



# The Torch

The official newsletter for Indiana state employees

April, 2020

## ActiveHealth's work-at-home resource guide



The ongoing steps to curb the spread of COVID-19 have led many state of Indiana employees to work remotely when possible.

How do you establish a routine and maintain the same productivity working at home as you do in the office? The ActiveHealth team has tips for how you can maximize your effectiveness from your "home office."

1. Dedicate a PRIVATE space— Set up for remote work in an unused bedroom, a corner of the master bedroom, a walk-in closet, under the basement stairs- anywhere with a door for your privacy.

2. Noise – Use a sound machine to play quiet nature sounds in the background. A space heater also provides warmth and white noise.

Playing calm music can help put you in "work mode" vs "home mode" as well.

3. Set a morning routine – Set your alarm to give you ample time to prepare for the day. That may be coffee and breakfast with the family, a quick chat with your parents, or a morning walk or other exercise to start the day. Routine is key in prepping your mind to shift to "work time" later. Even if you don't have to keep the same hours you did when you were going into work, try to have a regular routine of going to sleep, waking up, work, exercise, TV-watching, etc. It will help you stay productive.

4. Dress for the day – This might be work attire or athleisure, but do mark the start of your day with a change in clothes. You'll look good, feel good, and be ready to do good.

5. Set time boundaries – Communicate to your manager and team regarding time frames for projects and task completion. Begin working by tackling something work-related, but low effort—like answering straightforward emails, reading an interesting report, etc. That will help turn your attention away from other distractions and toward your work. Then, after you've readjusted, try tackling that high-intensity project.

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The Torch is published monthly by the Indiana State Personnel Department and is available online at [in.gov/spd/2540.htm](http://in.gov/spd/2540.htm).

## Got a story?

Submit your story ideas to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)

## Social media



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Like [@SOIEmployees](https://www.facebook.com/SOIEmployees)



Follow [State of Indiana Employees](https://www.youtube.com/StateofIndianaEmployees)

6. Go outside – Get fresh air at least once a day. Have lunch outside, take a walk or bike ride on your lunch break. Sunlight and fresh air do wonders for everyone, no matter the weather. You'll likely finish the day stronger if you take the time to get outside midday.

7. Change your scenery – If you are used to working in the same place at home, freshen it up with new art, re-arrange your desk, or ask the kids to color some pictures for the wall. A small change can make a mundane location seem fresh again. If you get rid of the things you don't need, don't use, and don't love, you may find that you have more space to create an area in which to work—and you might get a boost in focus, too. It's irrational, but it's true: getting more control over the stuff of life helps make us feel more in control, generally. And we could all use more sense of control these days.

8. Communicate your schedule

– Set a daily schedule the night before so everyone at home has an idea of what to expect the following day(s). Make sure your home daycare provider or spouse or older children know when you have calls or need quiet .

9. Establish “commute time” – The commute home from work is often the time when we decompress and shift toward home life, so build a little time into your work-at-home day for that. It might be a quick 10 minute workout or walk, a call to a friend, or part of a podcast that you normally listened to on the way home.

10. Focus on work – It's easy to be distracted by little messes and tasks around the house. Keep in mind that you wouldn't be seeing those things if you were at the office, so leave the housework for outside of work hours. It will be there later!

11. Be patient – For example,

it's not the time to be rude when someone struggles with technology. These are unprecedented times, and we are all doing the best we can.

12. Have a discussion with your manager – Clearly communicate about altered expectations while working at home.

Can you work with your manager/supervisor to work a split shift?

Communicate with your manager/supervisor frequently as things are changing rapidly

13. Offer 1:1 help to a co-worker – example: if your co-worker is on a long call with a stressed out team member, offer to take the co-worker's next call

14. Help accessing equipment – Discuss with your supervisor and manager the equipment you need to successfully work from home and do the best you can until you can get what you need.

## ActiveHealth health coaches available by phone, webinars offer stress management tips

With numerous aspects of our daily lives changed significantly due to the COVID-19 pandemic, it's especially important to remember that many resources are available to help state of Indiana employees cope with the ongoing public health situation and stay on track with their personal wellness goals.

An ActiveHealth webinar, “Strategies to Cope and Healthy Habits During the Coronavirus Pandemic,” is available to view in the ActiveHealth library of wellness webinars. Additionally, the library contains links to webinars that can help with stress management and the importance of mindfulness, among many other important wellness topics.

Further, with many state employees currently working

remotely, it's good to know that you can continue to progress toward improving your overall health while also earning a premium discount in 2021. Developments related to COVID-19 have led ActiveHealth health coaches to work offsite as well, but the coaches are still available by phone.

Health coaching is available by appointment from 9 a.m. to 9 p.m. Monday through Friday, and from 9 a.m. to 2 p.m. each Saturday. Sessions only take about 15 minutes and may be just the thing to get you focused on your health – and, quite possibly, feeling better immediately – during a break from your at-home workday.

Learn more by frequently checking in at your [ActiveHealth portal](#).

But don't delay! The deadline to complete the activities to earn your 2021 premium discount is Sept. 30.

Stay up-to-date on important information related to COVID-19 with the [Centers for Disease Control and Prevention \(CDC\)](#).







# Feel your best: de-stress!

## Your EASY Program can show you how

April is Stress Awareness Month — and that makes it a great time to learn how to control it. We can't always avoid stress, but we can take steps to stop it from taking over our lives. Your EASY Program can help you recognize the signs of stress, figure out what triggers stress for you and learn how to deal with it.

Log on to [anthemEAP.com](https://www.anthemEAP.com) this month to read these feature articles:

- Resilience: coping with stress
- How to bounce back from stress
- Face stress: get mentally fit
- What to do when things don't go your way at work



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-223-7723 for confidential help — at no extra cost.\*

*¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.*

\* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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# State of Indiana Families First Coronavirus Response Act Policy: Effective 4/1/2020 – 12/31/2020

The Families First Coronavirus Response Act (FFCRA) was enacted into federal law on March 18, 2020 and is effective April 1, 2020 until December 31, 2020.

The FFCRA provides eligible employees Emergency Paid Sick Leave (EPSL) and Emergency Family Medical Leave (EFML) for documented qualifying circumstances.

In response to this new law, the Indiana State Personnel Department (INSPD) has developed the [State of Indiana Families First Coronavirus Response Act Policy](#). INSPD has also developed a corresponding [FAQ document](#), [EPSL](#) and [EFML](#) request forms, and an [updated timesheet guidance document](#). The U.S. Department of Labor has provided a poster to be posted at all worksites. It is available [here](#).

*Employees who work in health care provider or emergency responder positions, as [defined](#) by the U.S. Department of Labor or identified by their agency, are only eligible for EPSL in limited circumstances described below and are not eligible for EFML. **Employees in these two categories of work are providing key and critical services and are necessary to maintain public safety. We are incredibly grateful for their service. The State of Indiana is actively pursuing meaningful, responsible, and relevant ways to further support these individuals.***

To assist with understanding the State of Indiana's FFCRA Policy, a portion of the corresponding FAQ is included below:

**If employees are able to work remotely, should they continue doing so?**

Yes. Employees who are able to complete all or a portion of their job responsibilities remotely should continue to work remotely. Some employees are still required to report to their normal worksite due to the essential functions they perform for their agency.

## **EMERGENCY PAID SICK LEAVE:**

### **Who is eligible to receive EPSL?**

Employees who meet one of the criteria below are eligible for EPSL. There is no waiting period for eligible employees to request the use of EPSL. EPSL is available to part-time, hourly, intermittent, and temporary employees who do not work in a health care provider or emergency responder position, however, the entitlement is based on the number of hours they typically work over a two week period. *Employees who work in health care provider or emergency responder positions, as defined by the U.S. Department of Labor or identified by their agency, are only eligible for EPSL if they meet the criteria under sections b) and c) or if they are under a personal legal quarantine order under a).*

### **What is EPSL?**

EPSL is 80 hours of paid leave for eligible full-time employees due to a need for leave because the employee is unable to work remotely or at an assigned worksite because:

a. The employee is subject to a Federal, State, or local quarantine or isolation order related to COVID-19.

b. The employee has been advised by a health care provider to self-quarantine due to concerns related to COVID-19.

c. The employee is experiencing

symptoms of COVID-19 and seeking a medical diagnosis.

d. The employee is caring for an individual who is subject to an order as described in subparagraph (a) or has been advised as described in paragraph (b).

e. The employee is caring for their child if the elementary or secondary school or place of care of the child has been closed or is unavailable, due to COVID-19 precautions.

f. The employee is experiencing any other substantially similar condition specified by the Secretary of Health and Human Services in consultation with the Secretary of the Treasury and the Secretary of Labor.

### **Is EPSL paid or unpaid?**

EPSL is paid at 100% for eligible employees who meet criteria under sections a), b), or c). EPSL is paid at 2/3rds of your regular pay if you meet criteria under sections d), e), or f). Use of EPSL can be augmented with available accrued leave to achieve 100% pay.

## **EMERGENCY FAMILY MEDICAL LEAVE:**

### **Who is eligible to receive EFML?**

Employees who have been employed with the State of Indiana for at least the last 30 consecutive calendar days, and have a qualifying need, as described below. EFML is available to part-time, hourly, intermittent, and temporary employees who do not work in a health care provider or emergency responder position, however, the entitlement is based on the number of hours they

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## State of Indiana Families First Coronavirus Response Act Policy: Effective 4/1/2020 – 12/31/2020

typically work over a two week period. *Employees who work in health care provider or emergency responder positions, as defined by the U.S. Department of Labor or identified by their agency, are not eligible for EFML.*

### What is EFML?

EFML provides up to 12 weeks of leave to those eligible employees who have a qualifying need related to a public health emergency. This leave benefit ends on 12/31/20, even if you have an EFML balance. A qualifying need means an employee is unable to work remotely or at an assigned worksite due to a need for leave to care for the employee's child, who is under the age of 18, if the elementary school or secondary school or place of care of the child has been closed or is unavailable, due to a public health emergency (i.e., a COVID-19 emergency declared by a Federal, State, or local authority).

### Is EFML paid or unpaid?

The first 75 hours of EFML is unpaid, however, an employee may elect to substitute accrued leave to receive 100% of pay or EPSL to receive up to 2/3rds pay. After the first 75 hours, EFML is paid at 2/3rds of an employee's regular rate of pay; however, in no event shall such paid leave exceed \$200 per day and \$10,000 in the aggregate. Employees may augment this paid leave by using available accrued leave to achieve 100% pay.

### Can I take EFML or EPSL for any missed work time prior to April 1?

No, EFML and EPSL are not retroactive. However, you may have been eligible for the Public Health Emergency paid leave during the pay period of March 22 through April 4; please consult with your manager and HR staff.

During this unprecedented time, the State of Indiana is rapidly responding to new legislation and statewide needs. This rapid response inevitably causes rapid change.

INSPD recognizes it is difficult for employees to adjust to and stay informed of these changes. In partnership with agency leaders and payroll teams, we will continue to support employees through these changes as best as we can.

Thank you for your continued service and commitment during such a challenging time. Your service is more important than ever.

Please take time to review the resources linked in this message. For questions related to this policy, you can contact your manager, payroll team, or HR team for further help.

*This message applies to all executive branch agencies under the authority of the Governor. If you have questions about whether or not this message pertains to you, contact your local HR representative.*

## DNR Customer Service Center closure leads to early discontinuation of bus pass sales

As [IndyGo](#) continues the transition to its new [MyKey](#) fare system, sales of paper bus passes at the [Indiana Department of Natural Resources \(DNR\) Customer Service Center](#) have been discontinued.

The customer service center was due to continue selling paper IndyGo bus passes until March

31, but the temporary closure of the office to the public due to COVID-19 in late March led to an early discontinuation of bus pass sales, DNR Customer Service Center staff explained.

IndyGo bus passes may be purchased online [here](#). Bus passes are also available at the Red Line station at Capitol Ave. and Washington St. in Indianapolis as well as at the main terminal at the Julia M. Carson Transit Center located at 201 E. Washington St., also in Indianapolis.

The customer service center was closed to all walk-in sales March

19. The office may be reached by phone at 317-232-4200 or 1-877-463-6367.



Click [here](#) for licensing needs and [here](#) for state park annual entrance permits and lake permits. These services may also be obtained by calling the DNR Customer Service Center.





# FSSA-DMHA chief of staff offers stress management tips

Employees of the Family and Social Services Administration (FSSA) recently received vital information related to coping and managing stress during the COVID-19 pandemic.

This information is intended to provide connections to helpful resources for FSSA employees as they continue working to assist their fellow Hoosiers during a time of uncertainty and considerable change.

FSSA Division of Mental Health and



Addiction Deputy Director and Chief of Staff Rachel Halleck took time to elaborate on ways FSSA employees and, by extension, all state workers can

get help navigating the ever-changing landscape of public service due to the impact of the novel coronavirus on our day-to-day lives.

## **SPD: What are some of the challenges FSSA-DMHA employees (or FSSA employees in general) are facing due to the pandemic resulting from COVID-19?**

Halleck: All of us are experiencing a multitude of difficulties that compound upon each other to cause a significant amount of stress, even for those of us who feel like we are generally adaptable to change.

- Totally revamping all of our established workflows and communication pathways
- Creating and learning new systems in an inordinately short period of time
- Decreased human interaction

- Loss of income and decreased sense of stability
- Total shift in responsibilities at home for those who live with others
- Emotional contagion from endless stream of anxiety-provoking news
- Feeling the immense pressure to have answers for our stakeholders, when often there is no “right” answer
- Trying to manage day-to-day operations when yourself or your leadership is being pulled in a multitude of directions
- Feeling worried about the real-life consequences that changes in income will have on you and your family

Stress can infiltrate our system in a sneaky manner, below our cognitive radar. Many of us will start exhibiting low level trauma responses over the next few weeks. These will present as variations of our fight, fly, or freeze responses.

You may find yourself:

- Picking fights with your loved ones
- Avoiding responsibilities even if you have enough time to do them
- Feeling overly tired even though you have fewer daily activities
- Having trouble sleeping
- Having difficulty focusing
- Forgetting things
- Noticing changes in your appetite
- Feeling consumed with worry and uncertainty
- Crying more often than usual
- Feeling emotionally disconnected

All of these are common early signs that your mind and body are overwhelmed. It is crucial that you start being intentional about self-care as soon as you start to see these signs in your life

## **SPD: Many resources are available to help employees facing any number of stress-related situations. What do you believe is the most effective way to encourage employees to make use of those resources in times of stress?**

Halleck: Self-care is for *everyone* and it is incredibly important during this time.

Self-care is especially important for those experiencing incredible amounts of struggle or adversity. People who know how it feels to push on to the next day, even when sometimes you wake up and you’re not sure how you’ve made it through. People who might feel a *little* like rolling their eyes when they hear the phrase “self-care.” You deserve to be well.

Ultimately, it is most effective if you identify stress reduction techniques that might be helpful for you *before* you start to feel overwhelmed so that you can practice them before you need them. This is why we have fire drills- if we know the path out of a smoldering situation, we are less likely to suffer long-term scarring.

Think back to the healthy and helpful things you have done in the past to get you through difficult situations – if you reflect intentionally, there were probably many things you did and people you leaned on to offer yourself some additional support while you were feeling shaky. Things that were helpful for you in the past will likely be helpful for you today.

If you are coming up short, commit yourself to trying three things per week to ease the weight on your

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## FSSA-DMHA chief of staff offers stress management tips

mind. Once you find one or two that help offer you some relief, you can add those to your toolbox to use whenever you might need them.

Examples include:

- Make a list of the things weighing on your mind. Circle the things you can control. And then list the top three things you can do to help move toward the most positive outcome
- When you find yourself focusing on the worst possible outcome, force yourself to write down the best possible outcome as well. Tell yourself that both are possible, and that the reality is probably somewhere in the middle.
- Step away from your to-do list, if even for a moment, and know that being task oriented has its place but does not always have to take priority.
- Find an alternative – watching a “terrible” television show, taking a walk, taking a shower, reading, meditating, calling a loved one- anything you can do to take your mind off of the worry for a few minutes
- If you are worried about basic needs for you or your family, call 2-1-1 to see what resources might exist to help. The future feels a lot less overwhelming when we have options.
- Give yourself a treat – this can be anything that you love: a dessert, a moment of quiet without your family present, permission to go to bed early or wake up late
- Practice setting boundaries- say no to helping others if you are struggling to stay

afloat yourself

- Commit to answering honestly when someone is asking you how you are doing
- Try therapy. If you’ve tried it before, try it again!
- Talk with your doctor about medication to help your brain’s chemicals balance out during this wildly stressful time. If you can’t make it at home, store bought is fine!
- Move your body – try a home workout with the plethora of free online options out there. Zumba, yoga, and plyometric exercises are great to try at home.

### **SPD: What are some ways family and friends of healthcare workers can offer support during a time of crisis?**

Halleck: Make sure to reach out, validate, and be ready to listen. Also, be willing to reach out and understand that your loved one may be so emotionally drained that they don’t have the capacity to chat. This is ok too. Keep reaching out. Send them virtual hugs and opportunities for laughter. But also be willing to offer a space where difficult emotions are safely heard and appreciated. You don’t have to have the right answer, you just have to be able to say, “I see you navigating something incredibly hard and scary. I love you and I want to hear about what that’s like.”

### **SPD: How do you believe the work of FSSA can be enhanced, improved, or otherwise changed in a positive manner by lessons learned or adaptations made due to the COVID-19 outbreak?**

The COVID-19 outbreak has forced all of us to quickly implement maximum flexibility in a lot of systems that have historically

been pretty rigid. It’s leading us to use creative thinking and approaches to meet the needs of our community. We have seen huge systems change and develop literally overnight to meet this call.

Once we have stabilized, I think we will realize that social services as we understood them have been changed forever, most often for the better. We will have a chance to look at overnight innovation and determine what was the most impactful and where we can continue to grow to maximize the impact that we have on our teams and community.

### **SPD: If you were to offer one bit of advice to all staff at this time, what would it be?**

Halleck: Give yourself and others grace and offer benefit of the doubt. This is not the time to beat yourself up because your kids aren’t following the perfect homeschool routine, nor is it the time to be angry with your colleague because they left you off an important email. We are all doing all we can to juggle a million different responsibilities while navigating deep psychological stress. It’s not about *if* we are going to drop the ball on something, it’s about *when* it’s going to happen. And that’s ok. This is the time to come together and offer forgiveness instead of frustration when things aren’t perfect.

If you are a leader, it is critical that you strive to offer hope, validation, and a foundation to your team. Structure and predictability are more important than ever. It is important to project a “we *will* figure this out together” mentality to your team, rather than contributing to the worry they are likely already feeling. Communicate more regularly than usual and ask your team members how they are doing and what they need.

Above all else, take care of yourself.

# Indiana Historical Bureau calls on state employees to chronicle experiences, life changes due to COVID-19

The [Indiana Historical Bureau](#) (IHB), a division of the Indiana State Library (ISL), has initiated a project called *Chronicling COVID-19*.

IHB is interested in how its work has changed throughout the past few weeks, how state employees are adapting to working from home, what's new/what's good/what's challenging/what's different, and what funny things

have happened related to your new "coworkers/colleagues" (i.e. kids and pets)? What's changing for you each week, and what do your new work spaces look like?

This is all historical information future Hoosiers will be incredibly curious about and IHB feels it should be documented. Many history-based organizations are orchestrating various collection

drives related to the pandemic, but IHB's *Chronicling COVID-19* focuses on the experiences of Indiana state employees.

If your agency is interested in participating, contact Dr. Michella Marino, IHB deputy director for more information at [mmarino@library.in.gov](mailto:mmarino@library.in.gov) or 317-617-5765.

## LinkedIn Learning offers courses to help manage stress, time, and working from home

With the current public health situation related to COVID-19, there have been many changes to everyday life. Whether you are an essential employee in the field or an employee working remotely, our work lives have been altered and it's normal to feel overwhelmed and stressed.

LinkedIn Learning offers a variety of courses that can help you navigate some of the most common challenges workers are experiencing during these times. Follow the links below to access recommended courses.

- [How to manage feeling overwhelmed](#)

- [Managing stress for positive change](#)
- [Leading at a distance](#)
- [Time management; working from home](#)

New to LinkedIn Learning? No problem. Click [here](#) to get started.



### TIPS ON HOW TO STAY PRODUCTIVE WHEN WORKING FROM HOME

- Designate a workstation
- Make a list of tasks you need to do by the end-of-day
- Don't get distracted by house chores
- Communicate to friends, family, roommates that you're working
- **Learn something new**
- Take a lunch break (one hour)
- Get up and stand every hour for five minutes
- Decompress after a long day working from home



Search for these courses in LinkedIn Learning today!



For more information about LinkedIn Learning, including help accessing your account, visit [www.in.gov/spd/2331.htm](http://www.in.gov/spd/2331.htm).





# New grants aimed at preserving Indiana women's history

Lieutenant Gov. Suzanne Crouch, who serves as chair of the Indiana Women's Suffrage Centennial Commission, in March announced a new grant program that will give Main Street communities the opportunity to preserve locations that highlight women's history across Indiana.

"We're excited to provide a new way to empower Main Street communities to discover, preserve and activate locations that shine a light on women's history in Indiana," said Crouch. "We want to capture how women have led and shaped their cities and towns. The goal is to find the inspiring and hidden places and stories that can be shared for generations to come."

Main Street communities may apply for the grants through May 15 at [www.IndianaSuffrage100.org](http://www.IndianaSuffrage100.org). Projects should be tied to women's history in Indiana but do not need to be related to women's suffrage. Full grant guidelines are posted on the website.

Keira Amstutz, president and CEO of Indiana Humanities, said the women's suffrage centennial provides the perfect backdrop to bring more attention to women's history.

"We are humbled and proud to have this opportunity to fund and amplify the preservation of Indiana women's history," said Amstutz, who also is a member

## Stay up to date with COVID-19 news

- [2019 Novel Coronavirus \(COVID-19\)](#)
- [Indiana State Department of Health](#)
- [Governor Eric J. Holcomb](#)

## Helpful resources

### Anthem Resources

- [Anthem Employee Assistance Program \(EAP\)](#)
- [Anthem NurseLine](#)
- [LiveHealth Online](#)
- [211.org](#)

### General Resources

- ISDH COVID-19 Call Center—877-826-0011 (open 24/7)
- Contact the INSPD Benefits Hotline – 317-232-1167 (Indianapolis area), 1-877-248-0007 (toll-free outside Indianapolis)
- Disaster Distress Helpline – 800-985-5990, or text "TalkWithUs" or "Hablamos" to/al 66746.
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline – 800-662-HELP
- National Suicide Prevention Lifeline - 800-273-TALK or 888-628-9454 (español)



Preserving Women's Legacy Grants will support historic preservation work, public art and other projects that commemorate Indiana women's history and promote visits to Main Street communities. These projects will provide a lasting legacy of the state's commemoration of the 100<sup>th</sup> anniversary of women winning the right to vote.

The grants are a project of the Indiana Women's Suffrage Centennial, presented by Indiana Humanities and the Indiana Office of Community and Rural Affairs (OCRA), and will provide matching funds of \$15,000 to \$40,000 to selected community applicants.

of the Indiana Women's Suffrage Centennial Commission. "We're delighted communities across Indiana will have the chance to receive funding to recognize their own momentous places and events."

Indiana Humanities partnered with the Office of Community and Rural Affairs to design and administer Preserving Women's Legacy Grants.

For questions about the grants, contact George Hanlin, director of grants at Indiana Humanities, at [ghanlin@indianahumanities.org](mailto:ghanlin@indianahumanities.org) or call 317-616-9784.



# IHS calls for ‘COVID-19 collection’ to document this point in Hoosier history

The Indiana Historical Society (IHS) has collected many items throughout its 190-year history, but it’s a rare occurrence to be able to collect history in real time.

Jody Blankenship, IHS president and CEO, is calling on Hoosiers to help document the COVID-19 pandemic.

“We want to collect your voices, images, writings and stories to preserve for future generations,” Blankenship said. “We want to hear how you, your family, and your community are experiencing and living in this ‘new normal.’”

IHS set up an online tool that will allow Indiana residents to

share stories, photos, and other items “so future generations can understand what this experience was like for Hoosiers.”

Learn more about the initiative at the **Documenting COVID-19 in Indiana** web page.

This catalog of the uncertain times in which we live could be of great interest to future generations.

“Future researchers and visitors to the Indiana Historical Society will have you to thank for sharing a part of your lives with them as they work to understand our current lived experience,” said Blankenship.



For more about the Indiana Historical Society, click [here](#).

## Indiana Dunes State Park 5K postponed to October 17

In response to current events, along with Governor Holcomb’s order for hoosiers to stay home in fight against COVID-19, the 5K event at Indiana Dunes State Park has been postponed. The Invest In Your Health Indiana team and the Department of Natural Resources

at Indiana Dunes State Park have rescheduled the 5K event for Saturday, October 17, 2020. We hope you are able to join us on the new date.

As of right now, all other Run the State events will take place as originally scheduled.

You can also stay tuned to [www.InvestInYourHealthIndiana.com/5k](http://www.InvestInYourHealthIndiana.com/5k) for additional updates about the 2020 Run the State 5K and Hike Series.

### 2020 Run The State 5K and Hike Series Schedule

- [June 27 – 5K at Ouabache State Park](#)
- [July 11 – Hike at Spring Mill State Park](#)
- August 15 – Hike & 5K at Fort Harrison State Park (registration opening soon)
- [October 17 \(rescheduled\) – 5K at Indiana Dunes State Park](#)

For more information about the Run the State series, visit: [www.InvestInYourHealthIndiana.com/5k](http://www.InvestInYourHealthIndiana.com/5k)

A promotional poster for the 2020 Run the State 5K and Hike Series. The top half has a dark blue background with white and yellow text. It says "2020 RUN THE STATE 5K AND HIKE SERIES". Below this is a table of events. The bottom half of the poster shows a group of runners on a path. A "Learn More" button is in the bottom right corner.

<b>POSTPONED</b>	<b>INDIANA DUNES STATE PARK 5K</b>
<b>JUNE 27</b>	<b>OUABACHE STATE PARK 5K</b>
<b>JULY 11</b>	<b>SPRING MILL STATE PARK HIKE</b>
<b>AUG. 15</b>	<b>FORT HARRISON STATE PARK 5K &amp; HIKE</b>



# Do your civic duty! Complete the 2020 census survey

The U.S. Census is a self-response survey. This means that we, the American public, are responsible for the data we submit about ourselves. The census is taken only once every decade. It's important that Hoosiers participate, because it makes a real difference in our communities.

The census takes a once-in-a-decade snapshot of our household data and uses it to create a

demographic point as part of the larger picture of the social make-up of the United States.

Census data drives dollars for education, housing, health, public safety, and more. It shapes Indiana's future. The data collected by the Census Bureau impacts how we respond to pandemics like the current one. Census data is kept anonymous; this way, we can't know what our neighbors

answered on the census, but the data can still be used to make important decisions about our neighborhoods.

If we neglect filling it out, an enumerator can visit our home to help us complete it. The 2020 Census field operations will still send out enumerators, but because of COVID-19, we have an extra four weeks to fill out on our own.

You can complete the census safely from your own home online at <https://my2020census.gov/> or by phone at 1-844-330-2020. Please visit the Census in Indiana website for updates and outreach resources for your communities, home-based and online.

If you have questions about the 2020 Census or need assistance with 2020 Census outreach, contact the [Indiana State Data Center](#).



## New statewide map available for Hoosiers seeking food assistance during COVID-19 pandemic

The Indiana Family and Social Services Administration (FSSA), in partnership with the state's food banks, the Indy Hunger Network, and Feeding Indiana's Hungry, has developed a statewide, interactive map that will help Hoosiers seeking food assistance find what they need.

[The map is online here](#), and will be prominently featured at [www.fssa.in.gov](http://www.fssa.in.gov). The map can be used on desktop/laptop computers and mobile devices.

"Many Hoosiers' situations have changed as a result of our state's important and necessary response to the coronavirus (COVID-19) pandemic," said Jennifer Sullivan, M.D., M.P.H., FSSA Secretary. "We know there is a significant need for families – many of whom have never needed assistance before.

We hope this tool helps them locate resources to meet their food and nutrition needs during this crisis and in the future."

There are two types of organizations shown [on the map](#): food pantries and meal sites.

Food pantries are locations where Hoosiers can pick up groceries to prepare and use at their homes. Meal sites serve packed meals, ready to take home and eat.

Recently, FSSA encouraged food pantries to stay open to keep serving Hoosiers and issued a call for volunteers under age 60 who are able to serve. FSSA is actively working with food pantries, food banks and community kitchens across the state to track which are open and is updating the map accordingly.

