



The Torch

The official newsletter for State of Indiana employees

MAY
2025

Public Service Recognition Week is next week!

Public Service Recognition Week is fast approaching! The nationally celebrated week is an opportunity to show gratitude to the State of Indiana employees who help Hoosiers every day and give back to their communities. This work is essential to support Indiana's infrastructure, natural resources, education, healthcare systems, and so much more. Your commitment makes all the difference.

Thank you for your tireless hard work and for dedicating yourselves to public service!



To celebrate, statewide spirits days are planned:

- **Monday, May 5: Alma Mater/School Swag Day** — Show school pride and wear swag from your alma mater.
- **Tuesday, May 6: Twin Day** — Match outfits with your team, a coworker, or a friend at a different agency.
- **Wednesday, May 7: Wellness Wednesday & Silly Sock Day** — Take a walking lunch, eat a healthy meal, or browse resources on [Invest In Your Health](#) while wearing your favorite silly socks!
- **Thursday, May 8: Years of State Service Day, group photo, & Statehouse Market opening day** — Check out the Statehouse Market, join in for the group photo on the steps of the Statehouse, & wear the following colors that correspond with how long you've been serving Indiana:

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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

X



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Public Service Recognition Week is next week!

- **0-2 years: Wear Gray**
- **3-5 years: Wear Yellow**
- **6-10 years: Wear Green**
- **11-15 years: Wear Blue**
- **16+ years: Wear Red**
- **Friday, May 9: Hoosier Spirit Day** — Show your Hoosier Pride and wear your Hoosier gear (sports, schools, corn, if it's Indiana, rock your gear).
- **Saturday, May 10: Visit an Indiana state park for free** — The Indiana Department of National Resources is offering free admission to State employees at all state parks and other DNR properties with entrance fees on Saturday, May 10. Just let the gate attendant know you are a State employee for free admission.
- **Saturday & Sunday, May 10 & 11: Employee Appreciation Weekend at Indiana Beach** — State employees and guests can receive \$16.99 tickets to Indiana Beach Amusement & Water Park Resort! You must arrive by 6 p.m. Present your State employee ID at the group sales booth in the South parking lot for discounted rate. [Learn more about Employee Appreciation Weekend at Indiana Beach >](#)

IDEM employee serves both state and country with public service

Johnathan (Johny) Bautista, an Environmental Manager in the Office of Air Quality's Quality Compliance & Enforcement branch, recently augmented his public service role by adding military service in the Indiana Army National Guard to his career. Janusz Johnson recommended that Bautista contact Nigel Severson, an Environmental Manager II in OAQ's Ambient Monitoring Section at Shadeland, who serves in the Indiana Air Force Reserve, for information on his experience before enlisting. As a commissioned officer, 2nd Lt. Severson, was able to administer the Oath of Enlistment to Specialist (SPC) Bautista on March 28 at the Indiana Military Entrance Processing Station (MEPS) in Lawrence.

SPC Bautista will undergo Basic Combat Training at Ft. Jackson in Columbia, S.C., and then attend Advanced Individual Training at Ft. Gregg-Adams in Petersburg, Va., to become an automated logistical specialist. When trained, he'll use his knowledge and experience to ensure resources and other equipment are in the right place at the right time.

SPC Bautista shared his excitement about the journey ahead, saying, "It's an immense privilege to commit to supporting and defending our state and country. I'm thrilled to transition from an ordinary citizen to a soldier and gain new skills while continuing my civilian career at IDEM."



Nigel Severson (left) and Johnathan Bautista (right)

2nd Lt. Severson, who has served in the Air Force Reserve for over two years, is based at Youngstown Air Reserve Station in Ohio, where he flies and supports operations for tactical airlifts and aerial spraying. He described administering the oath as a profound honor.

"It's one of the special privileges of being an officer—to empower America's finest individuals as they embark on their military careers," he said. "Johnathan is a great guy, and I'm proud to have been part of this milestone."

Although there are some variations in military branches, 2nd Lt. Severson continues to mentor SPC Bautista as he prepares to depart in August. The shared connection between these two IDEM employees highlights their dedication to public service—both as environmental professionals and members of the U.S. military.

Article by the Indiana Department of Environmental Management

Mentors making a difference with the State of Indiana

Next week is Public Service Recognition Week and as part of recognizing public servants, these mentors were nominated by coworkers and mentees for the excellent work they do:

Chris Palmer

Deputy General Counsel at the Indiana Bureau of Motor Vehicles

"Chris Palmer has supported me through my work in two different agencies. Chris gave me frequent encouragement and help when I joined her in the Department of Child Services attorney training division. [She] remains a support at BMV, and I go to her whenever I have a tricky legal problem that I need help working out."

some tough times at work but also some tough times in life. She puts the welfare of her employees first and the job second and recognizes that each person thrives in different ways. In the last three years, she has offered me several opportunities to be involved in agency-wide projects to grow, stretch outside my comfort zone, and network with agency leadership in the process. I have experienced many successes at work and experienced some hard lessons, always failing forward with the support of my mentor."

Dave Kittaka

Fisheries Biologist at the Indiana Department of Natural Resources

"Dave has mentored countless biologists through hands-on training, phone calls, and great discussions. He cares about you as a person and is super passionate about enhancing the resource. He has been a model for civil service for 35 years for Indiana, but his mentorship extends well beyond Indiana to many seasonal employees and biologists he has interacted with."

Nancy Riley

Executive Director at the Indiana Department of Correction

"Nancy Riley is the definition of a mentor in my opinion. I have worked for her for close to three years now and she has guided me through

Candice Sarver

Program Director – Legal Operations at the Indiana Department of Revenue

"Candice not only has her own team to juggle on a day-to-day basis but also handles a wide variety of tasks and responsibilities which impact employees in and out of our division. As a primary liaison for the Legal Division, she is front and center in making change and communicating with the entire agency. With such a large and heavy plate, it would be easy for her to be overwhelmed and handle matters with frustration or impatience. However, Candice displays strong situational awareness, provides open communication, and keeps it humble. She knows how to adapt and works hard under pressure, shouldering responsibility to so many people with grace."



Top to bottom: Chris Palmer, Dave Kittaka, Nancy Riley, Candice Sarver

Looking back on Mike Huffman's career with INDOT

When Mike Huffman gets a call at 4 a.m., he knows it's time to get to work. That proved to be true in September of 2018 when a dynamic messaging board above I-70 was down and blocking traffic—it had been struck by a dump truck that failed to lower its bed before driving. Huffman immediately got to work, calling and coordinating crews that were on the scene by 6 a.m. and setting up the cranes they needed to remove the debris. By a little after 10 a.m., traffic was moving like normal again.

That specific incident was one of his most memorable as a Traffic Operations Manager, but for Huffman, it's the variety of calls and the ability to adapt to new challenges that have kept him

with the Indiana Department of Transportation (INDOT) for 25 years. "It's the satisfaction of doing a job and doing it well," he said. Whether he's helping to clear a damaged sign from the road, fixing a traffic signal cabinet, addressing storm damage, or even trying to paint 465 quickly enough that people don't drive over the wet paint, he's always ready to solve a problem. Huffman always sets his sights on "getting the job done well."

And in addition to the challenges he tackles and his inclination to fix things, he said it's the people that make INDOT a great place to work. He recalls when his coworkers were delivering medical supplies to those in need during the pandemic, saying "We've got some amazing people



Top: Mike Huffman

Bottom: Huffman in his first week as a signal technician when flooding in Greenfield caused a building to collapse, damaging a traffic signal cabinet

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

7,336 pounds of e-waste collected at IDEM E-Cycle event

On Wednesday, April 9, State employees recycled **7,336 pounds** of electronic waste (e-waste) at a collection event organized by the Indiana Department of Environmental Management (IDEM).

Electronics contain heavy metals, including lead, mercury, cadmium, and hexavalent chromium that can be harmful if released into the environment. Recycling electronics ensures these materials are safely managed and that valuable materials such as steel, glass, and plastic, as well as precious metals such as copper, gold, tin, silicon, and aluminum are reclaimed for the manufacturing of new products. Reusing and recycling raw materials from e-waste conserves natural resources and avoids pollution. Indiana's E-Cycle Program allows for many electronic devices to be kept out of landfills and incinerators and creates recycling opportunities for Indiana residents.

If you couldn't make it to the event, visit IDEM's website, idem.IN.gov/recycle/electronic-waste to learn more about how to dispose of your unwanted electronics safely. For additional assistance, contact IDEM Senior Environmental Manager Jacob Schmicker at jschmick@idem.IN.gov.



Education spotlight: Chapin Schnick

Chapin Schnick is a Grants Management Analyst for the Indiana State Budget Agency, but when she's not busy balancing numbers, she's also keeping her mind and body balanced by completing her yoga teacher certification.

"As a lifetime athlete, I've become more interested in the holistic practice of yoga in recent years. I am more centered, all-around healthy, and in tune with myself and the world around me when I am regularly practicing yoga. I sought out a 200-hour yoga teacher training program with Invoke Studio of Indianapolis in Spring 2024 to deepen my practice and learn strategies to implement in my work at the State as well. While I am not actively teaching anywhere, I am so grateful for the opportunity and relationships I made as a result and encourage everyone to consider what coursework they might pursue to make them a better human, personally or professionally," said Schnick.

Learning comes in many forms and whether you want to sharpen your skills in data analytics, get a degree in construction management, learn about graphic design, or be certified as a fitness instructor like Schnick, there are opportunities available.

**Visit the Continuing Education page
for more information >**



Top: Chapin Schnick (second from left) at the yoga teacher training graduation.

Right: Chapin Schnick



State employees honored in IBJ's Forty Under 40

The Indiana Business Journal (IBJ) published its 33rd class of Forty Under 40 honorees last week and two State of Indiana employees were included on the 2025 list. Congratulations to Joshua Kelley, chief of staff for Governor Mike Braun; and Andrea A. Richter-Garry, senior vice president, Global Strategy & Engagement for the Indiana Economic Development Corporation.

The 40 honorees were selected by a committee of IBJ leaders and former Forty Under 40 honorees after being nominated by their organization or

receiving letters of recommendation from a manager at their organization. To be eligible, the nominees must work in the metro Indianapolis area, and be under 40 on April 11, 2025, the date of the special publication.

To read more about Joshua and Andrea and the rest of this year's nominees visit [IBJ.com](https://www.indianabusinessjournal.com).

Photos from the Indiana business Journal



Left: Joshua Kelley



Right: Andrea A. Richter-Garry

Where the sidewalk never ends: Fritz named BSU ‘Distinguished Alumni’, work opens outdoors in Hoosier communities

Returning to the place where the foundation of his career was laid, Pete Fritz found an opportunity that, for him, was less about a celebration of his own accomplishments and more about the chance to hear from some of today’s architecture and planning students.

Recognized as one of three Estopinal College of Architecture and Planning Distinguished Alumni by his alma mater, Ball State University, last month, IDOH’s healthy communities planner within the Division of Nutrition and Physical Activity found himself grateful for the plaudits and chose to build something: a bridge to the next generation.

Fritz said spending time with BSU’s architecture students (he was part of a panel discussion) was something he really enjoyed, noting that questions from them centered on balancing their academic success with the “highly competitive and fast-moving learning environment” of their chosen fields along with a desire to make service and advocacy central to their future work.

“I tried to reassure them that it’s okay to be challenged in their academic journey and that I have learned more from some of my failures in school than my relative successes,” Fritz said. “I was encouraged with some of the students’ interest in public service and advocacy. It warmed my heart that some students stated that they were interested in learning

more about planning and design for creating healthy communities.”

In that way, those students may follow in Fritz’ footsteps, connecting communities in innovative ways that simultaneously encourage physical activity and may even open routes to healthier food options.

Those routes, however winding, match up with Pete’s path to IDOH and the subsequent work for which later earned him induction into the American Institute of Certified Planners’ College of Fellows (FAICP) – the highest honor that organization can bestow on a member.

After earning his Bachelor’s of Landscape Architecture and a Bachelor’s of Science in Environmental Design, Fritz took on private sector roles that eventually included starting his own firm. He came to IDOH about 15 years ago, already with decades of experience, and that coupled with his and his wife, K.K.’s, love of the outdoors and physical activity, it became the perfect fit. The two met at Ball State and she is also a planner and FAICP who serves as President of The Planning Workshop, Inc.

One of Fritz’ first activities at IDOH (and one of his accomplishments of which he’s most proud) was creating a community workshop model designed to “engage community leaders and the public in [IDOH’s] programs promoting policy, system,



Pete Fritz

and environmental (PSE) changes that support better community health outcomes through breaking down barriers to people being physically active.”

An avid cyclist, it was fitting that the genesis of the project included bicycle-friendly community workshops which were followed by wider-ranging active living courses. In the years since, these workshops (75 in total) have brought this message to more than 3,000 community leaders and others with the result being PSE changes in support of community-wide physical activity. If that type of undertaking requires some technical assistance, Fritz is just the guy for that as well, so communities opting for PSE changes already have a good foundation on which to build.

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

Summer interns are arriving this month

Over 200 Governor's Summer Interns will be arriving this month to spend their summers learning about State government with more than 30 agencies. Created in 1989, the Governor's Summer Internship program has been giving university students the opportunity to learn about their chosen fields and network with professionals and fellow interns for decades. This summer will feature meetings with State government officials, professional development workshops, volunteer opportunities in the local community, mentorship pairings, and more.



Top photo: 2024 Governor's Summer Interns meeting with Chief Justice Rush

Bottom photo: 2024 Governor's Summer Interns

"The GSI program has been extremely rewarding to facilitate. Many young professionals come to the State looking to make a huge impact and it's great to see them grow professionally and personally as the summer goes on!" said GSI program director, Lauren Johnson.

These interns will not only have a summer filled with learning opportunities, but they'll also bring fresh perspectives and new ideas to their teams. Most interns participating in the program will start on either May 5 or May 19 so be sure to say hello if you notice some new faces at your agency.

ICRC at the 2025 Grace Gala: Celebrating Hoosiers with disabilities

The Indiana Civil Rights Commission's (ICRC) Public Outreach & Education Manager, Paris Walton, participated in the 2025 Grace Gala, hosted by Mount Pleasant Church in Terre Haute. Paris volunteered as a Buddy, provided an educational resource table, and presented an overview of ICRC to parents and guardians.

Organized by Jess Berryhill—Student and Disability Minister and Executive Director of Terre Haute Friendship House—the gala honored individuals with disabilities. Guests enjoyed VIP treatment, including walking a red carpet, riding in a limo, dinner, and dancing!

ICRC was proud to support this event, educating equal access and opportunities for all Hoosiers.

Article by the Indiana Civil Rights Commission



Paris Walton, providing education resources during the 2025 Grace Gala.

ICRC presents at World Civility Day 2025

Executive Director Jose M. Evans and Public Outreach & Education Manager Paris Walton hit the road to Gary, Indiana, representing the Indiana Civil Rights Commission (ICRC) at World Civility Day 2025. Held on April 10 at the Dean and Barbara White Community Center, the agency actively participated by hosting an educational outreach table and delivering a 30-minute presentation themed around the Golden Rule—treating others as one would want to be treated. The presentation engaged youth, high school students, and seniors while emphasizing ICRC’s mission to educate equal access and opportunity across the state.

Article by the Indiana Civil Rights Commission



Top photo: ICRC’s Public Outreach & Education Manager, Paris Walton, delivers an ICRC overview presentation during World Civility Day 2025.

Bottom photo: ICRC’s Executive Director, Jose M. Evans, MBA and Paris Walton, speak with a local Gary high school student during World Civility Day 2025.

State of Indiana March Madness Challenge recap:

Close to 1500 brackets were submitted for the State of Indiana’s March Madness Challenge and several State employees rose above the rest of the competition. Congratulations to the top scorers from agencies and locations across the state!

The top scorers of the men’s tournament challenge were:

- Jim Wade (DCS) with 1750 points
- Patrick Mcloughlin (DCS) with 1720 points
- Brain Pavlik (DNR) with 1710 points
- Jason Hurlock (DCS) with 1680 points

The top scorers of the women’s tournament challenge were:

- Abby Lalko (INDOT) with 1810 points
- Nazareth Arthur (DOC) with 1790 points
- Scott Munoz (IOT) with 1790 points
- Alex Cook with 1750 points



Ticking all the boxes: Medical Entomology team's tickborne illness work is a national model

The Indiana Department of Health's Vector-Borne Diseases team is crawling with talent, and when it comes to collecting info on some of the Hoosier state's most notorious creepy crawlies, they're the bee's knees—or, at the very least, the tick's trochanters.

In any case, the team's efforts to track the travel habits of the Lone Star and Gulf Coast ticks is a quest against questioning deserving of praise and one that, a bit like its subject matter, is the sort of thing that sticks in your head for awhile.

A recent program helped put the efforts of IDOH's ace team of medical entomologists in the Lyme (disease) light and showed how their important work is helping prevent tickborne illnesses in Indiana — and beyond — by keeping tabs on ectoparasite activity, from Evansville to Indy to South Bend.

The CDC hosted its annual meeting for grantees that receive funding to build epidemiology and laboratory capacity for vector-borne diseases on April 8, IDOH Senior Medical Entomologist Lee Green said. The event included a breakout session titled "Gaps in our Knowledge of Metastriate Tick Distribution: How You Can Help," which was hosted by the CDC's Rickettsial Zoonosis Branch Entomology and Ecology Team.

Green said that during the 45-minute session, the IDOH Medical Entomology program was specifically highlighted as



The IDOH Medical Entomology team's tick surveillance programs were recently recognized by the CDC. The team has documented the geographic distribution of two types of pathogen-carrying ticks. Seen here are (from left) Ruth Boston, Jeanette McGavic, Lee Green, Sara McBride, and Doug Ginder.

a valuable partner to the CDC for its work to document the geographic distribution of the two aforementioned tick species as well as the prevalence of human pathogens in those species (such as bacteria that can cause ehrlichiosis). Ehrlichiosis presents with flu-like symptoms and rash and can lead to serious complications if left untreated.

One CDC scientist stated that "Indiana is of particular interest, as this is a region of emergence of two different metastriate ticks and the pathogens they harbor," and that the collaboration with IDOH's program "has allowed us to document the dynamics of these ticks and pathogens across the state."

A second CDC scientist thanked the medical entomology team, which also includes Sarah McBride, Jeanette McGavic, and Doug Ginder, by name and urged other state health departments to implement tick surveillance programs similar to Indiana's.

"Later in the discussion, the medical entomologist at the Tennessee Department of Health said, 'I was really impressed by the Indiana work,' and asked the CDC for guidance on how to reproduce our work in his own state," Green said.

Article by the Indiana Department of Health

Hoosier Lottery celebrates beneficiaries

May is a special time in Indiana as the State welcomes the return of warmer weather, baseball, and the Greatest Spectacle in Racing. It is also a time when the Hoosier Lottery recognizes the many beneficiaries it supports – retired teachers, police officers, and firefighters. The month of May includes International Firefighters' Day (May 4), Teacher Appreciation Week (May 5-9), and National Police Week (May 11-17). Since its creation in 1989, the Hoosier Lottery has contributed more than \$7 billion to good causes, including \$30 million annually to local police and firefighters' pensions and \$30 million annually to the Teachers' Retirement Fund.

Sarah M. Taylor, Executive Director of the Hoosier Lottery, stated, "The Hoosier Lottery is thankful to our beneficiaries for their service to their communities and their fellow Hoosiers. We are proud that our success helps ensure our retired

teachers, police, and firefighters have a strong and secure retirement."

Funds from the Hoosier Lottery also benefit citizens throughout the state. Each year, millions of dollars from the Lottery Surplus Fund are sent to all 92 counties to help offset the Motor Vehicle Excise Tax by up to 50 percent. Even if you don't purchase Hoosier Lottery tickets, proceeds from its sales benefit Hoosiers across the state.

To learn how the Hoosier Lottery has benefited your local community or to read additional beneficiary stories, check out [Hoosierlottery.com/giving-back](https://www.hoosierlottery.com/giving-back).



The Hoosier Lottery is committed to providing a Positive Play experience. If you or someone you know has a gambling problem, call 1-800-994-8448 or visit [HoosierLottery.com/PositivePlay](https://www.hoosierlottery.com/PositivePlay).

You must be 18 or older to play the Hoosier Lottery. Please play responsibly.

Article by the Hoosier Lottery

Thank you for joining the 2025 Fair Housing Webinar: Seniors & Second Chances

The Indiana Civil Rights Commission (ICRC), recently hosted the, 2025 Fair Housing Webinar: Seniors & Second Chances, in honor of April's Fair Housing Month and Second Chances Observance. The event was attended by over one hundred Hoosiers and participants from across the country, offering 1.5 CLE credits.

A special thank you to panelists: Tracy Richardson, Director of Alternative Dispute Resolution and Compliance, ICRC; Emily McAndrews, Director of Security and

Accessibility, CICOA Aging and In-home Services; and Jenna Morrow, Reentry Monitor, Indiana Department of Correction. Their insight made the discussion engaging and informative.

Fun fact: In 1965, Indiana became a trailblazer by amending its Civil Rights Law to prohibit racial discrimination in housing—three years ahead of the federal Fair Housing Act of 1968.



**SENIORS AND
SECOND CHANCES**
A VIRTUAL PANEL

[View the webinar recording on ICRC's YouTube channel >](#)

Fall safety: Preventing workplace injuries

Did you know falls are the most frequent cause of fatal injuries in construction? Employees must be protected from falling anytime they are exposed to a fall 6 feet or more above a lower level by either guardrails, personal fall arrest systems (PFAS), safety nets, or by covers installed over holes to prevent employees from falling through floor openings or from stepping into holes.

Working from scaffolding can also expose employees to fall hazards. Scaffolding platforms more than 10 feet above a lower-level need guardrails or some other form of fall protection, and the platform on a scaffold needs to be at least 18 inches wide. Scaffolds need to be adequately braced and proper access to the work platform needs to be provided. If the scaffold is equipped with wheels or casters, they must be locked while any worker is on the scaffold.

Ladders are another potential source for fall hazards in the residential construction industry. Hazards associated with the use of ladders include misuse of the ladder, using a damaged or defective ladder, standing on top of a step ladder,

Working at Heights: Ladders

Between 2015 – 2017, 1 out of 4 fall-related deaths was from a ladder.

If you must use a ladder, always:

- Check the ladder before you use it! If you see damage, tag it “do not use” and ask for another ladder.
- Make sure the ladder will support you and your belt – check its duty rating.
- Set the ladder on a solid, stable, base.
- Keep three points of contact with the ladder to stay balanced.
- Face the ladder when moving up or down.



Watch CPWR's video, *Safe Ladder Practices in Roofing*:
<https://youtu.be/Et9aeMdosms>



When using...

An Extension Ladder:

- Set the ladder at the correct 4:1 angle.*
- Tie off and secure the top and bottom of the ladder, or use another worker.
- Extend the ladder at least 3 feet past the level you'll be climbing to and the side rails at least 1 foot past the top rung.

A Step Ladder:

- Never stand on the top step or very top of the ladder.
- Always position the ladder close to your work to avoid overreaching.

PLAN PROVIDE TRAIN

Three simple steps to preventing falls.

Join the Campaign to Stop Construction Falls!

www.stopconstructionfalls.com



*Use the free NIOSH ladder app to determine the correct angle: <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>.
Source: The Construction Chart Book, Section 44, Chart 44c: <https://www.cpw.com/chart-book-6th-edition-fatal-and-nonfatal-injuries-fatal-injuries-falls-lower-level-construction>.

#StandDown4Safety

July 2020

exceeding the rated capacity of a ladder, not securing ladders, and not extending extension ladders 3 feet above the landing point.

It is important for employees to recognize and eliminate fall hazards. Residential construction employers are required by OSHA to instruct their employees on regulations applicable to their work and on recognizing hazards associated with their work. This standard exists so that employees can recognize hazards within structures, work methods, and in other situations so that hazards can be eliminated

by removing or correcting them. All hazards should be addressed prior to the beginning of the job through an effective job hazard analysis. Safety plans and procedures must be implemented during various phases of the project, so hazards are quickly eliminated.

If you have questions about the OSHA regulations or would like to request a free INSafe consultation, please contact INSafe at 317-232-2688 or visit INSafe at [in.gov/dol/insafe.htm](https://www.in.gov/dol/insafe.htm).

Article by the Indiana Department of Labor

WHAT'S IN

IT'S GONNA BE MAY IN INDIANA

The Motorsports Circuit IN Indiana provides a central location to find memorable locations and experiences all dedicated to telling Indiana's racing story.

[MOTORSPORTS CIRCUIT IN INDIANA](https://www.motorsportscircuitinindiana.com)



The Statehouse Market returns next Thursday, May 8!



The [Statehouse Market](#) will return on Thursday, May 8 as part of Public Service Recognition Week! Visit your favorite returning vendors and try out new vendors all summer long. The market will run from 10:30 a.m. to 1:30 p.m. on Robert D. Orr Plaza on Thursdays through late September/early October.



Opening Day Vendor Lineup

Food Trucks

- The Garnacha Spot
- Samano's
- Smash Daddy's Burgers
- Smokey Blue BBQ
- Brozinni Pizzeria
- Greiner's
- Gaucho's Fire
- GALS Fresh Fish
- Da Blue Lagoon
- The Legendary Kitchen
- Sweet Valley Ice Cream
- The Food Florist

Table Vendors

- Balanced Harvest Farm
- Dragonwood
- VanAntwerp's Farm Market
- Groomsville Popcorn
- Ollie Lue Soap Co.
- Pup & the Pepper
- Ruth's Garden
- Filigree Bakery
- With Wonder Cake House
- Yes It's Really Vegan
- Wild Spirit Coffee Co.
- Generations Pie Co.

Community Organizations

- Indiana Tech
- Indiana Dept. of Insurance
- Ivy Tech
- Indiana529
- Elements Financial
- INPRS
- PNC Bank
- Hoosier START
- KidsPeace
- Indianapolis Animal Care Services
- INDOT

Ohio Street traffic restrictions begin May 5

Beginning on or after May 5, utility construction will require phased traffic restrictions along Ohio St. between West St. and Senate Ave. The work is expected to last around four months and will affect both traffic flow and parking in the area.

Traffic Impact Timeline

- **May 5 – June 9:** Ohio St. will be limited to eastbound traffic only (from West St.).

- **June 9 – July 7:** Full closure of Ohio St. in both directions.
- **July 7 – September 8:** Ohio St. will be limited to westbound traffic only (from Senate Ave.).

Please note that access to the IGC loading dock will remain available throughout all phases of construction.

Parking Impact

Senate Ave. south of Ohio St., located in front of the State Library, will be closed to all parking from May 5 through September 8. Employees and visitors are encouraged to plan alternate routes and allow extra time for travel during this period. Thank you for your patience as this critical infrastructure work is completed.

Take advantage of mental health resources

May is Mental Health Awareness Month, and the State of Indiana has a number of resources that can offer support. If you're looking to connect with a therapist, find tips for stress reduction, practice mindfulness, or take care of your mental health in other ways, these programs and tools are a great place to start.

Optum

Optum EAP

Optum EAP offers free and confidential counseling sessions with licensed therapists and sessions can be virtual or in-person. Full-time employees and household members are eligible to receive up to eight free sessions—per issue, per year. You can get help with things like alcohol and drug misuse, anxiety or depression, grief and loss, family and parenting issues, life changes, relationship issues, or work or personal issues. If you need support beyond the counseling sessions, Optum can provide personalized referrals to clinicians and community resources. This free benefit is available beginning your first day of work and you don't need to be enrolled in a State Employee Health Plan to use it. To take advantage of the program, contact Optum by phone at 800-886-9747 or at liveandworkwell.com (Access code: Indiana)

You can get additional support through Optum's employee assistance program for financial, legal, and work-life services at no cost or discounted rates. Their financial consultation can help with budget management, retirement or estate planning, bankruptcy, and more at no cost. They also offer one free 30-minute consultation with an attorney per personal legal matter

that could include living wills, power of attorney, separation and divorce, real estate services, and more. And if you need ongoing services, you'll receive a 25% discount. Through Optum's Family Resource Service you can receive free access to online resources concerning childcare, elder care, cleaners, pet sitters, and more.

Other tools available through Optum EAP

Calm

Tackle stress, sleep better, and be more present in your life with Calm. This wellness app helps you build the skills and resilience to live a calmer, more content life. You have access to sleep stories read by celebrities, soothing natural soundscapes, meditations, and

breathing exercises. Best of all, it's available to full-time employees and household members at no cost. Get started by visiting liveandworkwell.com (Access code: Indiana) and scrolling down to the Calm app link or by visiting the [Calm registration page](#) (Access code: Indiana). Once you've created an account, follow these steps:

- Open the Calm app/website
- Go to: Profile > Settings > Link Organization Subscription
- Enter organizations code OPTUM EWS
- In the "group code" field, enter your company access code: Indiana

Talkspace

Talkspace lets you connect with a licensed, in-network provider digitally through texting, video, and



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Take advantage of mental health resources

audio messages. To utilize Talkspace you will:

- Call Optum Emotional Wellbeing Solutions at 800-886-9747 for an authorization code
- Download the Talkspace app
- Choose your therapist
- Message your provider whenever—no appointment necessary
- Message back and forth throughout the day, five days a week
- And make a virtual appointment if you want to talk face-to-face

Uptime

Uptime offers thousands of 5-minute knowledge hacks to help improve your mental, physical, emotional, and financial well-being. Uptime curates these helpful tips from the world's best books, courses, documentaries, and podcasts. To set up a free account, follow these steps:

- Log in to liveandworkwell.com (Access Code: Indiana) and navigate to the Benefits page before selecting the Uptime tile, or follow the [Uptime link for State of Indiana employees](#)
- Download the Uptime app or use the web version and create an account
- Verify your Uptime account with a link sent to your email
- Your account will be automatically assigned to Uptime Premium from Optum

You can also access Uptime through liveandworkwell.com. After entering the Access Code (Indiana), navigate to Find Care, create or enter an anonymous username, scroll down to Self Care Options, and select Uptime.

Tools available through Anthem

LiveHealth Online

If you are covered by the State Employee Health Plan, you can also connect with a licensed therapist through Anthem's LiveHealth Online service. All appointments are virtual, and normal cost sharing applies for these services if you have not yet met your deductible and coinsurance. LiveHealth Online therapists can help you handle your feelings, think more clearly about your situation, and develop better habits. Get started by visiting livehealthonline.com or the [Sydney Health app](#).

The Anthem Behavioral Health Resource Center can also help you find treatment programs and help arrange confidential counseling and support services at no extra cost. This Anthem resource is available 24/7. Get started by calling 844-792-5141.

Learn to Live

Anthem provides emotional support tools through its Learn to Live program. Learn to Live allows you to:

- Access personalized, one-on-one coaching
- Add friends or family members as "teammates" to keep you motivated and accountable
- Practice mindfulness with helpful reminders and tips
- And attend live and on-demand webinars

Get started by visiting anthem.com and navigating to My Health Dashboard > Programs > Emotional Well-being Resources. You can also download the [Sydney Health app](#) and navigate to Menu > the My Health Dashboard > Featured Programs > emotional Well-being Resources.



Run the State 5k series begins at Indiana Dunes event

On Saturday, April 26, over 296 employees and family members took part in the Indiana Dunes 5k to kick off the 2025 Run the State series. Groups of all ages walked and ran the course and enjoyed the early spring weather. The top finishers of the race were Jesse Markland with a time of 19:04 and Bryce Cook with a time of 20:14. This event is just the start of the 2025 Run the State 5ks that will be held across Indiana through September.

- [View the Indiana Dunes 5K results](#)
- [View photos from the Indiana Dunes 5K event](#)

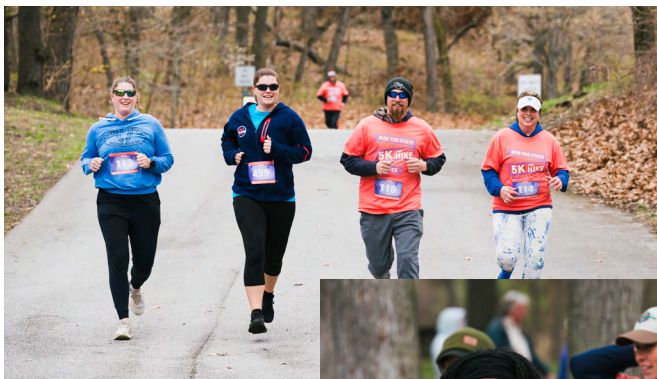
Did you miss out on the Indiana Dunes 5k? There's still time to sign up for another in the series this summer:

- May 10 | [Harmonie State Park](#)
- June 7 | [White River State Park](#) (no entrance fee)

- June 21 | [Ouabache State Park](#)
- August 16 | Turkey Run State Park (registration will open soon)
- September 20 | Clifty Falls State Park (registration will open soon)

There's no cost to register for these events, but there is a \$7 per vehicle entry fee that will be collected at the entrance for each state park. All Run the State 5k & Hike participants will also receive a free Run the State T-shirt and medal. T-shirts will be handed out during check-in and medals will be given at the end of each 5k or hike—be sure to select your preferred t-shirt size when registering. Sign up with your family members and make the commitment to get out and get moving!

Register for Run the State events >



Learn about options to address your hip & knee arthritis pain

ORTHOINDY
BONE · JOINT · SPINE · MUSCLE

The State's preferred orthopedic partner, OrthoIndy, is hosting a special event just for State employees to learn more about options to treat hip and knee pain - Hip and Knee Arthritis Pain: Conservative to Surgical Treatment Options presented by Dr. Pomeroy.

- **Wednesday, May 21**
- **5:30 p.m.**
- **OrthoIndy Hospital Education Room | 8400 Northwest Blvd., Indianapolis, IN | Entrance 3**

Attendees will have the opportunity to directly ask Dr. Christopher Pomeroy, MD, general questions at a state-of-the-art OrthoIndy facility. Light refreshments will be provided.

Space is limited, so please [RSVP for the presentation](#).

RSVP for the presentation with OrthoIndy >

Complete your annual eye exam



Eye exams are an important part of taking care of your health and completing one at every age and life stage can help keep your vision strong. Not only is an exam important for your vision, but it can also help detect diabetes and high blood pressure.

It is recommended that adults have an eye exam each year. For State health plan members, an annual vision exam with dilation will only cost \$10 at an in-network provider.

In addition to the exam, the plan allows for frames every two

calendar years and lenses, including contact lenses, every calendar year. For frames, the plan has a \$150 allowance with a \$25 standard lenses copayment when using an in-network provider. [Learn more about the State's Vision Plan.](#)

Wellness Rewards

Eligible employees and spouses can earn \$50 in [Wellness Rewards](#) for completing an eye exam. This activity is completed based on your provider submitting a claim for the service to Anthem. Once Anthem processes the claim, it takes about three weeks to show as completed in the [ActiveHealth Rewards Center](#).

Finding Care

Through Anthem Blue View Vision, you and your dependents have a large network of ophthalmologists, optometrists, opticians, and retail locations to choose from. To find

an in-network provider, go to www.Anthem.com and log in to your account. Then click the "Find Care & Cost" link on the right side of the page. Add your address or zip code and search for "optometrist." Scroll and filter for "Plan Network" on the left side. Select "Vision Network."

Reviewing Benefit Eligibility

To view your current eligibility for an exam, frames, lens, or contacts, please follow these steps:

- Go to www.Anthem.com and log in to your account.
- Place cursor over the "My Plans" drop-down menu at top of page.
- Select "Vision Benefits."
- Select the "View your Vision Benefits" link.
- To view a dependent's service eligibility, select the member on the drop-down menu.
- Select dependent, then "submit."

Schedule a dental exam & cleaning today

Completing a dental exam with cleaning is the best way to keep your mouth healthy and detect problems early. It is recommended that all adults have a dental exam with cleaning every six months; however, your dentist may recommend more frequent cleanings based on your situation.

In-network preventive services are 100% covered

Under the Anthem Dental Complete plan, your diagnostic and preventive services, such as teeth cleanings, periodic oral exam, and bitewing X-rays are covered at 100% when using an in-network provider. Other in-network services such as fillings,

crowns, and root canals are covered at 80%. [Learn more about the State's dental plan.](#)

Wellness Rewards

Eligible employees and spouses can earn \$50 in [Wellness Rewards](#) for completing a dental exam and cleaning. This activity is completed based on your provider submitting a claim for the service to Anthem. Once Anthem processes the claim, it takes about three weeks to show as completed in the [ActiveHealth Rewards Center](#).

Finding Care

A list of dentists within the Dental Complete network can be found



by visiting www.Anthem.com and logging into your account. When logged in, click the "Find Care & Cost" link on the right side of the page. Add your address or zip code and search for "dentist." Scroll down and filter for "Plan Network" on the left side. Select "Dental Network". To search without logging into your account, see the [Anthem How to Find Care - Dental Complete Flyer](#).

State of Indiana: Patient success stories

As a team, we would like the State to know that we don't just see patients at Marathon Health. We build relationships. Over the past six years, we have gone through the ups and downs of life with these patients. We walk alongside our patients on their health journeys. We tackle health challenges head on, while honoring the wishes and preferences of our patients. We listen. We spend time with our patients. We get them Healthier.

- Government Center Clinic Team

58 year old female

The patient's blood counts had been slowly creeping up over several months. The team referred her to a hematologist for a deeper look and she was diagnosed with early onset lymphoma. She is currently undergoing treatment, but is expected to live a long, healthy life.

53 year old male

The patient presented for routine care. The team had seen him for several years prior and noticed a slight increase in his PSA. He was sent to urology for a work up. He was found to have early, yet aggressive, prostate cancer. He has since undergone treatment and is considered cancer-free.

48 year old female

The patient came to the clinic in 2023 for her annual physical. She hadn't been seen by a provider in many years. She had no prior history of mammogram, colonoscopy, or any other routine screenings. The team referred her for a screening mammogram, and she was diagnosed with early stage breast cancer. She has since undergone treatment and is now considered cancer-free.



From left to right: Jennifer Herschberger, RN; Karin Henderson, PA; Melissa Beck, MA (Not pictured: Shelby Fitzpatrick, NP)

69 year old male

The patient came in for his annual physical. His HgA1c was 14.1%. The team had a long discussion about medications and lifestyle changes. He was adamant that he did not want to be on insulin. His request was honored and 6 months later his A1c was 6.4% with diet, exercise, and a GLP-1 agonist. He has been able to remain off insulin and feels in control of his health.

63 year old female

The patient came to the clinic for her annual physical and screenings. She was referred for a routine colonoscopy. The procedure revealed a large neoplasm in her small intestine. The neoplasm was surgically resected, and no further treatment was warranted. She was not experiencing any symptoms at the time of the screening, but after the surgery, she felt like she was given a second chance at life. She has since lost 50lbs and is actively working to live a healthy life.

[Register with the Marathon Health clinic >](#)



You're invited: "Cultivating Connections - Blooming Together IN Business"

Thursday, May 22, 2025 | 9 a.m. - 3 p.m.

Indiana Government Center South | 302 W. Washington St., Indianapolis, IN 46204

The Indiana Department of Administration (IDOA) Division of Supplier Diversity, in partnership with the Indiana Department of Transportation (INDOT) Business Opportunity Initiative Division, invites you to attend The Resource Garden: A Small Business Resource Fair.

This year's theme, "Cultivating Connections: Blooming Together IN Business," focuses on fostering meaningful relationships and creating pathways for collaboration and growth among Indiana's small business community.

What to Expect:

- Funding opportunities: Unearth various financing options and learn how to secure capital to start or grow your business.
- Business development: Connect

with experts in marketing, operations, and strategy to strengthen your business practices and promote growth.

- Business coaching: Engage with experienced coaches who can provide personalized guidance and mentorship to help your business flourish.
- Networking: Build lasting relationships with fellow small business owners, resource partners, and industry professionals to cultivate a thriving business community.

Registration

[Register for The Resource Garden](#) or scan the QR code to the right to reserve your spot. Validated parking will be available in the Senate Avenue and Washington Street garages.

Lunch

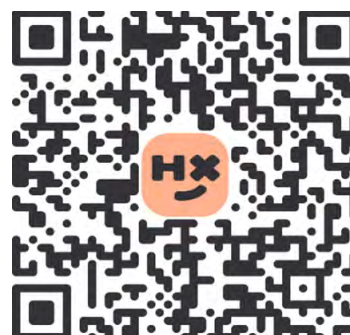
A complimentary lunch will be provided for all registered attendees.

For questions or additional information, contact the IDOA Division of Supplier Diversity:

Email: mwbe@idoa.in.gov

Phone: 317-232-3061

The team looks forward to seeing you at The Resource Garden and working together to help Indiana's business community thrive.



MPH has moved its data training program to SuccessFactors



The Indiana Management Performance Hub (MPH) is excited to announce that State employees can access the Data Proficiency Program courses exclusively through SuccessFactors (SF). Employees can now earn program badges by completing the Green, Blue, and Gold series as modules in the State of Indiana Learning Management System.

This change enables employees to seamlessly add completed training

to their employee records. **If you are one of the more than 3,000 employees who already earned a badge since the training launched, you will not need to retake it.** MPH is collaborating with INSPD to ensure that all completed training is reflected

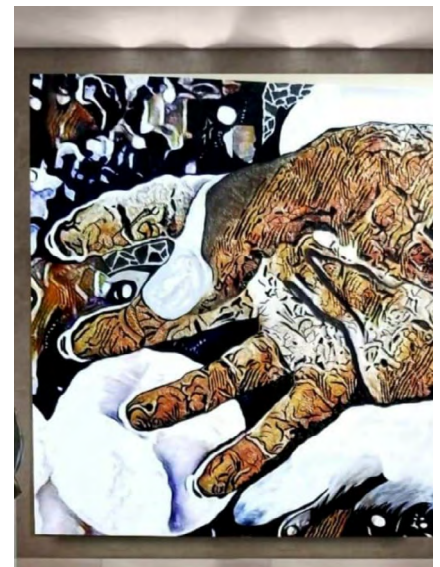
in learners' SF learning history. Although there is not a set timeline for completing this process, they aim to prevent employees from retaking unnecessary training.

Article by the Indiana Management Performance Hub

[Read more on accessing the Data Proficiency Program and view FAQs >](#)

Top: Artwork "Lucy" by Mary Moffett (Indiana Department of Transportation)

Bottom: Artwork "Ezra - The Helping Hand" by Traci Dedor (Indiana Department of Transportation)



Performance management enhancements

Nearly 3,400 State employees and managers indicated that they want a more valuable and effective performance management experience in a recent survey. In response, INSPD hosted a presentation on best practices, common misconceptions, and upcoming enhancements made as a direct result of employee feedback to the Performance Management process at the State of Indiana. These enhancements include:

- New rating scale definitions and guidance
- Enhanced competency definitions

- Updated competency assignments
- More tips for creating effective self-assessments and saving time

If you missed the presentation last month, it was recorded to help employees stay up to date on performance management enhancements.

[Watch the Performance Management System Enhancements Overview >](#)



**Indiana State
Personnel Department**

INSPD cares about your experience. Respond to a new 5-7 minute survey to help improve other aspects of the performance goal-setting process and resources in 2026.

[Take the 2025 Performance Goal Setting Process Survey >](#)

Genealogy for Night Owls returns to Indiana State Library



Indiana State Library | Wednesday, May 21 | 4:30 - 8 p.m.

This free genealogy research event at the Indiana State Library features extended hours and one-on-one consultation sessions with representatives from various local historical, genealogical, and lineage organizations. Registration is free and is required.

Schedule of Events

- 5:10 p.m. | Library tour
- 5:30 p.m. | Presentation - "Unique Items from the Library Collections"
- 5:45 p.m. | Ask-an-Expert sessions begin
- 7 p.m. | Ask-an-Expert sessions end

The tour and Ask-an-Expert sessions are optional. Attendees may spend the entire evening on their own research if they prefer.

The Ask-an-Expert sessions are 15 minutes in length. Attendees should have questions prepared in advance.

The library tour is roughly 20 minutes in length and will cover materials available for genealogy researchers at the Indiana State Library.

Genealogy Division librarians will be on hand to answer questions about the collection. They will also answer research and reference questions and assist in locating materials. The second floor microfilm area will be open and staffed by librarians from the Indiana Division. The Rare Books and Manuscripts and Reference Divisions will not be open during Genealogy for Night Owls. Librarians will not be able to retrieve manuscript collections during this event.

May Lunch and Learn at Indiana State Library



As part of its Lunch and Learn series, on **Tuesday, May 13, from noon-1 p.m.**, the Indiana State Library will present "Exploring Genealogy Resources at the Indiana State Library."

Presenter Jamie Dunn, supervisor of the the Genealogy Division at the Indiana State Library, will highlight the resources, services and programs of the Genealogy Division of the State Library. Dunn will explore the genealogy collection and present an overview of the content and formats available in the family history collection, which will help genealogists with their research.

The program is eligible for one LEU for Indiana library staff.

**Register for the
Indiana State Library
Lunch and Learn >**

Registration is still open for Data Day 2025

The Indiana Management Performance Hub (MPH) invites the statewide data community to the eighth annual Data Day! The event is set for May 14 at the Conference Center & Auditorium of the Indiana Government Center in downtown Indianapolis.



[Data Day 2025 registration is still open](#). Visit the [Data Day website](#) to learn more about the event and register to attend breakout sessions.

What to Expect:

- Discover how State agencies and trusted partners use data to tackle challenges in education, workforce development, public health, and beyond.
- Attend sessions on a wide range of topics, including artificial intelligence, machine learning, data privacy, data management, data visualization, and data science.

Why Should You Attend?

Data Day is a celebration of MPH's innovative approach to fostering a

culture of collaboration and data-driven decision-making among State agencies and key partners. Join us to learn how data continues to play an increasingly crucial role in State government and be part of the annual tradition that highlights the transformative power of data.

Host a Booth

State agencies and partner organizations have the opportunity to host informational booths in the Conference Center. The booths are a great place for agencies to showcase their innovative, data-centered projects and network. Booths will be open from 9:30 a.m. to 2:30 p.m. at Data Day 2025. Space is limited. [Sign up to host a booth at Data Day 2025](#).

ICRC's Community Outreach and Resource Education (C.O.R.E.) program kick-off

The Indiana Civil Rights Commission (ICRC) will kick-off its Community Outreach & Education Program (C.O.R.E.) program at [Pike Small Claims Court](#) on Tuesday, May 6, from 8:30 a.m. – 4:30 p.m. and at [WorkOne-Terre Haute](#) on Thursday, May 29, from 8 a.m. - 4:30 p.m. This is an opportunity for Hoosiers and State visitors to ask ICRC's staff questions about their civil rights, gather resources, and file complaints of illegal discrimination, on the spot!

Visit in.gov/icrc/ to learn more, or follow ICRC on social media platforms @INCivilRights



Article by the Indiana Civil Rights Commission

Limited number of free tuition waivers for online graduate study available

Summer 2025 (June 9 - August 1) | Course provided by the Master of Public Administration Program at Indiana State University

Sign up for PSCI 500C: “Public Policy for Health Security and Resilience” and receive a waiver on your tuition costs for the course.*

In this course students will:

- Explore vital topics related to preparing for, responding to, and recovering from a public health emergency, with a focus on the risk of avian influenza.
- Examine evidence of the economic and health effects of avian influenza, in the U.S. and internationally.
- Review the current U.S. government response to avian influenza compared to past responses around the world.
- Assess different approaches for building community resilience against threats like avian influenza.



INDIANA STATE
UNIVERSITY

Next Steps:

Email or call the Department of Political Science for details on this online Summer 2025 offer.

- polisci@indstate.edu
- 812-237-2430

**Limited availability*

Indiana State Parks offer free admission on May 4 for Welcome Weekend

Celebrate the start of the outdoor recreation season with free admission to all Indiana State Parks properties on Sunday, May 4, the second day of Welcome Weekend and the opening day of Visit Indiana Week.

Find an Indiana State Parks property and what's new there at on.IN.gov/stateparks. If you've never visited, on.IN.gov/dnr-welcome offers helpful tips.

“We’re excited to welcome back longtime visitors, and we also warmly invite anyone who’s never visited,” said Ginger Murphy, deputy director of Indiana State Parks. “Our parks offer beautiful scenic views, camping and healthy outdoor activities, nature centers for learning about Indiana’s history and natural resources, and delicious dining and

restful lodging at our inns.”

Campgrounds are open, with comfort stations open and water on for the season. A 25% discount is available Sunday-Wednesday through May 14 using the code SPRING25. Some restrictions apply. Beginning April 30, campers can reserve a site at camp.IN.gov until 11 p.m. ET on day of arrival. In the past, 2 p.m. ET was the cutoff.

Check out Indiana State Park Inns’ Spring special, which includes 25% off the best available rate when booking two consecutive nights through May 22. Complete inns information and some restrictions are listed at IndianaInns.com.

Many activities are on tap for the weekend, including a fungi walk at Indiana Dunes State Park, a campfire

building class at Chain O’Lakes State Park, and a talk featuring ways to invite hummingbirds to your backyard at Fort Harrison State Park. All Indiana State Parks programs and events during Welcome Weekend and beyond are listed at calendar.dnr.IN.gov and on each property’s [Facebook page](#).

May 4 is also a Free Fishing Day, as described at on.IN.gov/fishfree.

To view all DNR news releases, please see dnr.IN.gov.

DNR
Indiana Department
of Natural Resources

May 3, 2025

Batty for Bats | Harmonie State Park

Scared of bats? Worried one will get tangled in your hair or decide to move in with you? Don't worry. They've got the scoop on bats! Separate fact from fiction so you can worry less and appreciate MORE about what bats are really good at!

[More Information >](#)

Fire Building 101 | Chain O'Lakes State Park

Learn about how to get (and keep) your fire going and the different types of campfires.

[More Information >](#)

May 3 & 4, 2025

Welcome Back Weekend | Spring Mill State Park

Welcome back to Spring Mill State Park. Enjoy spring camping, hiking, lunch at the Millstone, and the Pioneer Village.

[More Information >](#)

May 7, 2025

Flora Field Day | Monroe Lake

Want to work on your flora identification skills? Field day emphasis is on proper use and application of an ID key, which opens the door to identifying thousands of species. The naturalist will work with each attendee based on their prior experience.

[More Information >](#)

May 10, 2025

Dunes Lion Safari | Indiana Dunes State Park

Join the naturalist to set off on a Lion Safari—ant lions, that is!

Search the dunes for these unique creatures that live in the sand.

[More Information >](#)

May 11, 2025

Beginning Nature Journaling | Pokagon State Park

Learn more about journaling, make a small journal craft, then head out on the trail to begin your journey.

[More Information >](#)

Crafts with Mom! | Indiana Dunes State Park

Make a special gift for your mom or enjoy crafting together!

[More Information >](#)

Mother's Day Tea Party | The Farm at Prophetstown

Treat your mom to a delightful and memorable afternoon at the Mother's Day Tea inside the charming 1920s Gibson Farmhouse. Registration closes on May 7.

[More Information >](#)

May 17, 2025

Star Tour! | Mounds State Park

Join the Muncie Astronomy Society to learn more about the night sky.

[More Information >](#)

May 23, 2025

Earth's Most Venomous Snakes | Brown County State Park

Join for a presentation and discussion about snakes and their venom. Learn what types of venom are found in Indiana's four species of venomous snakes and how these snakes compare to the rest of the world.

[More Information >](#)

May 24, 2025

Pokagon Trivia | Pokagon State Park

Pokagon is celebrating 100 years in 2025! Stop by for trivia to test your knowledge about the park.

[More Information >](#)

Floating Campfire | Chain O'Lakes State Park

Meet at the beach and wade out to the fire in the water to roast your s'mores.

[More Information >](#)

Nighttime Neighbors | Clifty Falls State Park

Discover some of Indiana's nocturnal animals and their habits.

[More Information >](#)

May 25 & 26, 2025

Fossil Bed Discovery Hike | Falls of the Ohio State Park

Discover the wonders of the fossil beds, look at Devonian marine fossils, and discuss how they lived, what they ate, and how/why they were preserved.

[More Information >](#)

May 31, 2025

Cemetery Hike | Hardy Lake

Join for a historical hike focusing on the McClain Cemetery.

[More Information >](#)

**View all DNR special
events >**

This Month WITH



May 3, 4, 10, 11, 17, & 18, 2025

Themed Tour: Vincennes and the Founding of the Nation | Vincennes State Historic Site

Vincennes and the surrounding area played a major role in the founding of the U.S. Learn how on this special tour of the sites.

[More Information >](#)

May 3, 2025

Historic Newport Walking Tour | Levi & Catharine Coffin State Historic Site

The historic community of Newport (now Fountain City) was a well-known place of safety for freedom-seekers. Levi and Catharine Coffin were instrumental in providing support, but there were so many others who worked with the Quaker couple to keep freedom-seekers hidden and moving north.

[More Information >](#)

May 8, 2025

Book Club at Angel Mounds | Angel Mounds State Historic Site

You're invited to the first meeting of Angel Mounds' monthly book club—where words come alive, stories unravel, and friendships blossom over the pages of beloved novels! Each meeting, we'll discuss a different book.

[More Information >](#)

May 10, 2025

Spring Loblolly Wildflower Safari | Limberlost State Historic Site

Stroll along the Loblolly Marsh, take a look at the wildflowers and plants in the area, and discuss how people and animals use them.

[More Information >](#)

May 17, 2025

What's the Buzz? Basics of Bee Keeping | New Harmony State Historic Site

Humans have been beekeeping for thousands of years! Learn about the vital role bees play in the world around us.

[More Information >](#)

Music at the Mansion | Lanier Mansion State Historic Site

Bring a chair, grab your dancing shoes, and enjoy an evening of musical entertainment on the Lanier Mansion lawn. Celebrate Madison's talented musicians with performances by the Madison Consolidated High School Band and the Madison Community Concert Band.

[More Information >](#)

Selma Steele Shawl Lecture | T.C. Steele State Historic Site

Discover the secrets of Selma Steele's signature shawl collection with a special presentation followed by a visit to the large studio to see the original shawls on display.

[More Information >](#)

May 22, 2025

Curious Kids: Paint Like T.C. | T.C. Steele State Historic Site

Explore the world around us with hands-on activities, art making, and science exploration designed to help build children's curiosity.

[More Information >](#)

May 23, 2025

Madison in the Civil War | Lanier Mansion State Historic Site

Join for an in-depth walking tour highlighting Madison's role in the American Civil War. Learn how Madison citizens contributed to the war effort and coped with the hardships that came with it.

[More Information >](#)

May 24, 2025

Canal Field Day | Whitewater Canal State Historic Site

Kick off the season at Whitewater Canal with fun games from the past and present. Get ready to compete in classic competitions like "jump the canal," canal boat hauling, battledore, and ball-in-a-cup.

[More Information >](#)

Memorial Weekend Candlelight Tour 2025 | Vincennes State Historic Site

Come explore the Vincennes State Historic Sites by candlelight! Costumed interpreters will lead you through each building, including the Old French House, to talk about the buildings and the people who lived and worked there, and the days of Old Vincennes.

[More Information >](#)

View all Indiana State Museum and Historic Sites events >



May 2025: Tips for well-being

Ready to move more? Find activities you enjoy.

Getting more physical activity is healthy for your heart, lungs and brain. Regular exercise can help reduce stress and help you manage weight, too. But where do you start? Look for activities you enjoy that fit into your daily routine¹.

Rake leaves, clean the house or go for a brisk walk after work. Aim for a pace that revs up your heart rate and breathing. You'll burn a few calories, too.

Try these tips¹:

- Mix it up to keep it up. Change your walking route. Hike a trail with friends.
- Music inspires you to move. Make an upbeat playlist, crank it up and dance.
- Get up from your desk for a 15-minute break. March in place or do planks.
- Join pickup soccer or basketball games at the park. Jump rope with your kids.



Wellness
Webinar*

A moment for movement

Did you know that the average American sits for more than six hours a day? Join us for a quick break to get up and move.

Tuesday, May 20, 2025

10 AM, 12:30 PM, 3:30 PM and 6:30 PM ET

*The wellness webinar classes are not offered in Spanish.

¹CDC. Places to Be Physically Active. Physical Activity Basics. Published May 7, 2024. <https://www.cdc.gov/physical-activity-basics/places/index.html>. Accessed Feb. 21, 2025.

This information does not replace the advice of your doctor. Talk to your doctor before you make any change to your care. Services are provided by ActiveHealth Management, Inc. ActiveHealth Management, Inc. is part of the CVS Health® family of companies. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. ©2025 ActiveHealth Management, Inc.



EMBA

EXECUTIVE MASTER OF BUSINESS ADMINISTRATION

A smiling woman with long brown hair and black-rimmed glasses, wearing a red patterned shirt, sitting at a table with her hands clasped in front of her. A glass of water and papers are on the table.



INDWES.EDU/EMBA • • • • •