



The Torch

The official newsletter for State of Indiana employees

FEB
2023

Governor Holcomb Details his NextLevel Agenda in 2023 State of the State Address

On Jan. 10, 2023, Governor Eric J. Holcomb Delivered his annual [State of the State Address](#) and detailed the [Next Level Agenda](#) he will pursue in 2023.

“Tonight, I do want to lay out three sets of big goals and how we achieve them,” said Governor Holcomb.

“One, let’s secure Indiana’s place in the economy of the future. Two, let’s transform the delivery of public health access across the state from how it was structurally designed over a century ago. And three, let’s continue to make unprecedented investments in the classrooms of Indiana’s school systems – from pre-K through college and adult learning pathways.”

His legislative and administrative priorities can be found in five key categories:

Health and Wellbeing

The governor will pursue implementation of the Governor’s Public Health Commission recommendations, including a budget request for \$120 million

for state fiscal year 2024 and \$227 million in 2025. Funding will be used to bolster infrastructure, disease prevention, emergency preparedness, child and adolescent health, mental health services, suicide prevention, resources to combat the drug epidemic and more.

Education and Workforce

Gov. Holcomb is proposing statewide investments in tuition support, childhood literacy programs, early learning, higher education, On My Way Pre-K access, support for employer-sponsored childcare, adult education and training programs, and more.

Economic Development

Gov. Holcomb commits to diversifying economic growth opportunities by formalizing a deal closing fund to attract new businesses, bolstering site acquisition efforts, expanding the Manufacturing Readiness Grant

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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

Twitter



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Historic Preservation Month photo contest starts

Get out your cameras and find your favorite historic destination because the Department of Natural Resources (DNR) Division of Historic Preservation & Archaeology's annual preservation photo contest has begun.

The contest has been held since 2005 to promote Indiana's historic resources. It is open to photographers of any age and skill level. All subjects of photos must be at least 50 years old and in Indiana. They do not have to be fully restored. Photos of exclusively natural elements will not be accepted.

Photos can be black and white or color and must have been taken within the last two years. Each photographer may enter up to three images, and an entry form is required for each photo. Images should be emailed to aborland@dnr.IN.gov and must be JPEG files that are 10 MB or smaller. Participants will only be able to send one photo and one entry form per email.

For complete rules and guidelines



2022 color category winner "Stockdale Mill" taken by Carla Hall of Roann.

and for the required entry form, see on.IN.gov/preservationmonth. The contest deadline is April 7.

Follow the DNR Instagram account (@indianadnr) in May. The DNR Division of Historic Preservation & Archeology will be taking over the account for a week and featuring selected photos along with contest winners to celebrate National Historic Preservation Month.

2023 Canstruction Competition winners announced tomorrow!

54 teams competed in the 2023 Canstruction Competition, in hopes of taking home the coveted "Best Structure" and "Most Cans Collected" awards. Our team of special guest judges, made up of the Governor's Office, the Lieutenant Governor's Office, INSPD Director Matthew Brown, and a representative from Second Helpings, are working hard to review all Canstructions and determine which team will be awarded "Best Structure."

Using canned goods, art supplies, and teamwork, the teams got creative and paid tribute to Hoosier landmarks, state initiatives, pop culture, and much more. **Most importantly, State of Indiana employees collected and donated an outstanding 26,563 cans for food banks and shelters across the state, for which we are very grateful!**

Thank you for your generosity in helping us restock the shelves at our local food banks after the holiday season.

Be on the lookout TOMORROW for the announcement of the winning teams!

[Check out all entries here >](#)

Pulse Survey is coming

The Indiana State Personnel Department conducts the Pulse Survey twice a year to give you the opportunity to tell us more about your experience working for the state. We use this survey to ask for your feedback so we can build a culture that serves you while you serve your community.

The Pulse Survey is confidential, and no identifiable information will be shared with your agency or your managers.

Mark your calendars! This spring's survey is open Mar. 1 - Mar. 17.



2023 State of Indiana
**CANSTRUCTION
COMPETITION**



Submit nominations for the 2023 Governor's Award for Environmental Excellence

The Indiana Department of Environmental Management (IDEM) is inviting state agencies and others to nominate those who demonstrate outstanding achievements which positively impact Indiana's environment for the [2023 Governor's Award for Environmental Excellence](#).

This award is one of Indiana's most prestigious environmental recognition honors. The selection process is highly competitive - IDEM is looking for innovative, sustainable and exemplary programs or projects that positively impact Indiana's environment and demonstrate measurable environmental, economic, and social benefits. One award per category is presented each year. Categories include:

1. Energy Efficiency/Renewable Resources
2. Environmental Education and Outreach
3. Five-Year Continuous Improvement
4. Greening the Government
5. Land Use/Conservation
6. Pollution Prevention
7. Recycling/Reuse

Each nominated project must have occurred in Indiana and been implemented in 2021 or 2022. The awards will be presented in September 2023. More information and nomination instructions are available at on.in.gov/excellence. Nominations are due March 6, 2023. Self-nominations are welcome.

In addition, the Partners for Clean



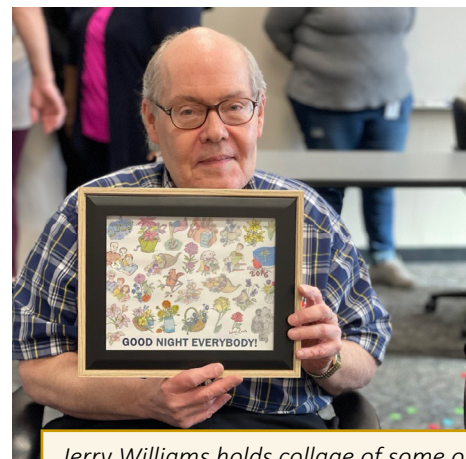
Air of Northwest Indiana (PCA) invites Hoosiers to nominate those who have voluntarily helped to improve air quality in the Northwest Indiana region for the organization's annual Partners in Clean Air Awards. Awards will be presented in three categories: business, municipal and industrial.

PCA will also honor an individual or entity for their efforts to promote or participate in bicycling to work with the Mark Siminski Bicycle Award. Nominations, including self-nominations, may be submitted online at on.in.gov/PCA through March 31, 2023.

Article submitted by the Indiana Department of Environmental Management



The Torch artist of 22 years celebrates his retirement on Jan. 27, 2023



Jerry Williams holds collage of some of his favorite submissions since 2001.

The State of Indiana wishes Jerry Williams farewell as he now embarks on his long-anticipated retirement.

Many state employees may know Jerry as the unforgettable Torch artist whose drawings have been circulated in every one of the 264 Torch editions published since 2001—when The Torch was still called The Interchange.

Visitors to the Indiana State Personnel Department (INSPD) may know Jerry Williams as the friendly receptionist who greets all by name and brings a smile into the office each day.

Whether you've seen his art or had the pleasure of meeting him in person, please join us in wishing Jerry all the best in his many adventures to come!

Click here to see a virtual catalogue of [Jerry's favorite pieces](#), or read [Jerry's story](#) on Employee Central.

2023 Wellness Rewards Program

Last month, the new, simplified Wellness Rewards Program was introduced, replacing the option to earn a premium discount in 2024. In the new program, employees and spouses on the state health insurance plan can each earn up to \$500—\$1000 total, by each completing wellness activities. The new program has 25 activities to choose from, and you can start earning rewards right away by logging into the ActiveHealth portal. The best way to learn more about the new program, and to earn your first \$15 gift card, is to sign up for a Maximize Your Program webinar today.

Remember, gift cards are redeemed in increments of \$50. To earn your first \$50 today, check out this Starter Pack of activities:

- Sign up for and attend a [Maximize Your Program](#) webinar (Earn \$15).
- Complete a Health Assessment (Earn \$25).
- Complete the Invest In Your Health Website Scavenger Hunt (Earn \$5).
- Complete the Optum EAP Website Scavenger Hunt (Earn \$5).

Log in to ActiveHealth to learn more and get started.

The new Wellness Rewards Program prioritizes preventive care, so you can now earn \$200 in gift card rewards for completing an annual physical, \$50 for completing a dental exam/cleaning, and \$50 for completing appropriate cancer screening. Login today to see a full list of rewardable activities.

Since the launch of the program last month, we have identified the following list of frequently asked questions:

Is there a way to earn a premium discount for 2024?

No. The only rewards that can be earned in 2023 are gift cards. However, earners of the 2023 premium discount not only keep their discount this year, but covered employees and spouses can each earn up to \$500 in gift card rewards.

This means that in 2023, employees who combine both the premium discount and the gift card rewards will be able to earn the largest amount in wellness rewards ever.

What will 2024 premiums be?

Health plan rates for the next year aren't determined until Open Enrollment. Look for information on 2024 health plan options and rates in November.

Will there be a tobacco discount next year?

The non-tobacco use incentive is part of the health plan rates. Any options for a non-tobacco use incentive in 2024 will be announced at Open Enrollment. Look for information on 2024 health plan options and rates in November.

I just had preventive care done at the end of 2022, can it count toward my 2023 Wellness Rewards?

Only preventive care completed from Jan. 1, 2023, to Dec. 31, 2023, will count towards the 2023 Wellness Rewards Program.

Are the rewarded preventive screenings free?

Preventive care is not subject to deductible or co-insurance. An annual physical is considered preventive care, so there is no charge to you. Keep in mind providers are required to bill for all services provided during an appointment. If non-preventive care is provided at the same time as the wellness visit, there could be out of pocket costs.

If your cancer screening is considered preventive care, there will be no charge to you. If your cancer screening is considered diagnostic care, then you may incur charges for the screening. Call Anthem at (877) 814-9709 if you have questions.

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2023 Wellness Rewards Program

What documentation do I have to submit to earn the cancer screenings, dental cleaning and eye exam rewards?

In most cases, you don't have to submit anything. When you use your state employee insurance for these services, your provider files a claim with Anthem. Once Anthem processes that claim, Anthem lets ActiveHealth know what preventive care services you've completed, and your activity is automatically completed in the ActiveHealth Rewards Center. You can expect to see your reward within four weeks of your completed service.

If your claim was paid by other insurance, or your provider has not submitted a claim within 30 days, check out the ActiveHealth Rewards Center to see how you can provide documentation to get your reward.

I won't be able to earn the annual physical reward because I have to wait 365 days between physicals.

Our health plans cover one physical every calendar year, so you do not have to wait 365 days from your last annual physical. If your physical is typically later in the year, you can move it up a few weeks and still be covered.

[View the full list of FAQs >](#)

If you have any questions about the new program or other benefits related questions, contact the Benefits Hotline Monday through Friday (7:30 a.m. to 5 p.m. ET) at 317-232-1167 within the Indianapolis area or toll-free outside Indianapolis at 1-877-248-0007, or via email at SPDBenefits@spd.in.gov.

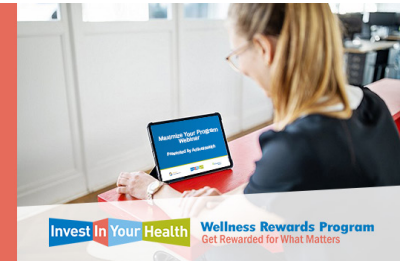
Maximize Your Program webinar

Presented by ActiveHealth

MAXIMIZE YOUR PROGRAM WEBINAR

Earn \$15 in rewards for attending the webinar.

[Learn More](#)



Want to learn more about the [2023 Wellness Rewards Program](#)? The Maximize Your Program presentation is the best place to learn more about the new rewards program and get your questions answered. **Plus, employees and spouses eligible for wellness rewards can each earn \$15 for attending.**

Note: it may take up to two weeks to show this activity as completed in the ActiveHealth Rewards Center.

Upcoming Webinars (all times are listed in Eastern Standard Time)

- Feb. 7: 10:30 a.m.
- Feb. 9: 2:30 p.m.
- Feb. 11: noon
- Feb. 14: 2:30 p.m.
- Feb. 16: 10:30 a.m.
- Feb. 19: noon
- Feb. 21: 10:30 a.m.
- Feb. 23: 2:30 p.m.
- Feb. 28: 2:30 p.m.

[Register for a webinar >](#)

Upcoming On-Site Presentations

Registration is not required to attend an on-site presentation. On-site presentations are only available for employees working at the specific site.

- Feb. 7: 9 a.m. at Indiana Dept. of Health - Labs
- Feb. 8: 9 a.m. at Delaware County DCS
- Feb. 9: 9 a.m. at Indiana Women's Prison
- Feb. 9: 3:30 p.m. at Indiana Government Center South - Auditorium

[View the full on-site presentation schedule >](#)

Note: You must include your date of birth (MM-DD-YYYY) when registering to receive credit for attending the Maximize Your Program webinar. This information is required to match you in ActiveHealth's system.

February ActiveHealth Learning Lab

Join your ActiveHealth coach, Jackie, in a virtual Learning Lab. Each lab lasts just 30 minutes. You can explore topics like healthy eating, being active, getting better sleep and being more mindful. And you can talk about lasting changes you want to make in your daily life.

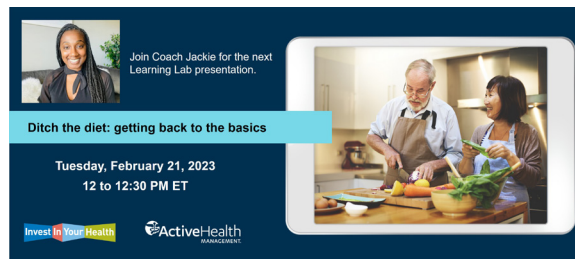
Join the virtual class on Tuesday, Feb. 21 at noon.*

Ditch the diet, getting back to the basics

Trying to find reliable nutrition information on the internet, TV or social media can be overwhelming. It's easy to feel lost. How do you know which diet to choose? And how do you know if it's healthy for you? In the Ditch the diet, getting back to the basics, you will:

- Define what is basic healthy eating.
- Talk about different ways to eat healthy.
- Discuss how your approach to food can affect your health.

Register for Feb. 21 Learning Lab >



**This is a rewardable activity in your 2023 Wellness Rewards Program. Earn \$5 for attending an ActiveHealth Wellness Learning Activity. You can earn up to \$10 per year.*



I registered, trained, and finished the Honolulu 2022 marathon!

Early in 2022, Melissa, my best friend from high school (Class of 1997) and fellow high school track teammate talked me into registering for the Honolulu 2022 Marathon, which takes place in December before Christmas.

Since she lives out-of-state, we usually fly to meet up with each other a few times a year for a half marathon here or there, but never a full marathon. We've been to Las Vegas, Washington DC, New Orleans, Virginia Beach and a handful of other places for races.



Molly McGuire with her medal after finishing the 2020 Honolulu Marathon.

Read the full story on the Invest In Your Health blog >

Story submitted by Molly McGuire, Family and Social Services Administration

Want to see your artwork featured in The Torch?

INSPD is taking submissions!

Are you an artist? Are you the proud parent of an artist? Submit your artwork to be featured in future issues of The Torch.

To be featured, please send a digital copy of your work to SPDCommunications@spd.IN.gov.

Keep an eye out for fellow state employees' artwork!

Have you gotten your COVID-19 bivalent booster shot?

Updated COVID-19 boosters became available on Sept. 2, 2022, for all people aged 12 years and older. This booster contains an updated bivalent formula that both boosts immunity against the original coronavirus strain and also protects against the newer Omicron variants that account for most of the current cases. Updated boosters are intended to provide optimal protection against the virus and address waning vaccine effectiveness over time.

The Centers for Disease Control and Prevention (CDC) recommends that everyone who is eligible stay up to date on vaccinations. The CDC also recommends individuals wait

at least two months after their last COVID-19 booster dose or primary series to receive their next booster.

Eligible individuals can get either the Pfizer or Moderna updated booster, regardless of whether their primary series or most recent booster dose was with Pfizer, Moderna, Novavax, or the Johnson & Johnson vaccine. As per the CDC's recommendations, the new bivalent booster replaces the existing monovalent vaccine booster, therefore the monovalent vaccine is no longer authorized for use as a booster.

Pfizer's and Moderna's updated vaccines are available for individuals as young as 6 months. The CDC



expanded the use to the youngest group of children (age 6 months to 4 years) on Dec. 9, 2022. For children aged 6 months - 4 years who get the Pfizer primary series, the updated bivalent vaccine will be used as the third dose in the series, rather than as a separate booster.

[Find everything you need to know about staying up to date with COVID-19 vaccines, including boosters, here >](#)

“Inspired by the Dunes: Paintings by Frank V. Dudley” exhibition at the Indiana State Museum

The Indiana State Museum will celebrate the work of Frank V. Dudley – as both a landscape painter and a conservationist – with a new exhibition, “Inspired by the Dunes: Paintings by Frank V. Dudley,” Jan. 28-June 25.

Dudley's artwork, inspired by the beauty of the Indiana Dunes, helped to preserve the rare ecosystem where people come to explore, study, enjoy and create. Visitors will see 28 paintings from throughout his career. They'll step into one of his beach scenes, learn about his life and see how his work influenced authors, photographers, poets and artists – including contemporary artist Jason Wesaw, a member of the Potawatomi Nation – who continue

to find inspiration in the Dunes landscape.

The exhibit is free with museum admission, which is \$16 for adults, \$15 for seniors, \$11 for children and \$5 for current college students with an Indiana school ID. For more information, call 317-232-1637.

“The Indiana Dunes is an amazing stretch of shoreline in northwest Indiana that is unlike anywhere else in the state, and Frank Dudley not only created beautiful paintings of it, but he was a tremendous advocate



Moonlight Symphony, oil on canvas, 1956.

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Individual Income Tax Season is here

Individual income tax season opened Monday, Jan. 23. Here at the Indiana Department of Revenue (DOR), we know taxes can be overwhelming, so our team has put together some information to help you prepare your 2022 Indiana income tax return.

Key Dates

- Tax season officially opened on **Monday, Jan. 23, 2023.**
- Tax Day 2023 is **Tuesday, April 18, 2023.**
- Indiana tax returns for those granted extensions are due by **Wednesday, Nov. 15, 2023.**

File Electronically and Use Direct Deposit

- Wait until you have all your official tax records before filing. This eliminates errors, processing delays, refund delays and the potential of needing to file an amended return.
- Electronic filing coupled with online payment and direct deposit will significantly improve the quality and speed of return and refund processing.
- Many state employees can file their taxes electronically for free using [INfreefile](#), the free online tax filing program available to Hoosiers who meet certain qualifications.

Automatic Taxpayer Refund

- While most Hoosiers received their Automatic Taxpayer Refund(s) via check or direct deposit in 2022, many elderly and disabled individuals who did not receive payment may be eligible to claim the \$200 ATR via a tax credit. Visit [DOR's website](#) for eligibility and filing information, which we encourage state employees to share with friends and family who may be eligible.

Be sure to follow DOR on our social media channels (@INRevenue) to stay up to date with important tax news.

Article submitted by the Indiana Department of Revenue

Electronic Form W-2/W-2c

For 2022, you will be receiving a printed Form W-2/W-2c even if you used Employee Self Service (ESS) in PeopleSoft to consent to receive the form electronically. That means that even if you have chosen not to have a Form W-2/W-2c printed by the system, 2022 forms are going to be printed and will be mailed to all employees' current addresses via USPS.

Unfortunately, all previous consents in PeopleSoft had to be removed to allow the printing process to occur. If you want to receive your Form W-2/W-2c electronically in 2023, please use ESS to consent AFTER you have received your printed 2022 form in the mail.

The 2022 forms now appear in PeopleSoft for each employee to view. You can view and print your 2022 Form W-2/W-2c in PeopleSoft and consent to receive your 2023 form electronically by navigating to the Payroll tile in ESS.



Artwork by
Jerry Williams

What's the deal with vesting?

Why it matters and how to earn your vested status in your retirement plan

You've probably heard the phrase "vested status" whispered around your department's hallways, mentioned on your quarterly member statement, or discussed during an INPRS virtual workshop, but what exactly does it mean?

If you're not quite sure what vesting is, how to get there, or why this could be a linchpin in your retirement strategy, don't worry. INPRS will help you understand why vesting is essential in shaping your retirement plan and financial future.

PERF AND TRF HYBRID

Public service workers and educators enrolled in the PERF or TRF-Hybrid Fund, respectively, may be fully vested for a pension benefit after 10 years of service. Some elected officials may be fully vested after eight years of service. Once vested, you are entitled to benefits once you meet the age and service requirements for either early or regular retirement.

You are entitled to full retirement benefits when you are:

- Age 65 with 10 years of creditable and/or eligibility service;
- Age 60 with 15 years of creditable and/or eligibility service; or
- At least age 55 and the sum of your age at retirement and your total years of creditable and eligibility service under PERF equal 85 or more (Rule of 85).

You do not have to work for the same employer, and the jobs do not have to be for 10 consecutive years to reach vested status. Members between ages 50 – 59½ with 15 years of service may be able to retire early, but for a reduced benefit amount. To see if you are eligible, review the "Early Retirement with a Reduced Retirement Benefit" section in your fund's handbook.

PERF AND TRF MY CHOICE

For members of the PERF or TRF My Choice plan, vesting in the value of variable rate contributions varies by length of participation. PERF My Choice and TRF My Choice members must be at least 62 years of age and have five years of creditable service. Below is the vesting schedule for variable rate contributions:

- 20% vested after one full year of participation.
- 40% vested after two full years of participation.
- 60% vested after three full years of participation.
- 80% vested after four full years of participation.
- 100% vested after five full years of participation.



**Under the My Choice plan, you will not receive credit for partial years of service.*

Active PERF or TRF My Choice plan members can access any of the funds they are 100% vested in once they leave service or meet SEA 10 guidelines for in-service distributions. Unvested employer contributions will remain in active members' accounts.

View your member handbook available at <https://bit.ly/memberhandbooks> to learn more about vesting for your specific plan. To check your earned years of service credit or verify your vested status, please contact our Member Advocate Team at (844) GO-INPRS or (844-464-6777) or email us at questions@inprs.in.gov.

LinkedIn Learning: Productivity Pointers

Productivity Pointers.



LinkedIn Learning

Learning to be productive is an invaluable skill to master, and it can be done in just a few minutes a day! This month, we encourage you to reflect on your own productivity skills and identify where potential improvement(s) could be made. Then, complete this LinkedIn Learning calendar which includes videos and activities designed to help you maximize your downtime & beat procrastination once and for all!

LinkedIn Learning is available to all state employees working within agencies that are supported by the Indiana State Personnel Department, (not including contract workers).

For more information about LinkedIn Learning or to activate your free account today, please visit [in.gov/spd/trainingopportunities/](https://www.in.gov/spd/trainingopportunities/) and look for the section titled, "LinkedIn Learning," or contact the SPD Learning & Development team at SPDTraining@spd.in.gov.

College Goal Sunday

INDIANA'S LARGEST FAFSA FILING EVENT
GET FREE HELP
WITH FILING YOUR FAFSA!
FEBRUARY 26, 2023 @ 2PM LOCAL TIME
CollegeGoalSunday.org

On Feb. 26, 2023, College Goal Sunday will take place at 37 locations across Indiana. Please join financial aid experts from all across the state who will be available between 2 - 4 p.m. local time, to help all attendees with filing their FAFSA.

We look forward to seeing Hoosier families all across Indiana on College Goal Sunday!

[Click here for College Goal Sunday locations](#)

Performance Appraisal one-on-ones are around the corner

Your agency's leadership team is working this week to review and approve 2022 Performance Appraisals by Feb. 12. The next step is a one-on-one discussion with your manager. Be on the lookout for more information next week with tools to help you make the most of your one-on-one.

Preparing for Your Performance Appraisal Discussion



In this video, Cam Rowley, Director of Workforce Strategy and Performance, gives a 90-second overview of four priority areas for discussion in your Performance Appraisal one-on-one. Use this video as a guide to prepare for that annual goal-setting discussion with your manager.

Helpful resources

- [Performance Appraisal Discussion Guide](#)
- [Conduct the 1:1 Discussion and Send to the Employee](#) (page 30)
- [Employee Acknowledgement Step](#) (page 32)
- [Manager Acknowledgement and Move to Complete](#) (page 34)

Health Care Literacy Quiz

Test your health care knowledge with this Health Care Literacy quiz. Answer the questions correctly for a chance to win a prize!

1. What do you call the amount deducted from your pay to cover the cost of medical insurance?
 - a. Out-of-pocket maximum
 - b. Deductible
 - c. Co-insurance
 - d. Premium
2. When can you receive preventive medical care at no cost?
 - a. Anytime
 - b. When you see a Tier 1 HealthSync provider
 - c. When you see a Tier 2 HealthSync provider
 - d. Both B and C
3. Maria has not yet met her deductible. She sees her primary care provider for a sick visit. What will she have to pay for the visit?
 - a. Full cost because she's not met her deductible
 - b. Nothing because it's preventive care
 - c. Just 10% coinsurance
4. Once you meet your HealthSync deductible, what is your share of coinsurance when you see a HealthSync provider?
 - a. 10%
 - b. 20%
 - c. 30%
5. The tier you choose determines which of the following?
 - a. Deductible
 - b. Coinsurance
 - c. Out-of-pocket maximum
 - d. All of the above
 - e. None of the above
6. Which of the following can you find on the Indiana State Personnel Department's benefits website?
 - a. Tips to quit smoking
 - b. Information about the Statehouse Market
 - c. Prescription drug coverage
 - d. None of the above
 - e. All of the above
7. On the Invest In Your Health Indiana website, which tab should you click on to get information about the Employee Assistance Program?
 - a. Preventive Care
 - b. Mental Health
 - c. Commit to Quit

[Click here to submit your answers!](#)

Explore the Hoosier Pie Trail!



Find your Pie-oneer Spirit in Indiana - Celebrate 'Pie Day-To-Pi-Day' in 2023 with the Indiana Culinary Trails Passport

From Jan. 23 (National Pie Day) through February (National Pie Month) to Mar. 14 (Pi Day), anyone who checks in at three restaurants on the Hoosier Pie Trail using the free [Indiana Culinary Trails Passport](#) will earn custom "I Only Have Pies For You" socks. Anyone who visits [Mrs. Wick's Cafe](#) in Winchester, IN will be entered to win free pie for a year (one per month) from Mrs. Wick's Pie, lunch, as well as a VIP tour of their factory.

[Learn more about the Hoosier Pie Trail](#)

[View all Indiana Culinary Trail Passport Trails](#)



Feb. 4, 2023

The Life of George Rogers Clark | Falls of the Ohio State Park

George Rogers Clark is an important man in our history. It is widely believed his expertise in the Revolutionary war kept the land north of the Ohio River from becoming part of Canada.

[More Information >](#)

Winter Tree ID Walk | Clifty Falls State Park

Meet at Clifty Shelter to go on a 45-minute easy walk to discover how to identify trees without seeing their leaves.

[More Information >](#)

Feb. 5, 2023

Cocoa and Crafts | Indiana Dunes State Park

Feeling crafty? Come warm up in the Nature Center Auditorium anytime between 1 and 3 p.m. to make a fun craft from items in nature.

[More Information >](#)

Feb. 11, 2023

Photo Scavenger Hunt | Indiana Dunes State Park

Stop in the Nature Center for a fun list with a photo twist. Prizes awarded!

[More Information >](#)

Critter Feeding | Chain O'Lakes State Park

Come to the warm Stanley Schoolhouse for feeding time and learn about our educational ambassadors and their wild relatives that call Indiana home.

[More Information >](#)

Sandhill Saturday | Whitewater Memorial State Park

Join us at Silver Creek Boat Ramp to learn all about sandhill cranes and why they are here this time of year. Bring your binoculars if you have them and dress for the weather. We will provide a spotting scope to view the cranes up close.

[More Information >](#)

Feb. 12, 2023

Valentine Container Garden | Salamonie Lake

Succulent Workshop, bring a friend or your valentine and create a succulent container garden to green up your home.

[More Information >](#)

Feb. 15, 2023

History Beneath Your Feet | Falls of the Ohio State Park

An overview of what archaeologists do and how we learn about the people of the past and their culture. What do archaeologists study in our area? What we have learned about our history and culture from archaeology? These questions will be answered relating to the study of prehistoric people, the historic American settlement and development, and archaeology's role in our present-day culture.

[More Information >](#)

Feb. 18, 2023

Soap Felting Workshop | Mounds State Park

Join felting artist Kylee Eller of Westwind Farm and Fiber and make a wet felted bar of soap with a decorative, needle-felted design

to take home! This workshop costs \$30 per student, which includes supply costs for two bars of handmade goat's milk soap, roving for felting, and needles for the project.

[More Information >](#)

Candlelit Walk | Pokagon State Park

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

[More Information >](#)

16th Annual Polar Plunge | Versailles State Park

Be Bold and Be Cold! Show your support for the Special Olympics by jumping into Versailles State Park Lake in the middle of winter!

[More Information >](#)

Feb. 23, 2023

Fireside Chili Hike | Ouabache State Park

Celebrate National Chili Day at Ouabache! Enjoy a crisp winter hike on one of the park's six trails. After your hike, come to the Lodge for chili served by a crackling fire in our historic fireplace!

[More Information >](#)

[View all DNR special events >](#)

Feb. 11, 2023

Hands-On History: Sweet and Sour Victorian Valentines | Lanier Mansion State Historic Site

Discover different types of valentines that were popular in the 19th century. Then, make your own lovingly sweet or wickedly sour vinegar valentine for your someone special!

[More Information >](#)

Utopian Painting Class | New Harmony State Historic Site

Paint your own unique masterpieces of New Harmony icons during a visit to Utopia. During the first painting class session, view the historic Harmonist Sundial and draw inspiration to create your own colorful sundial on canvas.

[More Information >](#)

Feb. 12, 2023

A Galentine's Tea with the Hygge Gathering | Culbertson Mansion Historic Site

Join The Hygge Gathering at the Culbertson Mansion for a Galentine's Tea. Grab your bestie and cozy up to warm tea, themed snacks and more. Learn about the art of Hygge from Kim Morrison of The Hygge Gathering, and then learn about the gals that lived here at the Culbertson Mansion on a special tour.

[More Information >](#)

Feb. 15, 2023

Into the Case: Behind the Scenes at Gene-Stratton Porter and Limberlost State Historic Sites |

Virtual

In addition to being an author and photographer, Gene Stratton Porter was an avid collector of all things. Get a virtual look into some of the cases inside her Cabin at Wildflower Woods and the Limberlost Cabin while learning about some of the amazing things Gene displayed inside her homes.

[More Information >](#)

Feb. 16, 2023

Restoration Tour | Culbertson Mansion State Historic Site

What has it taken to restore the Culbertson Mansion to its former glory? Find out about the three decades of active restoration during this behind-the-scenes tour. Discover the ongoing work and get a glimpse of restoration in action at the mansion – no hardhat required!

[More Information >](#)

Feb. 17-19, 2023

20th Annual GeoFest | Indiana State Museum

Whether you're a rockhound, a fossil enthusiast, or you just love crystals and gems, there is something exciting for everyone to discover. Explore three days and three floors of rock, mineral, and fossil vendors along with hands-on activities and community partner displays. Meet GeoFest sponsor IMI to do some special make-and-takes and check out a real concrete mixer truck!

[More Information >](#)

Feb. 17, 2023

Hearts of History | Corydon Capitol State Historic Site

Bring someone special or your significant other as we dive into the history of Valentine's Day and holiday traditions while enjoying cocktails. Afterward, find out if your team has what it takes to take top prize in Valentine trivia.

[More Information >](#)

Feb. 25, 2023

The Princess Academy | Vincennes State Historic Site

Little princesses will have a lot of fun learning all things royal (and some real history!) while attending a royal academy! Discover dances and play games, plus enjoy tea time, create a royal craft and receive a royal makeover – complete with a "princess picture" and presentation of crowns.

[More Information >](#)

Maple Syrup Made Easy | Angel Mounds State Historic Site

It's that time of year when sap starts to flow – and time for trees to be tapped to make maple syrup! Discuss native folklore, learn tree identification and find out how to use the equipment needed for syrup collecting and sugaring techniques to make syrup. Plus, get a taste of the final product.

[More Information >](#)

View all Indiana State Museum and Historic Sites events >

Governor Holcomb Details his NextLevel Agenda in 2023 State of the State Address

Program, and increasing the funding of Indiana Destination Development Corporation.

Community Development

Gov. Holcomb will request an additional \$500 million to fund another round of the Regional Economic Acceleration & Development Initiative (READI), continue to expand the state’s trails system and land conservation program, address broadband service gaps, and increase funding for the state’s food bank network from \$1 million to \$2 million each year.

Good Government

The 2023 agenda will include \$160 million budget request to fund the state employee compensation study, as well as funding to complete the new Westville Correctional Facility, a new state archives building, a co-location of the state’s blind and deaf schools, and a new state park inn at Potato Creek State Park.

[View the governor’s full State of the State Address >](#)

“Inspired by the Dunes: Paintings by Frank V. Dudley” exhibition at the Indiana State Museum

for its preservation,” said Mark Ruschman, senior curator of fine arts and culture. “When you think of today’s artists being activists for social causes, that’s very much what he was doing in the 1920s, ‘30s and ‘40s, with the desire to save the Dunes from overdevelopment and the encroaching industries from either side.”

Dudley was born in Delevan, Wisconsin, in 1868 but spent a good portion of his adult life living in Chicago, where he painted mostly landscapes and still-lives. In about 1908, he was introduced to the Indiana Dunes – 17 years before it became a state park – by his brother Clarence, who used to take trips there when it was wide-open land.

Dudley, who became known as “The Painter of the Dunes,” is said to initially have had reservations about the Dunes, but he came around to paint them almost exclusively starting in 1917 till his death in 1957. In 1923, he and his wife Maida, built a cottage at the Dunes and would spend summers there.

A few years after the Dunes became a state park, the cottage became state property and the Dudleys were required to pay rent. In lieu of payment, the state agreed to accept a painting a year as rent. Nineteen of the so-called “rental paintings” are in the Indiana State Museum’s

permanent collection; six will be on display in “Inspired by the Dunes: Paintings of Frank V. Dudley.”

The exhibit also will feature some of the 53 Dudley paintings the state purchased from Maida after her husband’s death, now in the museum’s permanent collection.

“We now have probably the largest collection of Dudley paintings in public or private hands,” Ruschman said. “Since it is such a significant and important part of our collection, this exhibit gives us the opportunity to showcase an important part of our collection and a large selection from it.”

In addition to showcasing Dudley’s art, the exhibit will include an interactive demonstration about the formation of the Indiana Dunes and why they’re ecologically significant. The Dunes became a national park in 2019.

“The key takeaway from this exhibit is that his life was such a remarkable story,” Ruschman said. “He was already a successful painter when he first visited the Dunes, and his paintings continue to inform us about the Dunes ecosystem, preservation and conservation, and the way the Dunes still inspire artists today.”

Article submitted by the Indiana State Museum



INDIANA NATIONAL GUARD

REFERRAL ENLISTMENT PROGRAM

\$1K
INCENTIVE

SIGN
UP
SUBMIT
ENLIST
GET
PAID



ELIGIBILITY

- 18 years of age or older
- Member of the public, veteran, current Guardsman or civilian /DOD employee

RESTRICTIONS

- Employed by Indiana Recruiting and Retention Battalion
- Shares household with Indiana Recruiting Command employee



Your numbers: a message sent from your heart

Are your numbers trying to tell you something? High blood pressure and high cholesterol may not be noticeable to you, but both may raise your risk of heart attack and stroke. Get your blood pressure, cholesterol and weight measured at your next health care visit. Talk over your results with your provider.

They may suggest healthy eating changes to help you lower your numbers¹. Here are some simple tips:

- Reduce sodium. Season with fresh herbs or lemon instead of salt.
- Read food labels. Look for low-sodium canned soups, sauces and stews.
- Get more fiber. Fill up on fresh fruit, veggies, beans and whole grains.
- Skip saturated fats. Spread hummus on toast instead of butter.
- Make meatless meals. Toss pasta with olive oil, veggies and chickpeas.

Wellness Webinar Series

Solving the puzzle: what your numbers might mean for you:

When it comes to your health, numbers say so much. Blood test results, weight and height all offer clues about your long-term risk of heart disease. At this session, we'll discuss why you should know your numbers and provide tips to help keep them in check.

February 21, 2023 | 10:00 AM, 12:30 PM and 4:30 PM, ET

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



1. CDC: "Heart Disease and Stroke." Reviewed Sept. 8, 2022.

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/heart-disease-stroke.htm#:~:text=Leading%20risk%20factors%20for%20heart,unhealthy%20diet%2C%20and%20physical%20inactivity.>



Coach's corner

with **Coach Jackie**, BA

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

Jackie's well-being tips:

Your heart is a muscle. A great way to keep it strong and healthy is to get more active. Try these heart-pumping moves, even in cold weather²:

- Ride a stationary bike or lift weights at home.
- Take a Zumba or Pilates class in person or online.
- Swim at a local indoor pool for a great low-impact workout.
- Go for a walk on sunny days. Snap nature photos.



Hot Artichoke Dip

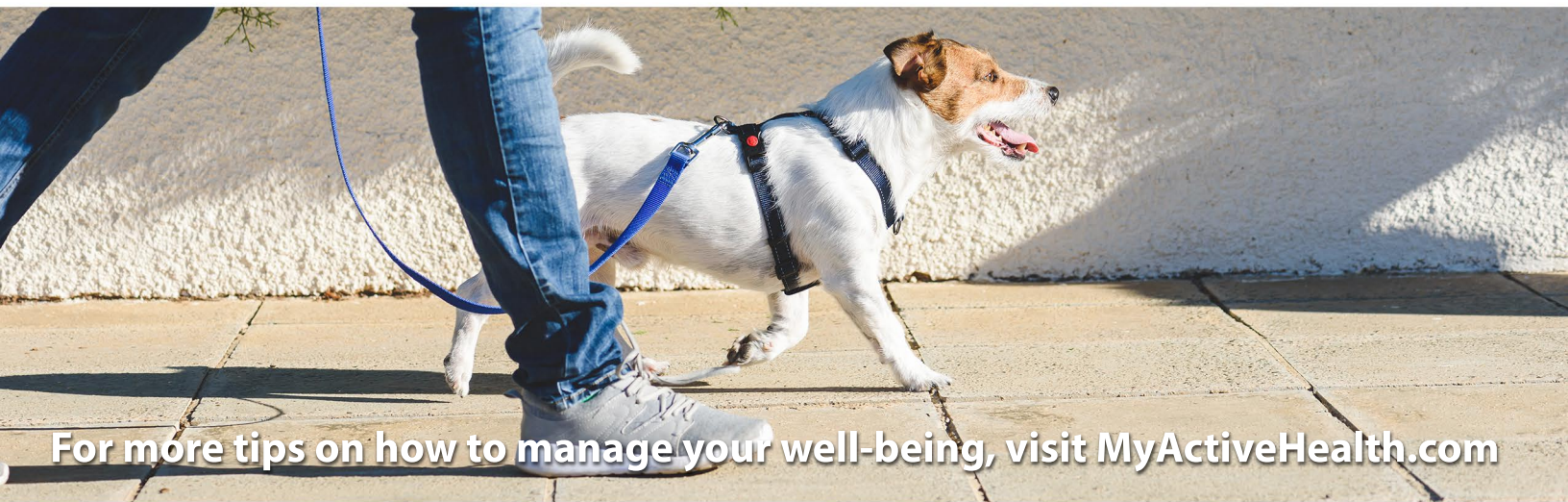
Comfort food never tasted so good for your heart! Here's a lighter version of this classic starter. Garlic and lemon add zing. Try vegan mayo instead of low-fat. Serve with carrots or celery sticks.

MyActiveHealth.com > Resources > Learning Center.

5 steps to curb stress

Ongoing stress can raise your blood pressure³. Try these tips⁴ to keep stress in check even when your tension is high:

- Step outside. Face the sun. Take slow, deep breaths.
- Traffic jam? Flip on upbeat music or a podcast.
- Don't check email before bed. Work can wait.
- Text a friend to grab coffee and talk it out.
- Have a dog? Leash up and go for a long walk.
- Spending time with a pet eases stress, too.



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

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

3. American Heart Association: "How to Help Prevent Heart Disease at Any Age." Reviewed April 1, 2015. <https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>

4. American Heart Association: "3 Tips to Manage Stress." Reviewed Oct. 4, 2021. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

