



# The Torch

The official newsletter for Indiana state employees

## Reserve your child's spot in one of the Indiana State Museum summer camps today!

Whether your child's perfect summer means solving crimes, digging up fossils, or designing their own fashion line, the Indiana State Museum has a summer camp that's right for them. Camps begin on June 2 and each week delivers a new adventure based on the museum's outstanding exhibitions and collections. Campers explore topics including forensic science, paleontology, fashion, nature, architecture, history and science fiction for some hands-on, educational fun. All camps are from 9 a.m. to 3 p.m. daily, unless otherwise noted. Before and After Care is available for an additional fee. For registration and information call 317.232.1637.

### History Alive Summer Camp

**June 2 – 6, Ages: 8 - 12**

From how to build a cabin to what Hoosier life was like during the Civil War, campers experience what life was like during the 19<sup>th</sup> and early 20<sup>th</sup> centuries through a series of hands-on activities. Campers "pack" their own wagon for the journey west to Indiana, interact with historical reenactors and characters, and see first-hand how the Indiana State Museum preserves the Indiana story. The cost is \$125 per member and \$150 per non-members. Camp capacity is 30 Register by May 19.

### Crime Scene Indiana State Museum Summer Camp

**June 9 – 13, Ages: 10 - 13**

Pieces of valuable art are missing from the museum! Think you have the skills to find the crooks? Use your powers of deduction to become a super sleuth as you solve this and other mysteries. As the lead investigator on the case, you examine evidence, lift fingerprints and analyze mock crime scenes. Investigators can see how insects can be used at a crime scene, meet professional forensic experts and discover the science behind investigative techniques. The cost is \$125 per member and \$150 per non-member. Camp capacity is 30. Register by May 26.



### Science and Sci-Fi Summer Camp

**June 16 – 20, Ages: 9 - 13**

Can that really happen? Spot the difference between science and science fiction as you explore the science seen in the movies. Conduct

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

## Got a story?

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

Follow us on:



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## Reserve your child's spot in one of the Indiana State Museum summer camps today!

your own experiments in gravity, electromagnets, and slime. Challenge your senses, design skills and sci-fi knowledge. Learn how the science behind science fiction is being studied here in Indiana. The cost is \$185 per member and \$210 per non-member. Camp capacity is 30. Register by June 2.



### Paleontology Camp: The Ice Age Adventure

**June 23 – 27, Ages: 9 - 13**

Discover what it is like to be a paleontologist looking for fossils in Indiana. Uncover the reality of Indiana's missing dinosaur record, and explore our ancient past when mastodon, saber tooth cats and even rhinoceros roamed the state. Investigate material from the Pipe Creek Junior Quarry, looking for actual remains of rhinos, camels and other Ice Age animals. Explore the Ice Age Giants: The Mystery of Mammoth and Mastodons exhibition and the galleries, uncover your inner paleontologist and unearth the secrets to Indiana's past. The cost is \$125 per member and \$150 per non-member. Camp capacity is 30. Register by June 2.

### Build –It Summer Camp

**July 7 – 11, Ages: 9 - 13**

Design your dream city. Participants learn how to build architectural masterpieces, plan their cities and

construct viable bridges. Exploring Indianapolis' architecture and interacting with architects, historic preservationists and civil engineers are a few of the ways campers are inspired while creating a city they can call their own. The cost is \$125 per member and \$150 per non-member. Camp capacity is 30. Register by June 2.

### Indiana Fashion Runway Summer Camp

**July 14 – 18, Ages: 10 - 14**

If you have ever wanted to create your own clothes or make your mark on your closet, Indiana Fashion Runway camp is the place to learn how. Discover how to create your own designs, make a pattern and complete a totally unique garment. Use tools of the trade and explore the museum's collection of clothing and costumes. See if you have the skills to become Indiana's next fashion star! This camp is held from **9 a.m. – 10 p.m.** The cost is \$185 per member and \$210 per non-member. Camp capacity is 20. Register by July 1.

### Exploring Nature Summer Camp

**July 14 – 18, ages: 10 - 14**

Get ready to have a close encounter with the wonders of the natural world. Join the Indiana State Museum and the Earth Discovery Center at Eagle Creek Park as we discover the fossils, plants and wildlife found in our city's parks and backyards. Campers will explore Ice Age fossils, native species and learn how to protect their environment. Campers have the opportunity to put that knowledge into practice at Eagle Creek Park through hiking and exploring pond life before cooling off in a crazy creek stomp! The cost is \$125 per member and \$150 per non-member. Camp capacity is 30. Register by June 30.

### Next Indiana Inventor Summer Camp

**July 21 – 25, Ages: 10 - 14**

Get ready to create, build and construct along side the Maker Camp on Google<sup>®</sup>. Campers can test their maker skills such as building objects that show motion or experimenting with unique resources using everyday household materials to generate fun science based inventions. Along with creating Maker Camp projects, participants learn about Indiana inventors and their contraptions, visit the galleries and explore the museum from behind the scenes. The cost is \$185 per member and \$210 per non-member. Camp capacity is 20. Register by July 7.

- [Download a copy of the summer camps brochure](#)
- [Reserve a spot online](#)

Campers should bring their own non-refrigerated lunches and two snacks. A \$5 sibling discount is available for siblings attending the same camp. First child in a family pays full price and the second receives the discount.

Pre-registration for Before and After care is required:

- Before Care: 8 to 9 a.m., \$20 per week (\$4 per day)
- After Care: 3-5:30 p.m. \$35 per week (\$7 per day)
- Combined care: \$55 per week (\$11 per day)

For registration and information visit [indianastatemuseum.com](http://indianastatemuseum.com) or call 317.232.1637.

## Mental Health is an important part of your overall health

Mental health and mental illness are often used synonymously – but they are not the same. One factor that does play a role in both of these psychological states though is physical health.

It is estimated that only about 17 percent of U.S. adults are considered to be in a state of optimal mental health.<sup>1</sup> Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”<sup>2</sup> Improved health outcomes can often be associated with positive mental health.

Mental illness is an important health problem and is often associated with physical health, as well. Mental illness is defined as “collectively all diagnosable mental disorders” or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning.”<sup>2</sup>

Mental illness accounts for more disability in developed countries than any other group of illnesses, including cancer and heart disease according to the World Health Organization.<sup>3</sup> Mental disorders and chronic conditions, such as arthritis, are among the most common causes of disability in the United States with depression being the most common type of mental illness, affecting more than 26 percent of the U.S. adult population.<sup>3</sup>



conditions, such as diabetes and/or high blood pressure, also.

As more research is being done in these areas, it is important to remember that both mental and physical health have a profound effect on one’s quality of life and general feeling of well-being. Take a moment today and learn more about

how you, a family member or friend might be affected by chronic disease and mental health at the Centers for Disease Control and Prevention.

Although overlooked in the past, research has revealed the link between the overall physical and mental health of individuals. Many associations exist between mental illness and chronic conditions such as cardiovascular disease, diabetes, obesity, asthma and arthritis. One common finding is that people who suffer from a chronic disease are more likely to also suffer from depression.<sup>4</sup>

Evidence has shown that mental health disorders – most often depression – are strongly associated with the risk, development, management, progression and outcome of serious chronic disease and health conditions, including diabetes, hypertension, stroke, heart disease and cancer. This association appears to be caused most often by mental health disorders that precede chronic disease, but the diagnosis and daily challenges of managing a chronic condition may lead to the development of a mental illness, such as depression. Some types of medical therapy for mental illness can increase the risk of developing chronic

### References

1. World Health Organization. Strengthening Mental Health Promotion. Geneva, World Health Organization (Fact sheet no. 220), 2001.
2. U.S. Department of Health and Human Services. Mental Health: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, National Institutes of Health, National Institute of Mental Health, 1999.
3. World Health Organization. Promoting mental health: concepts, emerging evidence, practice (summary report). Geneva, Switzerland: World Health Organization; 2004.
4. Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. Preventing Chronic Disease. Atlanta, GA: Centers for Disease Control and Prevention; 2005.

## Managing your food and your mood

How we feel can often be a result of what we eat. But what we eat can also be due to how we feel. Food and body chemicals interact to keep us going. When our moods change, so do our body chemicals. There are things we can do to manage the foods we eat when our moods change.

Stress often leads to a craving for carbohydrates, because they boost serotonin, which has a calming effect. Low levels of tryptophan can cause a depressed mood, and B-complex vitamins appear to play a role in normal maintenance of mood. Choosing more complex carbohydrates, such as whole-grain products, beans, vegetables, fruits, and other foods rich in B-complex vitamins can help you increase the nutritional content of your meals and snacks.

Overindulging in fatty, starchy or sweet comfort foods will make you feel miserable afterwards. Don't go there when stressed! You'll feel happier when you're working towards good health. However, if you just have to have that favorite "comfort food", be aware of your portions and try not to overeat.

"Afternoon lows" are often a result of poor meal timing or food choices. Space meals three to four hours apart and choose low-fat protein and complex carbohydrates for your meals.

Mood Boosters	Calorie Bombs
<ul style="list-style-type: none"> <li>crisp vegetables w/ dressed-up low fat yogurt or hummus</li> <li>fruit in low-fat yogurt parfait</li> <li>nut bar</li> <li>microwave popcorn (without butter)</li> <li>nuts or soy nuts</li> <li>Lite or Greek yogurt</li> <li>fish and veggie rollups</li> <li>whole-grain crackers &amp; low-fat cheese or hummus</li> <li>small light yogurt smoothie</li> <li>dark chocolate (1 small piece)</li> <li>soy milk</li> <li>warm skim milk</li> <li>fruit w/ low-fat cheese or peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>chips w/ sour cream dips</li> <li>ice cream</li> <li>cheesecake</li> <li>popsicles</li> <li>candy bars</li> <li>cookies</li> <li>cheese spreads</li> <li>cake</li> <li>milk chocolate</li> <li>donuts</li> <li>pop</li> <li>frappuccinos</li> <li>cappuccinos</li> <li>caffe latte</li> <li>sweetened tea</li> </ul>

Other stress relieving foods include: honey, pumpkin seeds, lemon, bananas, potatoes, green tea, garlic, onions, peppers, grapes, turkey, lentils, fish, wheat germ, oats.

Thanks to the [Indiana Academy of Nutrition and Dietetics](#) for this submission.



## Top three reasons to use Castlight

Still on the fence about whether to use Castlight? Castlight is available to State of Indiana employees and their adult family members enrolled in a State of Indiana medical plan. Here are the top three reasons employee are using Castlight:

**Peace of mind** - Even if you don't have an immediate need for Castlight, go ahead and set up your account now. When you need it, you'll be able to access Castlight right away. Even if you're away from a computer, you can access Castlight anytime, anywhere from your smartphone.

**Avoid overpaying for care** - Whether you use a lot of health care or barely any at all, no one likes to pay more for something when they can get it for less somewhere else. The price you pay for the same type of care can vary depending on where you go, so check Castlight before you make an appointment.

**It's a one-stop shop** - Compare your medical options based on quality, price, convenience, experience, and more; review your past and current spending; understand how the Medical Plan works; and find helpful health care savings tips.

Castlight also has a mobile app that allows you to manage your health care on the go. You can look up doctors, medical services, pharmaceuticals and past care information right from your mobile device. Health care has never been more accessible. Castlight Mobile is available for iOS, Android and Windows Phone.

[Click here](#) for more information.



## Download the Express Scripts mobile app

With the Express Scripts mobile app, you can skip the pharmacy trip. From up-to-the-minute order status to a handy “medicine cabinet” to keep track of prescriptions, our app is an on-the-go pharmacy that replaces the runaround with right now!

The Express Scripts mobile app offers eligible members\* the ease and convenience of managing their prescriptions and pharmacy care anytime, anywhere. The app includes the ability to:

- order prescription refills and renewals
- check order status
- locate a pharmacy
- view medications and set reminders for yourself or other household members
- look up lower-cost medication alternatives with the My Rx Choices® prescription savings program
- learn more about the medications you may take
- easily register right from the app
- view alerts about your medication use and get important information to review with your doctors
- use a virtual prescription ID card wherever you use your paper one today



Click the button below to learn more. Or, go to your mobile device’s app store, search for “Express Scripts” and download the app today for free

▶ [Learn more](#)

\*All State Employees who are covered under the state of Indiana health insurance plan are eligible to participate.

## Revoking your Tobacco Agreement

During Open Enrollment, employees electing medical benefits were offered the 2014 Non-Tobacco Use Agreement. This incentive is also offered to newly hired employees enrolling in medical benefits and can be accepted or declined. If accepted, this agreement is a year-long contract with the State in which employees abstain from the use of any tobacco products in exchange for a \$35 reduction in their bi-weekly medical premium. If you accepted this agreement and continue to use tobacco products, your job is at risk. Every employee who accepted the Non-Tobacco Use Agreement is subject to random tobacco testing and could be selected at any point throughout the year. Testing dates and locations are not disclosed in advance and any employee who tests positive could be terminated. If the State receives information that an employee has accepted the Non-Tobacco Use Agreement, but is using tobacco products, they are also subject to testing under reasonable suspicion.

Tobacco and nicotine products are addictive and is difficult to give up. If you have tried to quit, but continue to use tobacco products, you must immediately revoke your agreement in PeopleSoft. To access the revocation request page, login to PeopleSoft and click Self Service > Benefits > Revoke Non-Tobacco Use Agreement. Then follow the prompts to submit the request to revoke your agreement. If you need assistance revoking your Non-Tobacco Use Agreement, please contact the State Personnel Department – Benefits Division at (317) 232-1167 or toll-free at (877) 248-0007.

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## Join the Towpath 10k Dash in May

Join the **Towpath 10k Dash & 5k Fun Run and Walk on** May 17 starting at 8 a.m. The cost is \$25 which includes a t-shirt if you registered by May 1.

Enjoy this flat course along the beautiful Whitewater Canal and Trail; 10K race is certified by USATF #IN10001PR. Metamora is an authentic pre-Civil War historic village located in the rolling, wooded hills of the Whitewater Valley. After the run, plan to spend the day exploring the Ben Franklin III canal boat, a working grist mill and specialty shops. Race begins at the Metamora Grist Mill Park. The run is held at Whitewater Canal State Historic Site, 19083 Clayborn Street, Metamora, IN 47030

[To register online, click here](#), or [email](#) for registration form or information for accommodations. To see a listing of all run/walks held at any of the Indiana State Parks, [click here](#).

## Be aware of the Expiration of your Family-Medical Leave (FML) and recertification

If you have a current Family Medical Leave (FML) approval for intermittent leave you may be wondering what happens to that approval at the end of the fiscal year or what happens if your need for leave may continue beyond June 30.

Indiana state government has designated the fiscal year as the twelve-month period to calculate FML. The fiscal year runs from July 1 through June 30. All FML approval(s) for intermittent leave will expire June 30, with the new fiscal year beginning July 1.

Employees who have an approval for intermittent FML in the current fiscal year (July 1, 2013 through June 30, 2014), and anticipate that the need for FML will continue after June 30 of this year, are required to log-in to PeopleSoft® Self-Service and complete the online request and upload a new Certification of Health Care Provider documenting that need.

Your new FML request must be accompanied by a newly completed Certification of Health Care Provider (CHCP) form that is based on a recent, in-person medical exam. Absences for continuing conditions are foreseeable; therefore, your request and CHCP should be submitted 30 days in advance of the new fiscal year. The CHCP form must be filled out completely by the health care provider and needs to include a description and/or details of the medical necessity for leave and the estimated frequency and duration of absences for which you are requesting leave. Timely submission of the documentation is your responsibility, not the health care provider's. Proper and timely completion of the required forms should reduce the number of requests for additional information and recertifications needed during the year.



Eligibility for FML will be calculated for the new fiscal year, so employees who have been employed less than 12 months and/or who have not worked at least 1250 hours in the immediately-preceding twelve-month period will not be eligible for FML in FY2014/15 until they meet those threshold requirements. Additionally, second and third medical opinions may be required.

What if you need a continuous leave for something like a surgery scheduled in May or June and your recovery will continue beyond June 30? If you receive approval for a continuous family-medical leave that crosses the fiscal year mark, then you do not need to submit new documentation just to support the part of that approved leave that occurs after June. However, if additional leave is needed in the new fiscal year beyond the initial return to work date in the approval; then new requests and certifications must be submitted documenting the changed circumstances.

For more information, including eligibility requirements, forms to be submitted, policies, and FAQs, please visit the SPD Family & Medical Leave page at [www.in.gov/spd/2397.htm](http://www.in.gov/spd/2397.htm). If you have additional questions, please call the FML line at 317-234-7955, or toll free at State Personnel's Call Center: 1-855-SPD-INHR (1-855-773-4647) and choose the FML option.

## Revoking your Tobacco Agreement

Once your request to revoke the agreement is submitted and approved, an increase of \$35 is applied to your bi-weekly medical insurance premiums. Also, any previously discounted premiums in which you received the \$35 incentive are collected, but your employment is secure. For assistance in becoming tobacco free, please contact the Indiana Tobacco Quitline at 1-800-Quit-Now. This free service is available to all Hoosiers seven days a week from 8 a.m. to midnight. The State also offers a variety of smoking cessation resources for those enrolled in our medical benefits.

This information applies to employees enrolled in a medical plan through the State of Indiana and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.



Artwork by  
Jerry Williams



## Free admission during Welcome Back Weekend at State Parks

The Department of Natural Resources (DNR) celebrates spring at state properties during Welcome Back Weekend on May 2-4 with a variety of special activities, plus one day each of free gate entrance for veterans and for State employees.

“We roll out the red carpet for old friends and first-time guests,” DNR Director Cameron Clark said. “This weekend is an invitation to get outside, shake out the tent or set up the camper and make memories with family and friends.”

Information about all DNR properties is available in the [Indiana Recreation Guide](#) and activity details are posted for each property on the [DNR website](#).



*A family walks through a patch of Virginia bluebells while hiking at Turkey Run State Park.*

Active-duty military personnel and veterans can enter Indiana state parks, reservoirs, Ferdinand State Forest, and Deam, Starve Hollow and Redbird state recreation areas for free on Saturday, **May 3**, by showing a military ID, a V.A. card or Disabled Hoosier Veteran license plate, an Indiana veteran’s

driver’s license or discharge papers with accompanying state photo ID. The free admission extends to anyone in the same vehicle.

On Sunday **May 4**, Indiana state employees should show their employee ID badge or a paycheck and other form of photo ID for free admission in the same locations. Free admission also extends to anyone in the same vehicle with the State employee.

This is also a good time to start playing the [SPR GO! Traveling Game](#), where individuals and families can win State Park Inn gift cards, annual passes and Outdoor Indiana subscriptions, or check out the Hoosier Quest program and earn a cloisonné pin for each property visited.



*On March 27 Governor Mike Pence shows off his Garfield tie to pre-K students at DayStar Childcare Ministry. There, the Governor signed into law Indiana’s first State funding for pre-K education, which includes a five-county pilot program that will help approximately 1,500 disadvantaged Hoosier kids have access to quality pre-K. To see more pictures of the Governor, visit [in.gov/gov/2387.htm](http://in.gov/gov/2387.htm).*

### 401(h) program unavailable

A 401(h) pre-tax medical benefit account will not be required for retiring state employees as planned in July. Legislation approved by the General Assembly, and signed by the Governor, makes that program optional.

The Indiana Public Retirement System (INPRS), which administers the program, must gain approval from the Internal Revenue Service (IRS) for the change. If it is not approved, the program cannot be launched, even as an option.

It is likely to take a year or more to receive the IRS opinion. [Please contact INPRS](#) for more information.

## Safe driving

# TXT L8R' social media contest offers \$5,000 scholarships

Instead of making a tragic mistake behind the wheel, Indiana high school and college students are being encouraged to put their smartphones to good use by urging others to "Drive Now. TXT L8R".

The Indiana Bureau of Motor Vehicles, Indiana Criminal Justice Institute, Indiana Department of Labor, Indiana Department of Transportation and Indiana State Police (ISP) have partnered to award \$5,000 scholarships to students who



*Include #TXTL8RIN and the above logo with all your posts.*

compose the most creative and viral social media posts on Twitter, Instagram and Vine.

Keeping one's hands on the wheel and eyes on the road is not just a safe driving practice – it's the law. The majority of text message citations and warnings issued by ISP in 2013 have been for drivers under age 30.

Students may register their public Twitter accounts and read contest rules at [www.txtl8r.in.gov](http://www.txtl8r.in.gov). Entries

must be posted during April, which is Distracted Driving Awareness Month, and use the hashtag #TXTL8RIN. Social media posts that are composed while driving are disqualified.

High school and college entries will be awarded separately, and up to three students may work together on the same social media account. The state will deposit \$5,000 into the 529 college savings plans for the winners of five categories:

1. Twitter – most tweets, retweets and favorites
2. Vine – most likes
3. Vine – most creative
4. Instagram – most likes
5. Instagram – most creative

## Health

# Enjoy the Indiana Black Barbershop health initiative kick-off event

The 2014 Indiana Black Barbershop Health Initiative kicked off Thursday, March 27 at the Indiana Statehouse.

On Saturday, April 5, you can visit more than 50 Indiana barbershops located in the 14 cities listed below from 9 a.m. to 3 p.m. to receive a free health screening and educational materials from trained health care providers.

- Bloomington
- Elkhart
- Evansville
- Fort Wayne
- Gary
- Hammond
- Indianapolis
- Jeffersonville
- Kokomo
- Merrillville
- Michigan City
- Richmond
- South Bend
- Terre Haute

The Indiana Black Barbershop Health Initiative, along with numerous volunteers, seeks to enlighten African American men to better

understand cardiovascular diseases through screening and education. This year's statewide initiative partners include Admiral Medical Supplies, Affecting Cancer Together (ACT) and the Indiana Minority Health Coalition. The initiative also enjoys support from local health and community partners and is thankful for the public engagement in each city.

Recent figures from the Indiana Department of Health show African American men have the highest mortality rate of any group in Indiana. African American men also suffer from prostate cancer at a higher level in



Indiana than any other racial or ethnic group.

This is the fourth year for the annual initiative and from the first year with six cities, the initiative has doubled to twelve cities. The initiative utilizes over fifty barbershops, over two hundred barbers and more than three hundred volunteers. To learn more about the health outreach effort, and to view a complete list of the barbershops involved, please go to [www.in.gov/icssbm](http://www.in.gov/icssbm).



# 2014 FIELD DAYS

## PRESERVE HIKES with PARTNERS

This year the **Division of Nature Preserves** is teaming up with some of our partner organizations and land trusts to hold a series of hikes on nature preserves. We hope you can join us to see some of Indiana's finest natural areas. **Attendance is free—but registration required.**

**PLEASE JOIN US AND HIKE AS MANY AS YOU LIKE OR ALL OF THEM!**

DATE	NATURE PRESERVE	PARTNER	COUNTY
APRIL 12	Wesselman Woods	City of Evansville and INPAWS*	Vanderburgh
MAY 3	Bryan Memorial	INPAWS*	Clinton
MAY 17	Tribbet's Woods and Wells Woods	Oak Heritage Conservancy	Jennings
JUNE 21	Ambler Flatwoods	Shirley Heinze Land Trust	LaPorte
JUNE 29	Mounds Fen	Red-tail Conservancy	Madison
JULY 12	Conrad Savanna	INPAWS*	Newton
AUG 23	Liverpool	INPAWS*	Lake
SEPT 20	Coal Hollow	Friends of Turkey Run SP	Parke
SEPT 27	Seidner Dune & Swale	Shirley Heinze Land Trust	Lake
OCT 11	Blossom Hollow	Central Indiana Land Trust	Johnson

\* Indiana Native Plant and Wildflower Society

For more information and to register, please go to  
[dnr.IN.gov/naturepreserve](http://dnr.IN.gov/naturepreserve)  
 or any of the partner websites.



**DNR**  
 Indiana Department  
 of Natural Resources