



The Torch

The official newsletter for Indiana state employees

July, 2020

State moves to Stage 4.5 of 'Back on Track Indiana' plan

State moves to Stage 4.5 of ['Back on Track Indiana' plan](#)

Governor Eric J. Holcomb recently announced that the state will modify the Back On Track Indiana plan through at least July 17.

In version 4.5 of the plan, most restrictions will stay in place. Elkhart County will remain fully in Stage 4 until at least July 17. Local governments may impose more restrictive guidelines.

"While most of our health indicators remain positive, our data indicates a need to be extra cautious, which is why we will pause much of our Back on Track roadmap," Gov. Holcomb said. "I urge Hoosiers to maintain vigilance in social distancing and wearing masks so we can continue to reopen our state for business."

Gov. Holcomb has used data to drive decisions since the state's first case of the novel coronavirus in early March and he continues to do so as the state continues a sector-by-sector reset. The state will move to reopen while continuing to monitor and respond to these four guiding principles:

- The number of hospitalized COVID-19 patients state-wide has decreased for 14 days.



- The state retains its surge capacity for critical care beds and ventilators.
- The state retains its ability to test all Hoosiers who are COVID-19 symptomatic as well as health care workers, first responders, and front-line employees.
- Health officials have systems in place to contact all individuals who test positive for COVID-19 and expand contact tracing.

To learn more about the different stages and the associated dates to get a better understanding about where we're going as a state, click here to see the full plan: [BackOn-Track.in.gov](#).

The Governor signed an executive order implementing these changes to the Back on Track Indiana roadmap. Gov. Holcomb also signed an executive order extending the public health emergency through Aug. 3. The executive orders can be found here: <https://www.in.gov/gov/2384.htm>.

In this issue

- 1 State moves to Stage 4.5 of 'Back on Track Indiana' plan
- 2 Get a biometric screening, earn a \$100 e-gift card
- 6 Mask-up, Hoosiers! Gov. Holcomb, Dr. Box announce initiative to encourage mask wearing
- 9 Rainy fun at Ouabache sets the stage for 2020 Run the State return

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Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

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Welcome to Health and Wellness Month

Chances are your health has been top of mind for the last few months. The COVID-19

JULY 2020 Health & Wellness MONTH

pandemic has reminded all of us how important it is to take care of ourselves. It takes time and energy to improve or maintain your overall well-being, but you have access to lots of resources to help! Health & Wellness month is an opportunity to reflect on changes needed and creating new healthy

habits. All month long we will be highlighting resources, practical tips, and programs. Stay tuned for the weekly emails!

Visit InvestInYourHealthIndiana.com to find more information on the many health and wellness programs and resources offered by the State Personnel Department.

Get a biometric screening, earn a \$100 e-gift card

Looking for an easy way to get a quick look at your overall health?

Would you like to earn a free \$100 e-gift card?

If you answered “yes” to either (or both), you’re in luck!

Onsite Biometric Screenings have resumed. You can find the most up-to-date schedule through your Rewards Center in [ActiveHealth portal](http://ActiveHealth.portal).

So what’s a biometric screening?

A biometric screening collects measurements such as blood pressure, cholesterol, glucose levels, and body mass index (BMI) to provide a quick check-up on some key indicators of your current health. You will be asked some questions, weighed, measured, and a blood sample will be taken by finger stick or venipuncture depending on the biometric screening location. You will get instant results along with help understanding your measurements. A biometric screening is not a substitute for a regular check-up with a doctor, but is a great way to see if you are on track or need to follow up with your doctor between regular doctor visits.

Onsite screenings will occur through October at designated state of Indiana work locations. A team of technicians will complete your screening during a 15 minute appointment. View the schedule of onsite biometric screenings here.

CVS Minute Clinic, Quest Diagnostics, or your primary care provider are also options to complete your biometric screening.

So what about the gift card? Glad you asked!

Employees and Spouses on SPD sponsored medical plan can earn a \$100 e-gift card for completing a

biometric screening.

Important note: Results must be visible in the ActiveHealth portal by Nov. 30, 2020 to earn the \$100 e-gift card. It can take up to four weeks to process completed forms. Submit your form by Oct. 31, 2020 to make sure it is processed in time to earn the e-gift card!

Learn more at <http://www.investinyourhealthindiana.com/biometric-screening/> and check out the [biometric screening guide](#) for detailed information on how to schedule and complete the appointment and qualify for your gift card.



Biometric Screening

Pick the option that works best for you.

Employees and spouses eligible for the **ActiveHealth program** earn a \$100 e-gift card for completing a biometric screening.



Onsite Screening



Partner Site Screening



See Your Doctor

Two chances to try out virtual yoga this month!

It's Health and Wellness Month, and now is as good a time as ever to try a FREE yoga session!

Sign up below to join the July 17 and July 24 virtual yoga classes. Each session is open to all, whether you're a yoga novice or well on your way to becoming a full-fledged yogi! It's fun and relaxing for all.



Each class lasts from noon to 1 p.m. and will be live-streamed to all participants. Registrants will

be emailed a link to join the class before it begins.

- [July 17 virtual yoga session](#)
- [July 24 virtual yoga session](#)

Have a safe and savvy summer with ActiveHealth's July webinar

As summer heats up, get the facts on skin cancer and sun safety to keep you and your family safe this summer.

The webinar, A Safe and Savvy Summer, takes place at 10 a.m., 12:30 p.m., and 4:30 p.m. July 21.

Click [here](#) to register.



GRAB YOUR TEAM, GET YOUR STEPS

FOR THE CHANCE TO WIN A \$25 AMAZON GIFT CARD!



Challenge details:

- July 13 - 26
- Form your team of 2 - 4 people
- Only steps from a fitness tracker connected to the step challenge portal will count
- All teams who reach the 560,000 step goal will be entered into prize drawing

5 tips to get started:

1. Take the stairs
2. Walk during phone calls
3. Park further away
4. Schedule a walking meeting
5. Take walks on your day off

Questions? Call 317-537-9764



Stay safe and healthy this summer

As you and your family enjoy backyards, beaches, playgrounds and parks, keep these tips in mind.¹

Stay sun safe.

Avoid overexposure to the sun with sunscreen, hats and sunglasses. Remember, the sun's rays reflect more on sand, water and cement, and can cut through cloudy days.

Beat the heat.

Higher temperatures and increased activity can bring on heat stroke or heat exhaustion. Take extra breaks and drink plenty of water. Avoid alcoholic beverages as well as soda and energy drinks that can dehydrate you.

Be aware of bugs.

Protect yourself with bug repellent from West Nile Virus, Lyme disease and other insect-borne illnesses. Remove standing water like birdbaths where mosquitoes can breed.

Gear up.

Wear a helmet and other protective gear when bicycling, skateboarding and rollerblading.

Practice water safety.

Make sure a lifeguard or another adult is monitoring swimmers.



Wellness Webinar Series

As summer heats up, get the facts on skin cancer and sun safety.

July 21, 2020 | 10:00 AM, 12:30 PM and 4:30 PM, ET

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

1. National Safety Council, "Summer Safety Tips", accessed May 6, 2020, <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>



Coach Latasha
RN, MSN, DCES



Coach's corner

As a Registered Nurse and health coach, Latasha specializes in diabetes education, management and self-care. She enjoys helping others gain control of their health so they can feel safe and secure.

Latasha's well-being tips:

Just 15 minutes of the sun's ultraviolet (UV) rays can damage your skin.² One way to protect yourself is to use sunscreen:

Choose one with at least a 30 SPF. Make sure it offers broad spectrum protection.

Reapply it every two hours. Sunscreen wears off, so you'll also need to reapply after swimming, sweating or toweling off.

Check the expiration date. Sunscreen without a date has a shelf life of no more than three years.



Cold Fusilli Pasta with Summer Vegetables

Put a whole new twist on pasta salad. Find more healthy recipes at: [MyActiveHealth.com](https://www.myactivehealth.com/library/healthy-recipes) > Library > Healthy Recipes.

Spotlight on Skin Cancer

With nearly 5 million treated every year, skin cancer is the most common cancer in the U.S.³ The good news is that it's preventable.

Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer. Even just a few, serious sunburns can put you at greater risk for skin cancer later in life. Since anyone can get skin cancer, it's important to use sunscreen.

Other risk factors include:

- A lighter, natural skin color.
- Skin that burns, freckles or reddens easily in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types of moles.
- A family or personal history of skin cancer.
- Older age.

Stay healthy to be sun smart. Keep in mind that the sun's UV rays are strongest:

- From late morning through mid-afternoon.
- Near the equator.
- During summer months.
- At high altitudes.



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

2. Centers for Disease Control, (CDC), "Sun Safety", accessed May 6, 2020, https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

3. Centers for Disease Control, (CDC), "Sun Safety Tips for Families", accessed May 6, 2020, https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families

Mask-up, Hoosiers! Gov. Holcomb, Dr. Box announce initiative to encourage mask wearing

Governor Eric J. Holcomb and Indiana State Department of Health (ISDH) Commissioner Dr. Kris Box, M.D., FACOG, have announced a statewide initiative to encourage Hoosiers to wear masks to limit the spread of COVID-19.

The #MaskUpHoosiers initiative is launching with videos and photos of state government leaders, celebrities, and Hoosiers from all walks of life sharing their

heartfelt reasons for wearing a mask in public, which is one of the strongest steps possible to limit the spread of COVID-19, saving lives and allowing the state to continue its phased re-opening. Additional photos and videos will be featured as the educational campaign progresses.

Visit www.coronavirus.in.gov/maskuphoosiers to learn more.



Hands-free while driving law now in effect

As of July 1, Indiana law prohibits drivers from holding mobile devices, such as smartphones and tablets, in their hands while driving to reduce distracted driving and improve safety on Hoosier roadways.

The effort to make Indiana's roads safer was a key piece of Gov. Eric J. Holcomb's 2020 legislative agenda and was approved by the Indiana General Assembly with overwhelming bipartisan support. Gov. Holcomb signed the measure into law March 18.

"As drivers, we all have a responsibility to our fellow Hoosiers to limit eye and hand distractions that can result in tragic injuries and deaths," Gov. Holcomb said. "This law is about protecting those who travel our roads and those who build and maintain them by preventing as many crashes as possible through smart education and enforcement."

According to the law, drivers on Indiana roads will be prohibited from having a mobile device in their hands while their vehicles are moving, with the exception of dialing 911 in an emergency. The law permits the use of voice-operated or hands-free technology such as speakerphone, Bluetooth

or headset.

"Drivers need to keep their eyes up, hands on the wheel, and stay focused on driving to keep everyone on our roads safe," Indiana Department of Transportation Commissioner Joe McGuinness said. "The Hands Free While Driving law will save lives by reducing the number of senseless crashes that happen as a result of distracted driving."

Across the United States, serious traffic crashes and fatalities have sharply increased in recent years due in large part to distracted driving. In 2019, Indiana Criminal Justice Institute reported that distracted driving from mobile devices was a factor in at least 1,263 crashes and three fatal crashes. Requiring drivers to put smartphones and other devices away and focus on driving is proven to reduce crashes and deaths. According to the National Highway Traffic Safety Administration, states that have passed hands-free driving laws have seen a nearly 20 percent decrease in traffic deaths in the two years after passing the law.

"Nothing on your phone or tablet justifies taking your focus off the road and putting lives

at risk," Indiana State Police Superintendent Doug Carter said. "Our mission is to educate drivers on the dangers of distracted driving and enforce the hands free while driving law to get every person traveling and working on our roads home safely."

During the first few months with the Hands Free While Driving law in effect, Indiana State Police will focus on educating drivers on the new law and safety benefits of going hands free. However, following the initial education campaign, drivers found in violation of the hands free while driving law can be subject to fine.

Beginning in July 2021, drivers may also have points assessed against their driver's licenses for violating the law.

Hands Free Indiana is a partnership between the Indiana Department of Transportation, Indiana State Police, Indiana Criminal Justice Institute, Indiana Bureau of Motor Vehicles, Indiana Constructors Inc., Indiana Motor Truck Association and ACEC Indiana.

For more information, visit HandsFreeIndiana.com.

2020 census operations continue; self-response deadline extended

Even though the COVID-19 pandemic created [delays in the Census Bureau's 2020 census operations](#), the 2020 census continues to move forward.

It's important to note, however, that it's not too late to participate in the census. U.S. residents now have until Oct. 31 to use self-response methods to complete the forms for their households.

If you haven't participated in the census yet, don't worry! It's easy and it only takes about 10 minutes to complete!

- Go to the Census Bureau's [online portal](#) and enter the Census ID they received in the mail. If they don't have a Census ID, click the button that says Start Questionnaire, then click the link that says "If you do not have a Census ID, [click here](#)" and follow the prompts.

OR

- Call the Census Bureau at **844-330-2020** for English, or at **844-468-2020** for Spanish. For deaf assistance and languages other than English, see [responding by phone](#).

OR

- Fill out the 2020 Census form they received in the mail and mail it back.

It is important to continue providing information about the 2020 census to ensure a complete and accurate count of our communities. This once-per-decade count will determine political representation, federal and state funding and planning decisions for the next 10 years. Find outreach materials on the [Census Bureau's website](#) and [Indiana's 2020 Census website](#).

Click [here](#) to learn more.

Tax season ends July 15! File your taxes for free now!

The 2020 individual income tax season ends July 15.

Don't wait too long to file your taxes, especially if you qualify for Indiana

freefile (INfreefile) with the Indiana Department of Revenue (DOR). If your adjusted gross income was \$69,000 or less in 2019, you may qualify to file both your state and federal taxes for free using DOR certified software. INfreefile provides a faster, easier and secure way to file your taxes. Visit [freefile.dor.in.gov](#) today to see if you're one of the nearly two million Hoosier taxpayers who qualify.



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
- 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)



Artwork by Jerry Williams

You're dedicated to serving your community. *We're devoted to helping you.*

Exclusive scholarship opportunity for State of Indiana employees.

If earning a bachelor's or master's degree is your goal, WGU Indiana can help you succeed. WGU Indiana is an online, nonprofit university created to make affordable, high-quality education more accessible. Earn a respected, accredited degree in education, business, IT, or healthcare on your own schedule.

In celebration of Public Service Recognition Week, WGU Indiana is offering scholarships to four State of Indiana employees.

\$2,500

Eligibility to apply for the **Public Service Recognition Scholarship** valued at \$2,500



Corrie C.
Program Portfolio Manager
WGU Teachers College Faculty

Learn more.

indiana.wgu.edu/recognition
877.214.7014



WRSP Visitor Center reopens to the public

The [White River State Park \(WRSP\)](#) Frank Lloyd Visitor Center has reopened to the public!

As you visit WRSP, stop by the Visitor Center for t-shirts, Indiana and Indianapolis souvenirs, snacks, drinks, and more. There are also WRSP ambassadors who can make suggestions on where to visit or answer questions.

Learn more [here](#) and call 317-233-2434 for more information.



Free outdoor yoga starts soon

White River State Park (WRSP) is excited to partner with SweatNET Indy for Friday Flow Yoga, a FREE outdoor yoga series open to the community.

Classes will be held in Locust Grove, located across from White River State Park's Visitor Center.

Sessions are open to all levels; just bring your own yoga mat or towel and enjoy free yoga classes from 6 to 6:45 a.m. every Friday from July

10 through Aug. 28.

Free parking is available in the WRSP surface lot from 5:30 to 7 a.m. for yoga participants.

The health and safety of park guests and staff are a top priority, and social distancing will be maintained throughout the event. To read more about safety measures visit whiteriverstatepark.org.



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Lovchik receives lifetime achievement award

Dr. Judy Lovchik, PhD D(ABMM), assistant commissioner of Public Health Protection and Laboratory Services for the Indiana State Department of Health (ISDH), will receive the Lifetime Achievement Award from the Association of Public Health Laboratories (APHL) for her work in public health and the impact she has made across the nation.

The award would have been presented this month at APHL's annual meeting, but COVID-19 forced the presentation to be postponed until next summer.

Lovchik's interest in science dates to her early days as a nun and teacher of math and science.

She launched her public health laboratory career in 1983 at the University of Maryland, where she worked in the Pediatric Infectious Disease Laboratory. She served on the faculty at the University of Maryland School of Medicine for 20 years, conducting research on sexually transmitted diseases and viral diagnostics. She directed several clinical laboratories on the campus and for the associated medical system.

After her academic career ended in Maryland, she entered the job market and received a job offer from New York City to create a virology laboratory for the city. The virology lab had been defunded in 1980, but the city

decided to resurrect it with public health funds received in the wake of 9/11 amid fears of an H5N1 avian influenza pandemic.

Indiana lured Judy away from the East Coast in 2007, bringing her in as deputy director of the ISDH Labs and promoting her to lab director in 2008. In 2013, she was named assistant commissioner overseeing a

number of divisions, which then included public health protection, laboratory services, TB prevention, food protection, environmental health, and epidemiology. Today, her commission includes the labs, immunizations, environmental public health, emergency preparedness and lead and healthy homes.

In addition to her role with ISDH, she has served as an associate professor of public health at the IU Fairbanks School of Public Health, has participated in more than 25 invited talks and has written or collaborated on more than 30 journal articles and 40 abstracts.

Dr. Lovchik is a Diplomate of the American Board of Microbiology and is the past president of the Association of Public Health Laboratories and has served on the Council Policy Committee of the American Society for Microbiology and has held other leadership positions in both organizations.

The Association of Public Health Laboratories presents its Lifetime Achievement Award annually to an individual who has "established a history of distinguished service to the Association of Public Health Laboratories, made significant contributions to the advancement of public health laboratory science or practice, exhibited leadership in the field of public health and positively influenced public health policy on a national or global level."



Rainy fun at Ouabache sets the stage for 2020 Run the State return

A drizzly morning didn't seem to bother a small bison herd as they relaxed on the wet ground of an enclosure that appeared to dampen increasingly by the minute Saturday, June 27.

The same could be said of the state of Indiana employees and their families and friends who ran or walked the scenic course at Ouabache State Park. The kick-off event of the 2020 [Run the State 5K and Hike Series](#) turned out to be fun for all involved in spite of some rain and gray skies.

Delayed from its originally planned April start at Indiana Dunes State Park due to the COVID-19 pandemic, the historic former state forest and game preserve managed to offer plenty of fun – and many unique sights to see – for several dozen participants.

Smiles were the order of the day, and if the relaxing bison were any indication of the day's mood, the generally leisurely strolls taken by the participants were fitting

on a dreary day that still exuded optimism for future outdoor events during the ongoing battle against the novel coronavirus.

Social distancing encouraged participants to run or walk at their own pace, and that seemed to be a draw all its own for those who visited the park. After all, there was plenty to see and do.

Deborah Petersen is a frequent visitor to Ouabache, so she's familiar with the quaint surroundings that, even to many in the northeastern part of the state, are something of a hidden Hoosier treasure.

"One of my favorite spots to walk is along the river," said Petersen, referring to the nearby Wabash River. "Ouabache" is the name given to the river by French settlers based on the moniker given to it by the Miami Native Americans who first settled in the area.

Petersen, who recently retired from FSSA, said she planned to visit some friends at a campground. As



Selina Snelling (IDOE) poses with one of Ouabache State Park's many bison.

the rain started to fall, she wasn't disturbed in the slightest.

"I'm ready for anything," she said with a laugh. "I brought an umbrella."

Also ready for whatever the day could bring was young Corbin Wray, who after receiving a medal for completing the 5k from Indiana State Personnel Department wellness coordinator Ashley Martin, excitedly took a couple quick laps around the pavement near the park's Rustic Oak Shelter.

"This is my first real medal," Corbin said excitedly. The boy was accompanied by his father

(Continued on page 12)



Masks? Check. Umbrellas? Check. Smiles? Check... we think. SBOA's Bernadette Kosins was accompanied by a happy group for the June 27 5K at Ouabache State Park. Pictured with Bernadette are James McKinnon, Alex Koontz, Aubrey Doyle, Paige Spratt, and Allison Kosins.

(Continued from page 11)

Rainy fun at Ouabache sets the stage for 2020 Run the State return

Run the State events this season. McGuire currently works for FSSA as a vocational/rehab counselor, operating out of the Muncie office.

They plan to tackle the hike at Spring Mill State Park July 11, then finish another 5K at Indiana Dunes State Park Oct. 17.

Josh and Jill Brown were two other employees who said they enjoyed the first Run the State event of 2020. Josh works for the Indiana Department of Correction (IDOC) as a release specialist; Jill is a program accountant for the Indiana Housing and Community Development Authority (IHCDA). They said they particularly enjoyed watching the bison, who were having a sort of brunch during the 5K. After a relaxing morning in the enclosure, the herd started to move as lunchtime approached giving onlookers a unique view of the massive majestic creatures. They aren't shy about photo ops, and there were several chances to

get a few good snaps of them as part of this season's Run the State [scavenger hunt](#) activity.

All-in-all, it was a cheery start to what promises to be a summer (and early autumn) full of fun for all who join.

Follow the links below to sign up for future Run the State 5K and Hike Series events and check out investinyourhealthindiana.com regularly for important wellness news and tips, upcoming events, fitness center discounts, and much more!

You and your family can find ways to stay healthy all year long – and have plenty of fun doing it.

- [Spring Mill State Park \(July 11\)](#)
- Fort Harrison State Park (Aug. 15) – Registration info coming soon!
- [Indiana Dunes State Park \(Oct. 17\)](#)



Lori Freeman (IDEM) snaps a selfie with her new 2020 Run the State 5K and Hike Series t-shirt.

Chris Ray whose girlfriend Molly McGuire and her children, Rileigh and Joely Bertram, also finished the 5K. The happy group noted that they plan to be part of additional



Molly McGuire (FSSA) is seen here with Chris and Corbin Ray and Rileigh and Joely Bertram. Corbin was especially excited about the medal he received after completing the 5K.