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 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 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.

(Continued on pg. 5)
STATE EMPLOYEE NIGHT
SATURDAY, MAY 10TH 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.

To receive discount, tickets must be ordered in advance. Tickets ordered within ten days of event will be placed in will call.

# of tickets: Total $
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 FML 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.

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 or Alan Ferguson, 317-234-4829; alferguson@spd.in.gov. You can also log onto SPD’s Web site for more information: 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 or at 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. 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, 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

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.

1998 Lincoln Town car; leather interior, AC, cruise, power windows & seats, new battery, bronze color, 44K mi. $7,000. E-mail sandy_glover@sbglobal.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.


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 eacomeno@msn.com

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

Whirlpool washer & dryer; excellent condition, heavy duty, 1 yr old. $360. Call 615-796-5776 or e-mail 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

Black w/glass entertainment center & sectional black sofas; like new condition, $500 obo. E-mail meluhnamrata@sbglobal.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

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


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 or call 765-847-5827 after 5 pm.

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

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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.

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 abblim@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 or www.in.gov/sos/elections/pdfs/IVIG_2008.pdf.
Museum’s camps offer kids several summer adventures

Digging through history, identifying mastodonts 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 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.

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.