



# The Torch

The official newsletter for Indiana state employees

## Weight loss aside, losers gain more in the long run

It started as a way to lose weight and it's ended up with far more benefits than weight loss. Twenty employees of the State Auditor's office formed a Biggest Loser contest, lost more than 200 lbs. in nine weeks and have become a more team-oriented office. And they still have weeks to go on the contest.

But don't let that statement fool you – they are a very competitive bunch. In the past, it was common to for someone to bring in donuts to share or organize an office pitch in. Those days seem to be over, somewhat.

However, in the spirit of competition, one of the 'losers' occasionally will bring in a donut or cupcake or something similar and place it anonymously on a fellow

competitor's desk. But more regularly, Human Resources Director Erin Sheridan will take orders for yogurt parfaits and bring those in. Or someone will share

***"We are losing weight and saving money at the same time."  
- Erin Sheridan, Auditor's Office***

some low calorie goodies. Pitch-ins and people bringing in sweet and calorie-laden foods for the office have pretty much become things of the past.

Instead, each Wednesday, the weekly weigh-in day, each participant strolls up to the scale, plunks down their \$5 weekly fee and gets weighed. There's one exception, anyone who meets five percent of their goal gets a get out of jail

free card one time. That means that for one week they do not pay the \$5 fee.

Each week one of the participants pockets \$25. The person who has the biggest weight loss, percentage-wise, is the lucky recipient.

Any weight gain is assessed \$1 per pound. That money goes into the "Pounds Gained Pot." Right now there is \$68 sitting waiting to be claimed. Once the contest is over, all the names of those who lost at least five percent of their goal and maintained that loss, will be put in a hat. One name will be drawn and that person gets the fat money.

At the end of the 12 weeks, whichever participant loses the highest percentage of weight will be crowned the Biggest Loser and will win the pot of money, which is expected to be around \$700.

Carman Garcia, administrative assistant, said she joined the competition to improve her health. "I am drinking more water, eating more fruit and I have cut back on the amount of ice cream I eat," she confessed. She admitted that she recognizes that as she ages, her metabolism will change drastically and she wants to get in shape now and develop a healthier lifestyle.

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**March 19, 2008** - Governor Mitch Daniels is joined by Speaker of the Indiana House B. Patrick Bauer, Lieutenant Governor Becky Skillman, Indiana Senate President Pro-Tem David Long and other members of the General Assembly at a signing ceremony for House Enrolled Act 1001 and Senate Joint Resolution 1 at the Statehouse. Seated left to right: Lt. Gov. Skillman, House Speaker Bauer, Gov. Daniels and Long.

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**ENJOY A SPECIAL  
RATE ONLY FOR STATE  
EMPLOYEES!**

**STATE EMPLOYEE NIGHT**  
**SATURDAY, MAY 10<sup>TH</sup> VS. SCRANTON/W-B YANKEES 7 PM**

**TICKETS TO THE GAME INCLUDE:**

- Spectacular Saturday: Dave the Horn Guy performance.

**To order your tickets or for more information, contact Matt Guay at 317.269.3545 ext. 250 or at [mguay@IndyIndians.com](mailto:mguay@IndyIndians.com).**



**BASEBALL Up Close**

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

To receive discount, tickets must be ordered in advance. Tickets ordered within ten days of event will be placed in will call.  
 \_\_\_\_\_ at \$6 per Reserved Seat or Lawn  
 \_\_\_\_\_ at \$10 per Box Seat  
 # of tickets: \_\_\_\_\_ Total \$ \_\_\_\_\_

Payment Options for May 10:  
 Check \_\_\_\_\_ MC \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_  
 Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
 Name on card: \_\_\_\_\_  
 Signature: \_\_\_\_\_

Please send order forms to: Victory Field, Attn: Matt Guay, 501 W. Maryland Street, Indianapolis, IN 46225 or fax to 317-269-3541.

# FMLA announces additional leave for military families

The federal Family & Medical Leave Act (FMLA) has been revised to provide additional leave for family members caring for covered service members injured during active duty. An amendment to the state's FMLA policy/responsibilities and procedures is posted on the State Personnel Department's (SPD) Web site. Other changes in the federal regulations will be made by the US Dept of Labor over the course of 2008. Once those regulations have been changed, the state's policy will be revised accordingly.

Additional leave to care for covered service members became effective Jan. 28, 2008, when President Bush signed into law the National Defense Authorization Act of 2008. This law provides that specified family members may use up to 26 weeks of FMLA during a 12-month period. The time must be used to care for a covered service member of the Armed Forces, including National Guard and Reserves.

The US Dept. of Labor is responsible for developing regulations to implement this law. However, until those regulations are finalized, the state will provide this leave in a manner consistent with the current policy/responsibilities and procedures. The current family-medical leave policy/responsibilities and procedures and this amendment can be found at [www.in.gov/spd/2396.htm](http://www.in.gov/spd/2396.htm).

FMLA leave may be available to employees who are the spouse, child, parent or next of kin of a covered service member. The service member may be undergoing medical treatment, recuperation, or therapy; is otherwise in outpatient status or is otherwise on the temporary disability retired list for a serious illness or injury incurred in the line of duty on active duty. The illness or injury must be

one that renders the service member medically unfit to perform the duties of his/her office, grade, rank or rating. Employees who may qualify for this leave should contact their HR Office or the SPD's Employee Relations Division.

If you have questions, contact Sally Burnell, 317-233-1437; [sburnell@spd.in.gov](mailto:sburnell@spd.in.gov) or Alan Ferguson, 317-234-4829; [alferguson@spd.in.gov](mailto:alferguson@spd.in.gov). You can also log onto SPD's Web site for more information: [www.in.gov/spd/2396.htm](http://www.in.gov/spd/2396.htm).

## New discounts for state employees

Make sure you check the State Personnel Department's Employee Discount page frequently. New opportunities for reduced rates pop up almost daily. In this issue of *The Torch* you will see offers for Indianapolis Indians tickets, summer camps sponsored by the Indiana State Museum and a new offer by My Health Care Manager.

My Health Care Manager (MHCM) is offering state employees health care advisory services for aging parents. This fee-based program will help subscribers in their caregiving role for an aging parent or other loved one.

State employees facing the challenge of balancing work with caring for parents can now access this national eldercare service through MHCM at reduced rates. Employees will be able to privately discuss their concerns by telephone with a health care manager who is an experienced nurse. Information discussed is between you and My Health Care Manager and will not be disclosed to the state.

My Health Care Manager, based in Indianapolis, provides services nationally to older adults and their families. Services range from one-time assistance to on-going support and communication.

Examples of some aging parent issues are:

- What steps can be taken to improve my parents' safety and

health management?

- Can I extend the time my parents live independently in their home?
- How can I know if they are following medical advice and taking their medicines?
- How can we remotely monitor our parents' situations?
- How can a caregiver support plan be developed to assist them and me?
- What are the alternatives to staying in their home and what are the costs?

For more information about the services MHCM provides is available at [www.in.gov/spd](http://www.in.gov/spd) or at [www.MyHealthCareManager.com/StateofIndiana](http://www.MyHealthCareManager.com/StateofIndiana). You may also contact MHCM directly at 800-614-5457.

My Health Care Manager has also established an on-line "Caregiving Community" to provide answers to difficult caregiving questions and provide assistance and support. Each month, MHCM will send members of the "Caregiving Community" an e-mail update which will focus on common caregiving concerns and practical solutions in a quick, easy to read, question and answer format. Additionally, you will receive educational updates on topics ranging from *Improving Family Communications* to *Recognizing Risks and Signs of Depression*. E-mail your questions to [CaregivingCommunity@MyHealthCareManager.com](mailto:CaregivingCommunity@MyHealthCareManager.com). Your e-mail address will not be shared with any other organization.

# April classifieds

## Please respect the following rules when submitting items:

- Ads are limited to state employees only.
- Contact information must include either a phone number with area code (home or cell, no state numbers) or a home e-mail address.
- Submit ads via e-mail to [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov), information must be included in the body of the e-mail, no photos or attachments. No bold or italic type, no ALL CAPS.
- Limit one ad per employee per issue; each ad has a limit of three items.
- Deadline is the 10th of the month prior to the next issue.
- If garage sale, need to list times, date, street address and town.
- No selling of animals; but will list "free" animals.
- No real estate, for sale or rent, including mobile homes, manufactured housing, timeshares, etc.
- No Avon, Mary Kay, vitamins, etc.
- No businesses or professional services (i.e., tax preparation, car repair, etc.).
- Ads will run for one issue only.
- State Personnel Department staff reserves the right to edit and/or refuse any ads.

2005 Mazda M6; charcoal, black int., 4 cyl, pwr windows, cruise, AC excellent condition. \$13,000. 7 person, Royal Spa hot tub; 5K gal., excellent condition, must be able to transport. \$3,000 obo. Contact Myra, 317-339-6907, or e-mail [mymyra@aol.com](mailto:mymyra@aol.com)

Sprint car wing and fuel cell (rear); pieces in very good shape. \$100. Call Rick, 765-653-9544.

2001 Cub Cadet lawn tractor; 14hp, hydrostatic, shaft drive, new battery, utility cart, like new. \$1,200. Call after 5 pm 317-244-2753.

2006 Buick Terraza van; fully loaded: V-6, AT, ABS, cruise, leather interior; power side door, windows, locks & seats; remote start, heated seats w/dual climate control; DVD w/remote & headphones; CD; auto leveling system/compressor; front & rear heat/AC; seats 7; excellent condition. 44K

mi (mostly interstate). \$19,500. Call Terry, 812-344-3247 or 812-372-5804; e-mail [dollareyesracecar@yahoo.com](mailto:dollareyesracecar@yahoo.com).

1998 Lincoln Town car; leather interior, AC, cruise, power windows & seats, new battery, bronze color, 44K mi. \$7,000. E-mail [sandy\\_glover@sbcglobal.net](mailto:sandy_glover@sbcglobal.net) or call 765-654-5233.

Wayne 1/3 HP pedestal sump pump for 12" or larger sump pit; slightly used. \$40. Call 317-738-2991.

1990 aluminum Sea Nymph fishing machine, boat & trailer; 16 ft, 50hp Johnson motor, new 55 lb thrust trolley motor, fish finder, stereo, new seats & carpet, lots of storage. \$3,500. Call 812-579-9269.

2002 Lincoln Navigator; tan leather, authentic wood accents, quad bucket seats w/ 3rd row tip/fold lock up bench, great condition; 62K mi. \$15,900. Call after 4 pm, 317-502-3363.

Need home for two 8-mo. old male Beagle pups. Call Carol Radke, 317-887-9614 or 317-690-0351.

1994 Jeep Wrangler; newer motor & tires, normal Jeep rust. \$3,500 or trade for van of equal value. Call 219-785-2020 or [eacomeno@msn.com](mailto:eacomeno@msn.com)

Whirlpool washer & dryer; excellent condition, heavy duty, 1 yr old. \$360. Call 615-796-5776 or e-mail [galu2712@yahoo.com](mailto:galu2712@yahoo.com)

Glass top kitchen table & 4 chairs; glass is octagonal; frame is wood & brass-colored metal. \$20. Metal bed frame; adjusts to queen or king. \$5. Call 317-513-9476.

KitchenAid stand mixer w/bowl, whip, stander beater & dough hook. \$100. Leave message for Carol, 317-297-7862.

1997 Cadillac Sedan de Ville De'elegance, silver w/ burgundy leather, garage kept, everything works perfect, all body & interior in great shape, Northstar engine, 93K mi. \$4,500. Call Mitch, 317-750-4310 or [mitchvancleave@insightbb.com](mailto:mitchvancleave@insightbb.com)  
Black w/glass entertainment center & sectional black sofas; like new condition, \$500 obo. E-mail [mehulnamrata@sbcglobal.net](mailto:mehulnamrata@sbcglobal.net)

net or call 317-887-1508 after 4 pm.

Carlos Wallin violin & hard case; Brazilwood violin bow & Sandner tuner/metronome, used maybe 20 times, lost interest. \$585. E-mail [costello2005@sbcglobal.net](mailto:costello2005@sbcglobal.net)

Stand-alone wooden dummy (Mook Jong) for martial arts training. \$200. Call Tim, 317-254-1525.

2007 Grand Surveyor travel trailer; 27', sleeps 6, slide-out dinette area, queen bed, radio/stereo, awning, ac/furnace, enclosed belly, used one month. \$15,900. Call 317-883-2775 or 317-727-5993.

Bat Action baseball hitting machine w/ instruction video; adjustable & portable. used one season. \$150 obo. Call 765-544-2438 after 6 pm.

Maytag washer & dryer for sale; good condition; \$175 for both or \$90 ea. Contact Sue, 812-458-6944.

Large older shadow box; mirror back panel, antique white w/ gold trim, mint condition. \$150\* obo. Corner office desk; 2 top shelves, large work space, pull out keyboard drawer & bottom shelf for computer stand, like new condition, wood grain finish. \$125.\* High back managerial office chair w/ arms; black cloth, rollers, floor mat, like new condition. \$125.\*  
\*Buy corner desk & office chair & receive \$25 off. Buy all 3 for \$50 less. E-mail [shortyclick1@hotmail.com](mailto:shortyclick1@hotmail.com) or call 765-847-5272 after 5 pm.

InStep bike trailer/stroller combination; holds 2 children, collapsible for easy storage. \$50.



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The Torch is available online at [www.in.gov/jobs](http://www.in.gov/jobs).

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## Weight loss aside, losers gain more in the long run

Kathy Frick, procurement and budget, is participating by counting calories and watching her fat intake. She said her greatest obstacle was the first time she stepped on the scales, because, although she has weighed herself in the privacy of her own home, “it takes on different meaning in front of your co-workers.”

The contest has helped Jackie Carr to eat healthier. She chose to follow a Slim Fast routine and often searches for recipes on the program’s Web site.

Sheridan said that some of the competitors have joined fitness centers and at least three are following the Slim Fast program. “Everyone is really good at sharing tips and recipes they have discovered,” she said. One of the biggest changes Sheridan has witnessed is that more people are bringing their lunches, instead of eating out. “We are losing weight and saving money at the same time,” she said.



*Pictured above are some of the Biggest Loser contestants from the State Auditor’s Office. Seated in front is Carmen Garcia. In row two, from left are Colleen Tye, Patricia Armstrong, Beth Memmer, Kathy Frick, Mary Reilly and Jane Cope. Standing in back are Erin Sheridan, Chip Cooper, Stuart Williams, Todd Tande, Terri Lawhorn, Dan Bastin.*

(Continued from pg. 4)

## April Classifieds

19” Samsung SyncMaster 955DF computer monitor; looks brand new. \$45 obo.

Greatland 7-8 person tent w/screen porch; brand new, carrying bag. 16’ x 15’ with 6’ 5” center height, detachable room divider. \$80. E-mail domers70@hotmail.com or call 317-418-0761 (Castleton).

Kirby vacuum w/ attachments; 1974 model, refurbished by Kirby in 2005, works great. \$50. E-mail abblinn@juno.com.

Ladies 14K white gold traditional engagement/wedding ring set. \$3,800 obo. E-mail pureofheart@sbcglobal.net with “RING FOR SALE” in subject line.

2004 Dodge Dakota Quad cab; 4 door, all power, excellent condition, 48k mi. \$10,900. Contact Martha, 317-698-3957, e-mail flqs00@aol.com

2001 Dodge Dakota Sport; excellent condition, grey w/tinted windows, chrome accents incl gas door, reg cab, manual, Pioneer CD player & speakers, soft tonneau cover, tires better-than-average condition, 52K highway mi. \$7,999 obo. E-mail bellbryan@gmail.com or call 574-780-3287.

## Spring into action -- stop smoking

If you are ready to quit, the Indiana Tobacco Prevention and Cessation agency is ready to help you make the leap. The smoking cessation program for May has been scheduled and is waiting for you to register.

Classes will start Wednesday, May 7 and continue each Wednesday in May (14, 21 and 28) from 11 a.m. to 12:15 p.m. The class is free and priority seating is given to state employees.

Classes are held at the Indiana Government Center South, Conference Room 12. The building is located at 402 W. Washington St., Indianapolis.

A minimum of five participants per class is needed, with a maximum of 15. Class size is limited, so register today! Call Lisa Smith to register at 317-221-2084. Or, if there is interest in adding other sites for the classes.

## Get ready to vote

State offices are closed for Primary Election Day, which is Tuesday, May 6. Make sure you take time to vote. In the meantime, here is the 2008 election calendar:

**Apr. 7:** Voter registration closes for the 2008 election

**Apr. 28:** Deadline for absentee-by-mail applications to be received for 2008 primary election

**May 6:** Primary Election Day

**May 20:** Voter registration opens for 2008 general election

**Oct. 6:** Voter registration closes for 2008 general election

**Oct. 27:** Deadline for absentee-by-mail applications to be received for the general election

**Nov. 4:** General Election Day

If you need more information, log onto one or both of these Web sites: [www.in.gov/sos/elections.vote\\_reg.html](http://www.in.gov/sos/elections.vote_reg.html) or [www.in.gov/sos/elections/pdfs/IVIG\\_2008.pdf](http://www.in.gov/sos/elections/pdfs/IVIG_2008.pdf).



## Museum's camps offer kids several summer adventures

Digging through history, identifying mastodons and fiber arts are among the many new adventures your child could experience this summer. All you need to do is register them with the Museum Camp program at the Indiana State Museum. Each camp will engage campers in hands-on activities and encourage creativity and teamwork.

State employees are entitled to discounted member rates for the museum's summer camps **until May 26**. If your child is interested in attending one of the camps, visit the museum's Web site at [www.indianamuseum.org](http://www.indianamuseum.org) for more information on activities, policies and services. Before and after care is available. Pre-registration is required. Call 317-232-1637 to register and be prepared to have a great summer!

### Fiber Arts Camp

June 9 to 13, 9 a.m. – 3 p.m.

Ages 9-13

Cost: \$185 member

Registration deadline: May 26

Fiber Arts camp is a great introduction for creative youths who like to work with their hands. Knitting and crocheting scarves, cross-stitching and quilting are some of the different fiber art techniques campers will discover. In addition, campers will tour the exhibits Quilting Blocks & Binding Threads and Radical Lace & Subversive Knitting to help reinforce the techniques.

### Writing and Performing Your Story

June 16 to 20, 9 a.m. – 3 p.m.

Ages 11-14

Cost: \$185 member

Registration deadline: June 2

Campers will illustrate their own personal story through creative arts of performance and writing. Participants

will be introduced to the variety of ways personal histories are preserved while developing their own story to share at the camp's Performance Party.

### Digging Through History:

#### Archaeology Camp

June 23 to 27, 9 a.m. – 3 p.m.

Ages 9-12

Cost: \$100 member

Registration deadline: June 9

Archaeology Camp lets kids learn what it's like to be an archaeologist through fun, hands-on activities. Campers will get to explore the diverse cultures that have called

Indiana home for the past 12,000 years and understand their technology.

### Picture This! Photography Camp

July 7 to 11, 9 a.m. – 3 p.m.

Ages: 11-14

Cost: \$185 member

Registration deadline: June 23

Campers will challenge perceptions about framing a photograph, learn the history of the art form and create a portfolio during this exciting week. They will expand their photographic skills, process film and experiment with printing their photographs. Each camper needs a non-disposable, non-digital 35mm camera.

### Exploring Nature Camp

July 14 to 18, 9 a.m. – 3 p.m.

Ages: 7-10

Cost: \$100 member

Registration deadline: June 30

The museum joins with Eagle Creek Nature Center to unveil the natural wonders of plants and wildlife in our parks and backyards. Campers will go behind the scenes and discover Ice Age fossils and snake painting and see how we can preserve our natural wonders in the exhibit **Footprints: Balancing Nature's Diversity**.

### History Alive!

July 21 to 25, 9 a.m. – 3 p.m.

Ages: 9-13

Cost: \$185 member

Registration deadline: July 7

See what life was like for Hoosiers from the early 1800s through World War II. By packing their own wagon for the journey west to Indiana, experiencing life as a Civil War soldier and seeing firsthand how the Indiana State Museum preserves the Indiana story through its artifacts, campers will gain a new appreciation of history.

### Animals Past and Present Camp

July 28 to August 1, 8 a.m. – 3 p.m.

Ages: 9-12

Cost: \$210 member

Registration deadline: July 14

Complementing the exhibit Footprints: Balancing Nature's Diversity and in partnership with the Indianapolis Zoo, campers will discover the diversity of animals in Indiana's past, such as mammoths, and compare them to the modern elephant to understand the importance of preserving nature for future generations.



Original artwork  
by Jerry Williams  
- SPD