Meningitis, Pneumonia, Chickenpox, Shingles.

Who: Available to state employees and dependents, 6 months of age and older, covered by state employee insurance. Contractors working for the state can also be vaccinated at these clinics if they use their own insurance.

Details: Register using the QR code below and select the clinic you wish to attend. Bring your employee badge and insurance ID card. As part of the wellness rewards program, eligible employees can earn \$25 per vaccine, up to \$100. Full details can be found in the ActiveHealth Rewards Center: myactivehealth.com/stateofindiana.

Dates: Jan. 19, April 20, July 20, Oct. 19

Time: 8 a.m. to 3 p.m.

Where: IGC-South, Conference Room A

Register Today

Register on your smartphone or computer at:
<https://patients.vaxcare.com/registration>

Enrollment Code: IN97832
Select the clinic you wish to attend.

Be sure to bring your employee badge and insurance ID card.



Indiana State
Personnel Department



Indiana
Department
of
Health



Working with us is good therapy.™



2023
START

“How to Make Your New Year’s Resolutions Stick”

When: Tuesday, January 10th, 2023

Time: 12:00 pm

How to Join:

- Click the link: [New Year Resolutions Stick](#)
- Scan the QR Code
- Join by phone at 323.694.0227
phone conference ID: 431621646#



<https://tinyurl.com/ycx7uy42>

It's a new year and that's always a great reason to work on making some positive changes in our life. One of the most common changes is getting more exercise but more times than not, by March, the motivation is lost. Most often, this is caused by burnout, injury, or poor planning. In this presentation learn:

- The best form of exercise for you
- How to plan to do it for the long run, not just a short burst
- How to avoid getting an injury doing new movements
- How to set realistic goals to avoid losing motivation

The new year is the perfect reason to attend and start on the right track to living a more active life.



Dan Ginader, PT, DPT

Dan was born in Poughkeepsie, New York, just up the Hudson River from New York City. He received both his Bachelor of Science in Exercise Science and his Doctorate of Physical Therapy from the University at Buffalo in New York. Dan has held positions as a staff Physical Therapist and Clinic Director. Dan has a passion for orthopedic, manual, and sports therapy and, as a lifelong learner, continues to grow in his skills for the wellness of his patients. Dan is an IAMT Certified Dry Needling Specialist.

Find out why working with us is good therapy.