

The Torch

The official newsletter for Indiana state employees

August 2019

Haven't Earned Your 2020 Premium Discount? Keep Going!



We are in the final MANAGEMENT: qualification period.
Whichever activity you've

chosen, it must be fully completed by September 30 to have access to the lowest cost premium option next year. If you have a spouse on the plan, make sure they have completed an activity too!

Haven't started yet? This is your LAST chance!

Digital coaching is the only option that can still be started and completed by September 30th. Start today, as it will take at least 6 weeks to reach Level 5. Digital coaching includes completing health education modules and health goal activities through the ActiveHealth app.

You earn hearts with each completed activity, which increases your ActiveHealth level. Reach Level 5, which is 9,000 hearts, by September 30. You can earn a maximum of 120 hearts per day from health goals and a maximum of 800 hearts per week from health education courses. To get started, log in to your ActiveHealth portal, www.myactivehealth. com/StateofIndiana, or download the ActiveHealth app.

Still have questions? We have plenty of answers!

- Check out this video of benefits experts answering the top questions they get about earning the premium discount.
- Visit http://www.investinyourhealthindiana.com/activehealth/ for an overview of the 2020 premium discount program. This video also offers a summary of the discount options and other wellness incentives.
- Call the INSPD benefits hotline at 317-232-1167 or 877-248-0007 Monday through Friday from 7:30 a.m. to 5 p.m. Or email spdbenefits@ spd.in.gov.

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Got a story?

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

Social media



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Follow State of Indiana **Employees**

LinkedIn Learning course of the month

Bob McGannon on Change Management Foundations

Change is hard, but necessary for businesses to thrive and survive. You—as leader or manager—can help implement new business processes and initiatives using organizational change management (OCM).

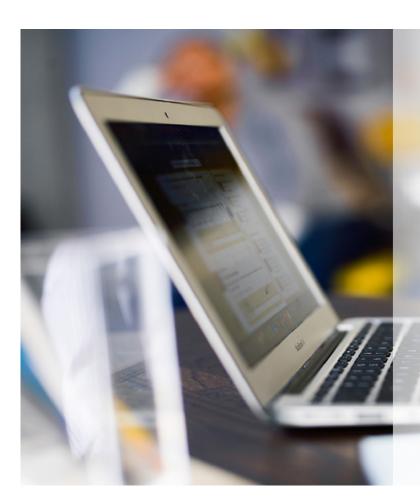
In this <u>course</u>, consultant and change management expert Bob McGannon discusses the principles and techniques necessary to drive change at the project level, in a certain business area, or throughout an entire organization.



He helps you prepare, manage, and support the change process, outlining the five phases involved and the eight competencies required for success. Bob also helps you understand the stages of change on an individual level, so you can help team members and stakeholders adapt.



The program described in this article is applicable only to state employees who work in agencies that use HR shared services provided by INSPD.



LinkedIn Learning is now available!

Unlock access to 10,000+ on-demand courses to help you learn more and achieve success.

Visit www.in.gov/spd/2331 for details.







Step Up Your Game heads to the final round

The final round of the Step Up Your Game Challenge is almost here!

Round 4 takes place from Aug. 15 to Aug. 28 in a leaderboard challenge. All-important bragging rights are on the line! Which agency will step up its game and come out on top?

Only 15 agencies are still stepping! The agency averaging the most steps counted per person during the competition period will be crowned the overall "Top Stepping Agency!"

Step Up Your Game Steps Challenge

Click the link below to find out which agency you'll face in the next round!

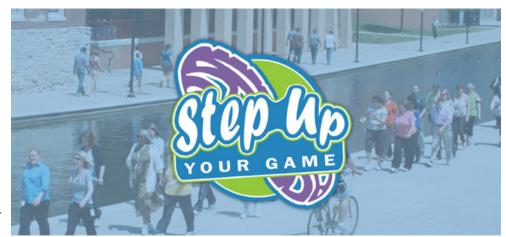
- Step Up Your Game Bracket
- Second Chance Bracket

Schedule

Round 1: May 15 to May 28 Round 2: June 15 to June 28 Round 3: July 15 to July 28 Round 4: August 15 to August 28

Rules

- 1. The steps challenge is open to state of Indiana employees only.
- 2. Participants MUST use a fitness tracker or step-tracking app. No self-reported steps will count.



How to participate

- 1. Log in to the OurHealth and Limeade Corporate Wellness App (code stateofin).
- 2. Find the Step Up Your Game challenge tile and click "Get Started."
- 3. Make sure to connect a fitness device or app to your account!
- 4. You will have to repeat steps one and two for each round in which you wish to participate.

Other Information

Download the Step Up Your Game Round 3 Flyer

Biometric screenings: Don't miss out!

We're wrapping up onsite screenings with the last few taking place at the IGC. There are also two other ways to earn your \$100 e-gift card. Your primary care physician can complete the biometric provider form with results from any visit you've had this year. You can also complete a screening through Quest Diagnostics. For detailed instructions, check out the Biometric Screening Guide found on InvestInYourHealthIndiana.com.

Important Dates

Now - Oct. 31, 2019: Complete a biometric screening or physical

Nov. 1, 2019: Deadline to submit biometric provider forms

Nov. 30, 2019: Biometric results must be loaded in ActiveHealth Portal

Dec. 31, 2019: Deadline to redeem e-gift cards



Run the State hits the homestretch



From Indiana Dunes to Turkey Run, we've crisscrossed the Hoosier State throughout the 2019 Run the State 5K and Hike Series.

Now the white flag is out and we're heading for the final lap Aug. 17 at Fort Harrison State Park!

Historically one of the most popular events in the annual series, the pair of 5K events at Fort Harrison are certain to offer a great time for state employees and their families.

Fortunately, it's not too late to be part of the fun! Jog over to investinyourhealthindiana.com and reserve your spot! Also, if your plans have changed and you can't make it to the event, please remember to cancel so that your space is open for another person to join.

We can't wait to see everyone at this season's final Run the State event!



Getting to the Heart of the Matter -

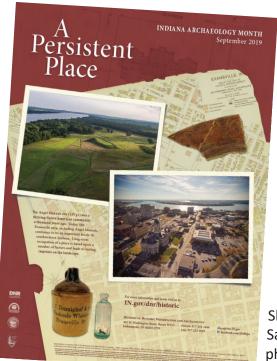
the **one option left** if you still haven't started your premium discount incentive

Reach Level 5 (9,000 hearts) in digital coaching by Sept. 30

Learn More ▶

Department Gears Up to Celebrate Indiana Archaeology Month

September marks the 24th anniversary of a statewide celebration of archaeology. With that in mind, the DNR Division of Historic Preservation & Archaeology (DHPA) is pleased

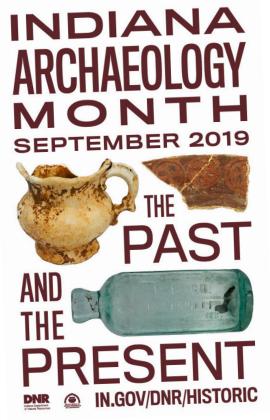


to present the commemorative poster and shirt for Indiana Archaeology Month 2019.

2019 Archaeology Month Poster

This year's poster highlights Evansville and the fact that it is a persistent place. Angel Mounds State Historic Site was a thriving Native American community approximately 1,000 years ago. Today, the Evansville area, including Angel Mounds, continues to be an important locale in southwestern Indiana.

Long-term occupation of a place is based upon a number of factors and leads to lasting imprints on the landscape.



are small to 2XL. Shirts may be purchased in the DNR **Customer Service Center** in the Indiana Government Center South, Room W160A, Indianapolis.

For mail orders, call 317 232-4200 or 877-463-6367. Each purchase will also include a commemorative poster. DHPA staff will have the shirts available for purchase at events they attend during the month.

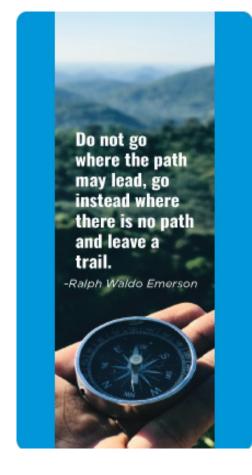
Don't forget to check out the Archaeology Month events at calendar.dnr. IN.gov.

Shown on the poster are early Sanborn maps of the city, aerial photos of downtown Evansville and Angel Mounds, an example of Angel pottery, and some historic artifacts from a site in Evansville.

To obtain a poster, you may either visit the DHPA (at 402 W. Washington St., room W274, Indianapolis), pick up a poster at an Indiana Archaeology Month event where the DHPA archaeology staff will be participating, or contact the office at 317-232-6982.

2019 Archaeology Month Shirt

The new design includes the pottery sherd from the Angel site and two historic artifacts recovered from another site in Evansville. The white short-sleeve shirts are 100 percent cotton and cost \$10 each. Quantities are limited. Sizes



Gov. Holcomb Announces Governor's Fellows

Governor Eric Holcomb recently announced three young people who will serve as 2019-2020 Governor's Fellows.

The Governor's Fellowship is a highly selective, year-long program for recent graduates who have an interest in state government service. Fellows are full-time paid employees who work in various state agencies on a rotating basis over the course of a year and learn firsthand how policies are made and implemented.

The governor selected Abigail Crump, Sarah Faulkner, and Michael Jefferies for this honor. Learn more about them below.

Abigail Crump

Abigail Crump, of Mooresville, graduated from Taylor University in 2019 with a bachelor's degree in social work. Abigail was an intern at the Affordable Housing Corporation of Grant County, where she developed research on organization programming to encourage community growth and connected constituents to programs and



services. She enjoys running, yoga, and playing live music.

Sarah Faulkner

Sarah Faulkner, of Lafayette, graduated from Purdue University with a bachelor's degree in political science and public relations. Sarah interned at an orphanage in the Dominican Republic as well as for U.S. Sen. Todd Young in Washington D.C. She enjoys trying out new recipes, volunteering at her church, and playing board games with friends.

Michael Jefferies

Michael Jefferies, of Speedway, graduated from Marian University

with a bachelor's degree in political science and theology with minors in German and global studies. Michael interned for Hallowell Consulting in Indianapolis where he trained teams of volunteers on campaign software and led efforts in the 2019 Fishers mayoral primary election. He enjoys coffee, spending time outdoors, and is an avid movie lover.



Access eight free face-to-face counseling sessions, new myStrength program

18 hours to change the world

'Flipping Finance Challenge' puts heads together for community improvements



The first "Flipping Finance Challenge" coordinated by staff of the Indiana Bond Bank took place in May. A group of volunteers worked together to come up with solutions for some Hoosier communities' issues.

You might be forgiven for thinking every work conference ends up being a bit of a slog.

After all, the word conference alone can conjure up images of seemingly interminable speeches and presentations taking place in uncomfortable settings where little, if any, actual change is immediately noticeable in the marathon event's aftermath. Throw esoteric financial matters into the equation and you've got a concoction tailor-made for curing even the most stubborn forms of insomnia.

But what if those well-intentioned presentations and events didn't have to be so, well, boring?

What if real, actual, palpable change could come from the pooling of ideas from a variety of professionals and students, all gathered in a non-traditional setting? What if there was a conference that married brainstorming with thought-sharing sessions rooted in real-life problems faced by members of Hoosier communities?

What if there was an event that flipped the very idea of

idea-sharing on its head and produced, you know, actual results?

Indiana Bond Bank executive director Mark Wuellner and his colleagues looked at some of the challenges facing Hoosier communities and organizations and set out to change the game.

Instead of stuffy conference rooms, a group of 33 volunteers got together for 18 hours at Launch Indy – a location that is part of tech hub Union 525, and one where innovative ideas thrive. They replaced static presentations with interactive, crowdsourcing-

inspired idea sharing. They substituted the typical presentation-led itinerary with decidedly more dynamic group work. In eschewing the excess of typical conferences, IBB ended up creating a streamlined, engaging process that mirrored the innovation the event itself sought to foster.

"This was a bold step forward to think transformatively, and not just transactionally, and think about how we might provide solutions to communities without necessarily being the solution provider ourselves," said Wuellner.

That's the genesis of IBB's "Flipping Finance Challenge," and in much the same way the new program is helping Indiana towns and cities chart a new path toward the future, the challenge appears set to stick around for the long haul as a new way of bringing people together to create positive change.

Challenge accepted

The Indiana Bond Bank's inaugural Flipping Finance Challenge was, at its core, a way to pool ideas to address problems faced by a pair of municipalities and a regional

(Continued on page 8)

18 hours to change the world

planning group focused on improving the quality of life for people in five separate Indiana counties.

That's not altogether different from other conferences or problem solving meetings, but the structure as well as the participants' interactions took the program to another level.

"It brought people together who used that time to work on real issues," said Wuellner of the May 10 and 11 event. "They were able to really channel that energy so that, when they were leaving, our communities were leaving with actual, tangible solutions to problems."

The 33 "innovators" sought answers for issues involving the <u>City of Gary</u> and the <u>Eastern Indiana Regional</u> Planning Commission (EIRPC). Divided into four groups, the volunteer problem solvers took different approaches to coming up with solutions for issues such as Gary's efforts to preserve its ecology amid growth, or EIRPC's goal of improving its move-in ready housing and quality of building stock.

McCordsville, a town of about 5,000 in Hancock County, had a traffic congestion problem addressed as a "wild card challenge" at the first FFC in Indianapolis.

In all, 13 topics were discussed at the event, which was the first of its kind for the organizations involved.

Using whiteboards, sticky notes, laptops, and individual presentations, the volunteers tackled the problems from perspectives known to them, each bringing his or her own base of knowledge and portfolio of work experience to the program. The subject matter experts were given carte blanche to dream up solutions without any truly wrong answer. What the group needed was ideas, and nothing was too far off the beaten path to be considered.

"Blue sky, blank page," Wuellner said with a smile.

'Teamwork makes the dream work'

Though the volunteering thinkers were given a wide berth to come up with their answers, they were also quite prepared to do so, learning as much about each issue as they could prior to the FFC. Handy study guides outlining the topics to be discussed took up residence on the IBB website for easy reference, and with tools such as that at their disposal none of the problem solvers came to the event unaware of the issues they were attempting to address.

But as much as studying up on the material mattered, teamwork was just as important a focus, and the traits that separated the problem solvers into unique groups helped bring them together. The varied group of experts involved could lean on one another to find out what was practical versus what was most likely fanciful. No one involved needed to have any sort of financial background, either; rather, fresh ideas and a heart for helping fellow Hoosiers were more than sufficient – and welcome.

The collaboration, Brian Carman noted, was a welcome sight.

"It was pretty amazing," Carman, who works as a program development director for IBB, said. "There was no hesitation in people reaching out to each other, lending their expertise to one another."

The smorgasbord of backgrounds brought by the participants meant disparate ideas could blend together toward solutions. Carman said the work came together "organically" with the volunteers engaging with one another right away. They were energetic and motivated to help, and that was key in achieving solutions.

With the experience of IBB serving as a debt issuer for local governments for the last 35 years, the driving force of FFC2019 was to help communities make the most of their financial resources, which all-too-often remain static in the face of constantly changing needs. And there is no "one size fits all" approach that would work to help.

People helping people

Community issues continue to evolve, and Wuellner and his colleagues believe meeting those challenges requires adaptability and malleability. It's about stretching every available dollar as far as it will go, and in order to do that, people are going to need to put their heads together.

With experts in health, urban planning, technology, and several other careers working together to solve the same issues, the frenetic 18-hour "Design Sprint" accomplished

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18 hours to change the world

much in a relatively short span of time.

The response from the community leaders who brought their problems to FFC2019 was unanimously positive as well.

"This isn't your mother's brainstorming session," commented Gary Mayor Karen Freeman-Wilson.

Gary, a city of about 80,000 located half an hour's drive from Chicago, was once perhaps best known as a thriving steel mill community. It was the birthplace of Michael Jackson and the purported hometown of The Music Man's beloved con artist "Professor" Harold Hill. But in real life, Gary's reputation is often little to sing about. The solutions to the problems. Beyond that, they established city has faced financial issues, dealt with the closure of schools, and has seen itself cast in a negative light due to whose main goal is making their respective cities and crime and other societal issues.

The challenges are many, but Gary's leaders are working hard to address them.

"Since 2012, we have been operating with millions less in property tax dollars, imposed property tax caps, a skyrocketing vacancy rate, unemployment rate, and with very few investments," Freeman-Wilson said on the city's official website. "Today, we have realized new investments through federal, state and county dollars, grants, and through partnerships."

Going green and supporting small businesses have been key in Gary's ongoing revitalization process.

Being the recipient of some "outside the box" ideas courtesy of the caring FFC crew may help the city continue to live up to its new tagline: "On the shores of opportunity."

Meanwhile, EIRPC is hoping to expand broadband internet access to the five counties it serves, is striving to create a regional development authority, and is examining how to fund the expansion of walking trails that could connect its counties.

Those are all significant challenges in their own ways, of course, but Wuellner, Carman, and the FCC2019 group believe each and every one has a solution. The key is examining issues from multiple angles and coming up with an answer that makes sense - realistically, logistically, and financially.

Room with a view

The response soon after sharing ideas for more than three-fourths of a day was promising.

"We received exceptionally positive feedback," Wuellner said, adding that the trust placed in the group of volunteers was something in which the team took pride.

"A very good mix of folks looked at our challenges and gave us real good ideas on how to achieve those goals," said EIRPC's Jeff Plasterer. "We were very pleased."

In all the team produced more than a dozen potential new working relationships with community leaders towns exceptional places to live. There is now a personal connection shared by the IBB team with some of the communities they assist that otherwise might never have developed had FFC not come to fruition.

The program is another way the Indiana Bond Bank, a quasi state agency which features a total of five employees, works to achieve its mission of "fostering community vitality."

If all goes as planned, FFC will continue to be a staple of IBB going forward, perhaps forever making those stuffy conferences a thing of the past.

"The spirit of Hoosier innovation shone through," said Wuellner, "and from here we're excited to see where these ideas go."

Story by Brent Brown, INSPD Communications



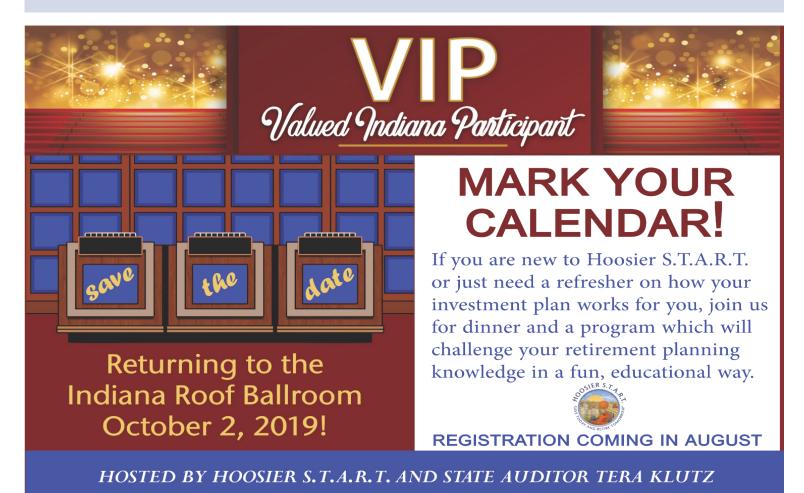
August is National Child Support Awareness Month

Every child has the right to the financial support of both parents, whether or not the parents are married or live together in the home with the child.

The Indiana Department of Child Services, Child Support Bureau, partners with Indiana's 92 counties to provide child support services at no cost for those who sign up.

In 2018, the program served more than 250,000 Hoosier families and disbursed \$546,286,532 in child support. One in seven Indiana children participate in this important program. If you, or someone you know has divorced or never married and is not receiving court ordered child support or needs help in establishing a child support court order, we may be able to help.





"As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others."

—Audrey Hepburn

Networking event, cricket tournament uniting professionals, promoting diversity

To the casual observer, a centuries-old team sport and professional networking in 2019 probably go together about as well as cricket's googlies and Yorkers - or maybe ice cream and pickles.

But an upcoming event organized by a growing Indy recreational sports league is set to bring those two seemingly far different activities into one, and the hope is that fellow Hoosiers – in any number of careers – will stand to benefit.

It may take some time before the Cricindy League's (CIL) favorite outdoor pastime and its professional collaboration initiative come to be seen as synergistic a force as peas and carrots, but if the positive trend continues - and all signs point to that being the case that day will most definitely come.

And it may be as soon as next month when a back-toback networking event and all-day cricket tournament unite professionals for a learning experience focused on promoting diversity and inclusion.

"Happy Hour Networking," kicks off with cocktails and hors d'oeurvres at 5:15 p.m. Friday, Aug. 23 at the Corteva **Agriscience Global Business** Center in Indianapolis.

Focusing on the theme "Unity in Diversity and Inclusion: A Journey," a group of panelists from the state of Indiana and several Hoosier businesses will be part of a discussion of

professional executives moderated by Indiana State Personnel Department director Britni Saunders.

The event is in-line with an overarching mission of CIL.

"Cricindy began with an initiative to promote culture and diversity in the workplace after realizing the need and importance of creating a fresh community for all corporate sports enthusiasts," the CIL team said on its website. "This vision has since evolved into both a way to connect beyond the daily grind and a real platform

to discuss how we can work together as a corporate community to create solutions to challenges facing true diversity and inclusion."

The networking program will be followed by the annual Corporate Cricket Tournament Aug. 24, which will pit 16 teams against one another in a single-day, round-robin tourney. The state of Indiana participated last year and finished as runners-up. This year they'll be ready to take their whacks against new and returning would-be cricket champs.

Indiana Department of Revenue Commissioner Adam Krupp was part of the team last year and also coached the squad. Commissioner Krupp and Director Saunders both serve on the CIL advisory committee.

On the field or in the boardroom, the goal of bringing people together to get the most out of all involved on a professional level is certainly serious business, but that doesn't mean you can't have a little fun along the way. That's where the previously mentioned googlies and

> Yorkers – terms that may not be familiar to many outside of cricket connoisseurs - come in.

Because even if you don't know your wickets from your snicks or nicks, you're just as welcome at the game as you are in the office.

CORPORATE CRICKET TOURNAMENT AUGUST 24TH GRAND PARK SPORTS CAMPUS 2019 EVENT SPONSORS **Indy**Tax Infosys* ALAB SSONDHI

"The idea behind this

event is to promote diversity in the workplace and to bring people from different organizations together for a fun day spent playing cricket; a prominent sport across the globe, yet not well recognized here in the USA," the CIL webpage states. "With this platform we aim to introduce cricket to the locals and promote this sport as a connector of our separate organizations and used for additional team building, community involvement, and professional networking within all organizations involved."

Story by Brent Brown, INSPD Communications

Safety first

New study shows mission-minded DOL employees are making Indiana a safer place to work

"We want workers to have a good, safe, productive day at work, earn decent wages, and go home safe at the end of their workday to the people they care about."

That's the mantra by which Indiana Department of Labor Commissioner Rick Ruble leads his team, and it is the never-ending mission of the department's Indiana Occupational Health and Safety and INSAFE divisions. And that goal is being realized, according to a recent study published by WalletHub, which ranked Indiana as one of the safest places to go to work.

WalletHub, a personal finance website, recently used data from all 50 states to determine rankings

in categories such as emergency preparedness and road safety. Overall, the study ranked Indiana twelfth in the nation in total safety. The state's highest individual rating, however, was in workplace safety. Indiana was ranked tenth in that category.

"We've seen studies like this before, and you have to take them with a grain of salt,"

span the width and breadth of the entire state. A majority are within an hour's distance from major metropolitan areas, ready to spring into action when an incident occurs. From manufacturing facilities to Indiana's own coal mines, there isn't a Hoosier workplace that isn't covered under the umbrella of the Indiana Department of Labor.

"We work as a cohesive unit; we all work together, we all have that same mindset," the commissioner said. "And they don't turn it off at 5 o'clock on a Friday."

While workplace tragedies garner the most headlines, DOL employees are working continuously, often

> "behind the scenes," to make those instances rare exceptions to the norm. Over the past decade, DOL has continued to see a downturn in workplace injury and illness rates in Indiana.

The decline in significant onthe-job injuries and illnesses shows the current process, one that



Indiana Department of Labor Commissioner Rick Ruble and his team are working to keep Hoosier workers safe. Indiana was recently named one of the 10 safest states for workplace safety in an online study.

the commissioner said of the independent research conducted by WalletHub. "But it was nice that they recognized what we do."

Purpose-driven team effort

Commissioner Ruble credits the Hoosier workers of the past for making a commitment to safety that is carried on by the DOL's 80-plus employees today.

About two dozen employees work in the downtown Indianapolis office of DOL, but more than 60 others

balances voluntary compliance with enforcement, is working.

One of the keys to the dramatic downturn in worker injury and illness rates is the **INSafe** program, which allows Hoosier companies to request an onsite walkthrough from state safety professionals who leave no stone unturned in searching for potential safety violations. If a violation is found, it can be corrected without the business receiving a financial

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Safety first

penalty. If no INSafe visit is requested, however, and a violation is later found by IOSHA, the company could face fines or other repercussions, in addition to being required to take the appropriate corrective action.

In that way INSafe and IOSHA work together to help keep Hoosier workplaces among the safest in the country. It's a tandem effort with "teeth" where workplaces are held accountable when necessary, but

they also have the ability to seek expert safety advice that might very well prevent a tragedy.

In addition to INSafe, Commissioner Ruble said the DOL also has "picked the low-hanging fruit," looking for fixes for easily detectable problems over the past decade.

In the early 1990s, more than 11 percent of Hoosier workers suffered injuries or became ill enough that they were unable to work temporarily on an annual basis. In retrospect, that's an astonishingly high number, but after the Annual Nonfatal Occupational Injury and Illness Rate for Indiana crested in 1994, the numbers fell off a cliff in the early 2000s.

The positive trend continues in the most recent data available (2017) which shows the rate holding steady at around 3.5 percent.

As the rate of illness and injury dropped, the agency pushed for further changes that could continue to reduce the rate. The numbers have stayed in the range of 3.5 to 4 percent for much of the last decade, though the commissioner – and his agency of likeminded safety experts – will never stop striving to make workplace injuries a thing of the past.

All-in, statewide effort

Just like with WalletHub, Indiana's efforts to improve workplace health and safety have not gone unnoticed

among others. In fact, the DOL office is home to a litany of certificates and laudatory hardware as a testament to the agency's hard work.

A glass cabinet near the entrance of the DOL central office in IGC-S contains several workplace safety awards, four of which were earned in consecutive years via a national competition. Several other accolades can be found in the same case, and a quick stroll through the office will reveal specially decorated hard hats adorning various cubicles – each a reminder of a safety milestone

that might not have generated many news headlines, but which almost surely protected the lives and livelihoods of Indiana workers.

Ruble credits the Indiana AFL-CIO, the Building and Construction Trades Council, the Association of Builders and Contractors, the Coalition for Construction Safety, the American Society of Safety Professionals, Top-Notch (Indiana Union Construction Industry), the Voluntary Protection Program, and INSHARP (Indiana Safety and Health Achievement Recognition Program), as organizations and programs that have contributed to putting Indiana among the upper echelon in workplace safety.

"The people I work with every day are committed to keeping working people safe in Indiana – every day,"

Ruble said. "It has taken a lot of people – and several organizations working together – to achieve the kind of workplace safety we have in Indiana."

To read the WalletHub study and learn how Indiana is blazing trails among other states in workplace health and safety, click here.



The Indiana Department of Labor and its various divisions have been recognized multiple times for their work in the field of workplace safety compliance and enforcement.