



The Torch

The official newsletter for Indiana state employees

Apply for a State of Indiana Public Service Recognition Scholarship by Sept. 1



Indiana Department of Child Services Director Terry Stigdon on the advantages of studying online with WGU Indiana and shares the opportunity for State of Indiana employees to apply for the Public Service Recognition scholarship through Sept. 1, 2018.

WGU Indiana is offering the Public Service Recognition Scholarship to honor those dedicated to providing public service within the Hoosier state. As part of its commitment to statewide workforce development, WGU Indiana is extending \$5,000 tuition scholarships to 10 State of Indiana employees seeking to advance their careers through one of WGU Indiana's 60 online degree programs.

This scholarship is for new WGU

Indiana students only. This is a competitive scholarship. Recipients will be chosen based upon their academic record, financial need, readiness for online study, and current competency, plus other considerations.

The application deadline for the scholarship is September 1, 2018.

For more information, eligibility requirements, and to apply, visit indiana.wgu.edu/INpublicservice.

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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.

Got a story?

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

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Follow [State of Indiana Employees](#)

Homeland Security staff ensuring ride safety at Indiana State Fair

INDIANAPOLIS – Chris Funkhouser is something of an “old hand” with the Indiana Department of Homeland Security (IDHS).

But even after 29 years, annual ride inspections at the Indiana State Fair are anything but “old hat” for the team leader of the Elevator & Amusement inspection crew, IDHS Fire & Building Safety Division.

“I’m conscious about safety,” the longtime state employee said. “I take pride in that.”

Funkhouser and other staff members spent much of Thursday morning finalizing inspections for the fair’s numerous amusement rides, less than 24 hours prior to the annual summer staple’s official opening to the public.

It’s a tough job, but somebody’s got to do it, and when it comes



Funkhouser

Hendricks

to ensuring public safety through a series of rigorous inspections, experience certainly counts.

The fair’s 100-foot-tall, 60-ton “Giant Gondola Wheel” was one of the rides inspected during the Aug. 2 media day, which gave the press a firsthand view of the intricate inspection process. The Ferris wheel’s many compartments were each meticulously checked by Funkhouser and others, who looked for defects that could pose a danger to riders.

Funkhouser crawled under the

massive Ferris wheel, examining it inside, outside and underneath. Every nook and cranny was given a good once-over to make sure the ride was fully operational. Part of the process involves determining whether wear and tear is simply cosmetic, or if it’s an issue that could pose a safety threat.

Rides vary mechanically as well, so inspection crews can’t take a one-size-fits-all approach.

Thursday’s work occurs once yearly and is in addition to about 50 other inspections conducted periodically, Funkhouser said.

According to IDHS Section Chief Thomas Hendricks, the time necessary to complete each inspection depends on the ride. Smaller rides, for example, may take only an hour or two to fully inspect. Larger structures, however, can take considerably

longer. One of the large rides took about five hours to inspect.

The task is one that requires what Hendricks called “constant learning.” Recertification and frequent training sessions are part of a wide-ranging career that often takes IDHS staff to every corner of the state.

(Continued on page 3)



Chris Funkhouser examines a passenger compartment on a Ferris wheel at the Indiana State Fair Thursday, Aug. 2. Funkhouser has been a ride safety inspector with the Indiana Department of Homeland Security for nearly three decades.

(Continued from page 2)

Homeland Security staff ensuring ride safety at Indiana State Fair

Hendricks' "day job" – if there is such a thing for him – is ensuring elevator safety. But he and other staff are regulars of the summer pilgrimage to the Indiana State Fairgrounds.

Inspections are only conducted on rides with moving parts, so the IDHS crew doesn't examine slides or other non-mechanical devices. Nonetheless, a great deal of care is involved every step of the way.

"We look at the mechanical part of it," Hendricks explained. "We look at what's holding the passengers in and make sure they're safely restrained. We're looking at the structure to make sure it's all sound as best we can."

Though the rides receive plenty of use at fairs and carnivals

throughout the Hoosier State, Hendricks said the equipment is safe, and his own family members can vouch for that.

"(My grandchildren) rode them several days recently," Hendricks said. "I'm happy to put them on (the rides) again."

The section chief noted the importance of maintaining ride safety, but said fairgoers should concentrate on enjoying the annual event.

"When you come out here, come out to have a good time," Hendricks said. "Feel safe that the rides have been checked out and that they're in safe, working operation."

Story by Brent Brown, INSPD



The 2018 Indiana State Fair

August 3-19

[Tickets & Discounts](#)

[2018 State Fair Program](#)

[100 Free Things To Do](#)

You can find more information about this year's event at www.indianastatefair.com

Ride Safe Indiana Day at the Indiana State Fair

Sunday, August 5, the Indiana BMV and Ride Safe Indiana will host Ride Safe Indiana Day at the 2018 Indiana State Fair. The first 100 motorcyclist that enter through Gate 6 at the State Fairgrounds can park along the famous "Main Street" of the fair.

Visit the Ride Safe Indiana Booth on Aug. 5, located on Main Street, to learn about entry level and advanced motorcycle safety and training courses!

Visit RideSafeIndiana.com for more information!



Ride Smart. Ride Skilled. Ride Safe Indiana.

Lubbers honored with SHEEO excellence award



STATE HIGHER EDUCATION EXECUTIVE OFFICERS ASSOCIATION

The Indiana Commission for Higher Education Commissioner Teresa Lubbers in July was awarded the inaugural Exceptional Leader Award from the [State Higher Education Executive Officers](#) (SHEEO).

Lubbers received the award based on her exceptional leadership, commitment to higher education, contribution to the greater good, and service to the SHEEO Association.

Lubbers has served as the Indiana commissioner for higher education for nine years. During that time, she has led the development and implementation of Indiana's higher education strategic plans and embraced a commitment to "paying for what we value" through performance funding metrics for institutions and students.

She has tirelessly focused on improving completion rates for all Hoosiers, with a focus on closing achievement gaps, and she continues to align higher education preparation with workforce needs by working with policymakers, educators and employers.

"Throughout her decades of service, Teresa has been a national leader on K-12 and higher education policy issues," said Gov.

Eric Holcomb. "Her commitment to building consensus, closing achievement gaps, and putting students first is a model for all public servants. Her work has helped move the needle on postsecondary attainment and provided greater opportunities for countless Hoosiers to improve their lives. I can't think of anyone more deserving of this honor than Teresa, and I will continue to rely on her counsel as we tackle the education and workforce issues that are so critical to our state's future."

Former governor Mitch Daniels, now president of Purdue University, also lauded the commissioner.

"As a long-standing legislator and now for years in her current post, Teresa has upheld standards of the highest quality in her commitment to education," Daniels said. "As a friend of almost half a century, I may be permitted to note that the excellence of her character equals or even surpasses the quality of her performance of her public duties."

Ivy Tech Community College President Sue Ellspermann had this to say:

"During her time as Indiana's

Commissioner for Higher Education, Teresa's policies have resulted in Indiana students completing at higher and faster rates as she has championed dual credit, financial aid reform, performance funding, the core transfer library, single articulation pathways, and many more policies always placing the student at the center, pursuing equity for all students."

Ellspermann previously served as lieutenant governor.

Lubbers has also served the wider, state higher education policy field by mentoring new state higher education executive officers as the former SHEEO chair, as well as serving on the association's executive committee.

"SHEEO is proud of the work of all the state higher education executive officers, their agencies, and the agency staff members," said SHEEO President Dr. Robert Anderson. "It is, therefore, an honor to recognize the winners of these inaugural awards."

In addition to the Exceptional Leader Award, SHEEO presented an Exceptional Agency Award to the Office of the Idaho State Board of Education and the David L. Wright Memorial Award to Andrew Rauch, Director of Institutional Finance at the Colorado Department of Higher Education. Award recipients were honored at the inaugural SHEEO Excellence Awards at the association's 65th Annual Meeting in Park City, Utah July 10.

Indiana state employees got creative in celebration of Health & Wellness Month 2018

From walking groups to weight loss challenges to lunchtime sporting events, Hoosier State workers found a variety of fun ways to get healthier in July – and each and every other day of the year.

If there's a consistent theme throughout the variety of ventures, it's that friendship, camaraderie and support form the foundation upon which success is built.

No slowing down

To see how that holds true, you need look no further than employees of the Region 5 Indiana Department of Child Services.

DCS family case managers and others spent the last year taking part in more than a dozen marathons, 5Ks and similar events in a wide-ranging get-healthy initiative that shows no signs of slowing down.

More than 20 office members have joined the group, including regional foster care specialist Maryah Silver. She explained that many of the events boost local charities.

“Not only does this promote healthy living, but most of the runs benefit a good cause,” Silver said.

Some of her friends and colleagues who have joined the program include Ellissa Willis, Joe Tonsing-Carter, Lynnette Huhn, Melissa Haywood, Reggie Brown, Laura Tibbetts, Kourtney Wheeler, Lisa Vos and Drew Cannon.

[Learn more about the Region 5 running group on Employee Central.](#)

Lifting each other up

Staff of the Shelby County Division of Family Resources have used the opening of a new fitness center as the catalyst for lifestyle changes.

Tanya Monroe, a longtime Family and Social Services Administration (FSSA) state eligibility manager, said she found encouragement to get started on her fitness goals with a little help from her office friends.

The proverbial stars aligned in such a way that she and colleagues Dallana Novoa, Melissa Decatur, Jackie Quick and Tonya Hanna soon found themselves as regular visitors to Planet Fitness.

There's nothing alien about their activities there, however, as the group lifts weights and works out several times a week in an effort to offset time spent at their desks.

Most of the office's smokers have also dropped that bad habit, and as long as they continue to stick together, it appears the sky's the limit for this dedicated group of FSSA employees.



Tonya Hanna, Dallana Novoa and Tanya Monroe are three members of the Shelby County FSSA office that have committed themselves to living a healthier lifestyle.

[Learn more about the FSSA employees' fitness efforts here.](#)

Fun and games

The office of Auditor of State (AOS) Tera Klutz is also checking all the boxes on the way to wellness.

Sharmila Sanka, wellness champion/lead for AOS, said 17 employees are currently dedicating themselves to making themselves healthier, thereby increasing the overall wellness level of the office.

The games they've come up with to support the effort are certainly something worth recording, if only to help share the message that improving one's health often can be fun. There's a healthy dose of humor and heart in each.

(Continued on page 6)



Indiana Department of Child Services Region 5 employees Ellissa Willis, Maryah Silver, Joe Tonsing-Carter and Melissa Haywood are part of a group of more than 20 DCS workers who've spent the last year competing in walks and runs.

(Continued from page 5)

Indiana state employees got creative in celebration of Health & Wellness Month 2018

“Trampoline paddle ball” and a game that might best be described as a baseball/badminton mashup were two of the more unique activities enjoyed by AOS members in July. Slightly more pedestrian was the group’s participation in the month’s steps challenge.

Sanka said she is “proud to be part of a healthier workplace.”

That sentiment is shared by staff of the Indiana State Department of Health’s Division of Nutrition and Physical Activity (DNPA). Public Health Administrator Kelsey Barrick noted that office is comprised of workers who aren’t afraid of upsetting the tea table when it comes to office norms.

“The DNPA has a variation of standing desks in their cubes, and they take walks when appropriate,” said Barrick.

Additionally, Barrick explained that the DNPA collaborated with the ISDH’s Health and Wellness Council and Office of Public Affairs to create the agency’s “Healthy Meeting Policy.” That policy offers a window into ideas for healthy foods and how to make meetings more active.

“Active” is a good way to describe several Indiana Bureau of Motor Vehicles (BMV) credentials management employees. They’ve been driving home the importance of health and wellness throughout the year. One of their biggest accomplishments was being part of May’s Indianapolis Mini Marathon.

Employees Deanna Bailey-

Callahan, Athena Homminga, Lisa Whitaker, Ali Danhoff and Michael Hann were part of that group who crossed the finish line.

While the BMV employees are comfortable going places behind the wheel or on foot, the Indiana Division of Outdoor Recreation prefers two wheels.

That Indianapolis office has two staff members who ride bicycles to work each day, compiling about 100 miles each per week. That bike-friendly office also has additional bikes available for employees to use on work trips, lunches or while running errands.

IDEM-ized reductions

Perhaps the longest ongoing health initiative is taking place within the Indiana Department of Environmental Management’s (IDEM) Office of Land Quality (OLQ).

Environmental scientist Lora Esteb and a handful of others started an office weight loss challenge in 2010. The employees encourage

one another and have become great friends along the way.

“This friendly weight challenge really works and has brought many people together,” said Esteb. “We’ve ended up being more of a family than co-workers, all [while] trying to accomplish the same thing – lose weight.”

[Read all about the office’s work on Employee Central](#)

Fitness in July

It’s clear that Health and Wellness Month 2018 was a great showcase for the many health-conscious decisions state employees are making each day.

It’s a commitment that can last all year. All it takes is encouragement, motivation and a little creativity.

Make the choice to make health and wellness an important part of your work day throughout every month of the year.

Story by Brent Brown, INSPD

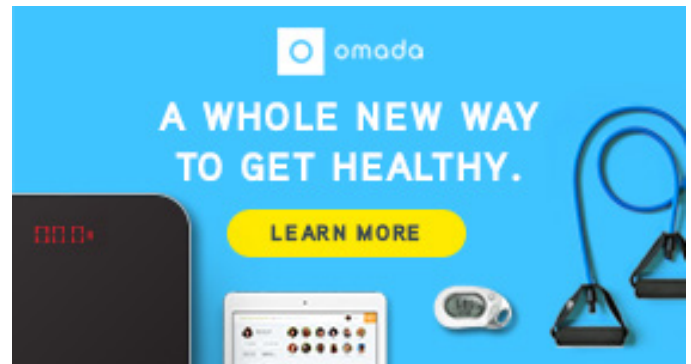


IDEM Office of Land Quality employees John Hale, Karen Purtell, Lora Esteb, Tonya Keller and Judy Sullivan are part of a group currently competing in a weight-loss challenge. The challenge started in 2010. Keller is among those that have lost the most weight, dropping approximately 60 pounds.

Set and reach your health goals with Omada

The State of Indiana and the Invest In Your Health program is offering a new health benefit for eligible employees and adult family members who are enrolled in the Anthem Blue Cross and Blue Shield plan—at no cost.

Omada® is a digital lifestyle program that inspires healthy habits you can live with long term. It combines the science of behavior change with unwavering personal support, so you can make changes that actually stick. It's an approach shown to reduce risk factors for type 2 diabetes.



Find out if you're eligible by taking a 1-minute risk screener at: omadahealth.com/stateofin.

Do you know the differences in types of diabetes?

Did you know there are different types of diabetes? While one type is not worse than another – they can each cause the same amount of damage to the body if not managed properly -- it's important to know the key differences. With this in mind, let's review some common types of diabetes.

Type 1 Diabetes (accounts for 5% of all diagnosed diabetes in the U. S.): This is when the body is unable to make its own insulin to help bring high blood sugars down to a normal range. This form of diabetes is typically genetic and occurs when the immune system attacks and destroys the cells that make insulin. Individuals diagnosed with type 1 diabetes need to inject insulin. In the past, this type of diabetes has been called, "juvenile diabetes" or "insulin-dependent diabetes". Presently, there is no cure for type 1 diabetes.

Type 2 Diabetes (accounts for 90 to 95% of all diagnosed diabetes in U. S. adults): This is a much more common type of diabetes that happens when 1) the body is not making enough insulin, or 2) the

insulin produced is not as effective in bringing elevated blood sugars back down to a normal level. Healthcare providers sometimes say people with type 2 diabetes have some "insulin resistance." Primary causes for this type of diabetes may be linked to genetics or lifestyle factors (obesity, poor diet choices and/or lack of physical activity). In the past, type 2 diabetes was diagnosed later in life, although now more young adults and children are being diagnosed with this type of diabetes.

Gestational Diabetes (accounts for 2% to 10% of pregnancies in the U.S. each year): This usually occurs in a later phase of pregnancy (about 24 to 28 weeks). During pregnancy, the mother's body is working hard for two by producing extra hormones and experiencing other changes, like weight gain. These changes may cause insulin resistance. If this occurs, treatment (usually temporary) is needed to help keep blood sugars stable for the rest of the pregnancy. After the mother has given birth, this form of diabetes usually goes away. However, it's a good idea for mothers that have

had a history of gestational diabetes to monitor their blood sugar in the years ahead as there is a higher risk in developing type 2 diabetes (approximately 50% of women with gestational diabetes go on to develop type 2 diabetes).

Prediabetes (accounts for 33.9% of all U.S. adults): Prediabetes occurs when blood sugar is higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Having prediabetes greatly increases the risk of developing type 2 diabetes down the road. As with type 2 diabetes, the body develops "insulin resistance" over time. Currently, one in three Hoosier adults has prediabetes and 90% don't know they have it.

Take the risk test today to see where you stand: www.preventdiabetes.isdh.in.gov.

[Click here](#) for some helpful hints on how to prevent diabetes.

Reference: Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Dept of Health and Human Services; 2017.

Step into a new challenge and help end hunger in local communities



A new Go365 steps challenge is set to take a bite out of hunger in local communities.

With each and every step, participants in the Go365 National Step Tournament 2018 can do their

part to end food insecurity. One million meals, divided across winning teams, will be donated to Feeding America, the nation's largest domestic hunger-relief organization, in the name of the winning teams' respective companies.

The Go365 National Step Tournament is a step challenge in which all commercial groups of two or more eligible Go365 members can compete against each other for the highest team average step count. Participants can do some good for

their communities through the donation to Feeding America while also earning bragging rights.

How does it work?

Companies compete against other similarly sized groups (or divisions) through a series of three individual challenge rounds counting the highest average step count per day. Round 1 will consist of divisional winners from four regions: East, West, Midwest and South.

The breakdown for enrollment periods and tournament dates is shown below.

| | Enrollment Period | Tournament Dates | Upload Period |
|---------|-------------------|------------------|---------------|
| Round 1 | 7/15 - 9/9 | 9/10 - 9/23 | 9/24 - 9/27 |
| Round 2 | 10/2 - 10/12 | 10/13 - 10/26 | 10/27 - 10/31 |
| Round 3 | 11/6 - 11/16 | 11/17 - 11/30 | 12/1 - 12/5 |

The total number of groups that advance to Rounds 2 and 3 will vary based on division (company size):

| Division | Round 1 Winners | Round 2 Winners | Round 3 Winners |
|------------------|---------------------------|-----------------|-----------------|
| Small (2-99) | 25 per region (100 total) | 15 Total | Top 3 |
| Medium (100-299) | 10 per region (40) | 15 Total | Top 3 |
| Large (300-999) | 5 per region (20 total) | 5 Total | Top 3 |
| Jumbo (1000+) | 3 per region (12 total) | 5 Total | Top 3 |

Joining is easy!

Check out page 9 for a step-by-step guide on how to be part of the **State of Indiana** team. [Check out this FAQ](#) for additional information.

More than a thousand Indiana state employees have already signed-up to be part of the Go365 National Step Tournament! Join the team today and do your part to fight food insecurity!

JOIN THE Go365 NATIONAL STEP TOURNAMENT

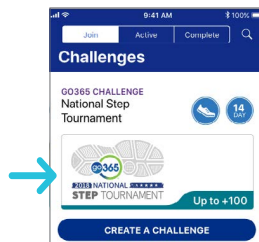
Compete against other companies for a chance to win donated dollars in your company's name to Feeding America, the nation's largest domestic hunger-relief organization.¹ One million meals in total will be donated across the winning teams to help fight food insecurity in our local communities.



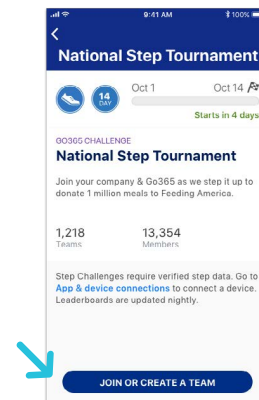
App:

1. Sign into Go365® App and access "Challenges" from the menu

2. Find and tap the "Go365 National Step Tournament" image under active sponsored Challenges

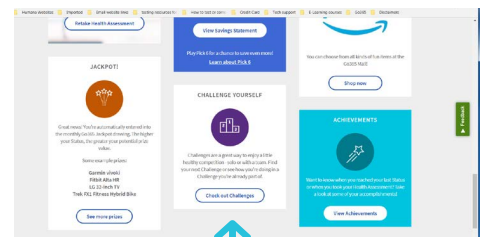


3. Tap "Join a team" then search for "STATE OF INDIANA" and follow the prompts to join that team



Computer:

1. Sign into Go365.com and click "Check out Challenges" button from the Challenges dashboard tile



2. Find the "Go365 National Step Tournament" image under active sponsored Challenges and click "View details"

3. Search for your "STATE OF INDIANA" and follow the prompts to join that team

A few tournament tips:

Can't find your team? Search for and join the team "Assign me to my team" and we'll add you to the correct team within a week.

Once you've joined, make sure you are connected to a compatible step tracker. Find our compatible device grid when you sign into Go365.com > Quick Links > Connect & Manage Devices.

¹<http://www.feedingamerica.org/>

Go365 is not an insurance product. Not available with all Humana health plans.

No purchase necessary. Void where prohibited. Open to active Go365 Employer Groups with 2 or more eligible members (with effective date on or before 7/1/18) and principal place of business in U.S. Subscriber, spouse, and dependents 18+ may participate. Must have Go365-compatible step-counting device. Dependents under 18, Medicare members, and Group Medicare members not eligible to participate. Employees of Humana and its subsidiaries/affiliates not eligible except as spouse/dependent of eligible non-Humana Group. One team entry per group. Must enroll separately for each of three Rounds, beginning 7/15/18 with final enrollment ending 11/16/18. Total amount donated in winners' names \$100,000; total value of additional prizes \$420. Subject to [Official Rules](#).

Go365 Be Smart, Get Healthier Contest opens August 20, 2018

Beginning August 20, Go365 members will be able to enter the Go365 Be Smart, Get Healthier Contest for a chance to win a smart home package from Amazon. To enter, you must complete an Official Online Entry Form and submit a 250-maximum word essay on the following topic: Explain how smart home technology can help you in your journey to get and stay healthier.

The full grand prize consists of 10 winners who will each receive one (1) consultation with an Amazon smart home services expert to assist in determining which products and services to select. Winner's selection of Amazon smart home services, products and installation not to exceed a \$10,000 value; and one (1) \$5,000 corporate check, payable to the winner, intended to assist with tax expenses. The approximate retail value (ARV) of each Grand Prize is \$10,000-\$15,000.

Eligibility requirements include:

- Entrant must be a resident of and physically located in the fifty (50) United States (includes District of Columbia);
- Entrant must be 18 years of age or older and of the age of majority in their state of residence
- Entrant must be a Go365 member at the time of entry

[Click here](#) for official contest rules and full eligibility information.

To enter, members can complete the following steps:

1. Access your Go365 Dashboard between August 20, 2018 and September 28, 2018
2. Click 'Submit your essay' link in the Go365 Be Smart, Get Healthier Contest tile
3. Click on the HIPAA acknowledgement of acceptance
4. Complete the entry form including the essay and click the 'Submit' button

Potential semi-finalists will be notified on or about October 22, 2018. Voting begins on November 5, 2018. Potential grand prize winners will be notified on or about December 14, 2018.

Members can also participate in the Sweepstakes during the Voting Period for a chance to win one of 14 daily prizes valued at \$99.98-\$149.99. Eligible members can vote on the Go365 dashboard by clicking the "Vote now" link on November 5 – 18, 2018. Non-winning daily entries will roll over to subsequent daily drawings. Limit one vote per eligible Go365 member during the Promotion Period. Entry is not available via the Go365 mobile app. Daily Prize winners will be notified on or about November 20, 2018 by GMR.

Full details of the contest and sweepstakes are available on <https://go365contest.com/Rules>.



100 spots added to 5k at Fort Harrison!

FINAL EVENT OF THE 2018 RUN THE STATE SERIES

Join us on **Saturday, August 11** for a 5k run/walk at Fort Harrison State Park! If you missed the first round of sign-ups, you're in luck! We've opened 50 spots at both the 8:30 a.m. and 10:30 a.m. time slots; 100 spots total.

Plan ahead and schedule the day with family members and coworkers to enjoy the beauty of the state park. [View the flyer](#) for more details about the park, race day logistics, travel information, and more.

[Register for a 5k at Fort Harrison >](#)

There is no cost to register and you get a free t-shirt. Participants are required to pay \$7 per vehicle at the gate for park entrance.

HOW TO UN-REGISTER

If you signed up for the 5k at Fort Harrison, and now you know you can't make it, [please un-register](#) for the free event so someone else can have your spot.

Drug Abuse Symposium Early Bird Registration

The Office of the Indiana Attorney General is pleased to announce that registration is now open for the 9th Annual Drug Abuse Symposium. The symposium is on Monday, Oct. 29, and Tuesday, Oct. 30, at the Embassy Suites Convention Center in Noblesville.

[Register now](#) >

Office of Indiana Attorney General Curtis T. Hill, Jr.
9th Annual Drug Abuse Symposium
NOW OPEN
Conference & Hotel Registration
October 29-30, 2018
Register by September 1, 2018 to receive the early bird rate.

Statehouse on display at the Indiana State Library

“Indiana’s Statehouse,” a new exhibit, is currently on display through October in both the Exhibit Hall and the second floor Great Hall of the Indiana State Library.

This year marks the 130th anniversary of the completion of a new Statehouse for Indiana. The Indiana Statehouse, designed by architect Edwin May, was under construction from 1878 to 1888.

After May’s untimely death in 1880, his draftsman, Swiss-born Adolph

Scherrer, was appointed supervising architect. On Oct. 2, 1888, the Statehouse Commissioners officially closed the account books on the building project.

The exhibit includes drawings, photographs, maps and other historical materials from the collections of the Indiana State Library. A rare 1738 edition of Andrea Palladio’s “Books of Architecture” provides an architectural prototype to compare to the Renaissance Revival style

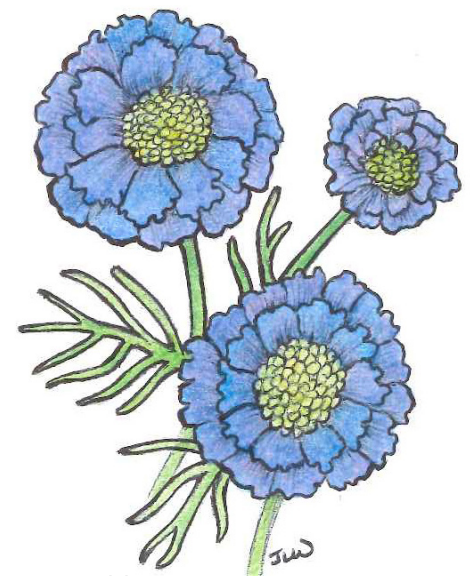
of the dome of the Statehouse. Several artifacts from the Statehouse grounds are displayed courtesy of the Indiana Department of Natural Resources, Division of Historic Preservation and Archaeology.

Their staff collected samples of building materials during the 2017 renovation of the Statehouse’s north steps. The Indiana Archives and Records Administration also provided copies of historical documents for the exhibit.

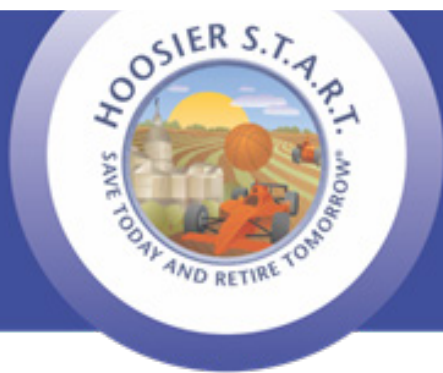
Summer fun right here in Indiana

Did you know you can go whitewater rafting in South Bend? OR that there’s a reward program for hikers who visit ALL the Indiana State Parks. Indiana MoneyWise releases their summer electronic magazine featuring STAYcations in Indiana. Read up on blissful adventures and frugal engagements for the family while skipping the TSA lines.

View the full e-magazine here:
<http://bit.ly/EMagStaycations>



Artwork by
Jerry Williams



2018 RETIREMENT READINESS open house

Hosted by Hoosier S.T.A.R.T. and State Auditor Tera Klutz

Join us for an Educational Open House where you'll learn about your deferred compensation plan and retirement saving. You'll be able to watch a short presentation at noon and meet privately with a Hoosier S.T.A.R.T. representative to get you on the right path to retirement.

Designed to help you become
RETIREMENT READY

Wednesday, August 29
State House South Atrium
11:00 am - 4:00 pm
Light refreshments served

Contact vhunt@auditor.in.gov to schedule your one-on-one consultation with a Hoosier S.T.A.R.T. Representative.

Act now because appointment times are filling up fast!

MARK YOUR CALENDAR



September 19 — Lafayette
September 20 — Merrillville
October 2 — Evansville
October 3 — Madison
October 16 — South Bend
October 17 — Fort Wayne

for the 2018 Educational Dinners where your retirement readiness will be challenged by playing Hoosier S.T.A.R.T. *Jeopardy!*



WATCH FOR AN EMAIL ABOUT
HOW TO REGISTER

Hosted by Hoosier S.T.A.R.T. and State Auditor Tera Klutz

2018 Employee Assistance Program wellness webinar calendar



View the webinars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

| | Monthly theme | Monthly webinar title | Webinar description Join us for these introductory webinars on work-life topics. |
|-----|---|--|---|
| JAN | Free yourself Becoming organized and clutter-free | Everything in Its Place: Getting Organized Available on demand starting Jan 16 | When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place. |
| FEB | BFF Being your own best friend | Self-Care: Remaining Resilient Available on demand starting Feb 20 | Learn to identify ongoing symptoms of stress and how to find a healthier approach to the demands of work and home. |
| MAR | Staying on track Budgeting and personal finances | Your Routine Financial Checkup Available on demand starting Mar 20 | Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets. |
| APR | Keep it kind Creating positive interactions | Maintaining Respect and Civility in the Workplace Available on demand starting Apr 17 | Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment. |
| MAY | Life 101 Basic skills of adulthood | DIY: Apps and Guides for Household Management Available on demand starting May 15 | Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all. |
| JUN | Rise up! Reducing sedentary behavior | Improve Your Health With Proper Ergonomics and Frequent Movement Available on demand starting Jun 19 | Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives! |
| JUL | Grocery run Making sense of nutritional information | Eating Your Way to Wellness Available on demand starting Jul 17 | This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health. |
| AUG | Ages & stages The new developmental milestones | Technology and Keeping Your Kids Safe Available on demand starting Aug 21 | The seminar touches on the risks facing children online. You'll learn helpful tips, from where to locate the computer in the home to available parental computer monitoring programs. |
| SEP | GPS! Charting a course to reach your goals | Creating a Personal Development Plan Available on demand starting Sep 18 | Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals. |
| OCT | Bounce back Recovering from stressful situations | A Personal Guide to Building Resiliency and Coping With Change Available on demand starting Oct 16 | It's not what happens to us but how we respond to what is happening to us. This seminar will empower you to become more resilient. |
| NOV | Talking together Family conversations about aging | Caring for Aging Relatives Available on demand starting Nov 20 | Older relatives may require more care than family or neighbors can provide. This seminar is a helpful first step to determine what kind of care is needed. |
| DEC | Just ask Asking for what you need | Say What You Mean the Right Way: Healthy Forms of Communication Available on demand starting Dec 18 | There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships. |

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