



The Torch

The official newsletter for Indiana state employees

WGU Indiana offers \$50,000 in scholarships to State of Indiana employees



WGU Indiana to make this scholarship available to State employees so that they can join the statewide movement to connect with

Indianapolis – WGU Indiana is offering the Public Service Recognition Week (PSRW) 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 exclusively to 10 State of Indiana employees seeking to advance their careers through one of WGU Indiana’s 60 online degree programs.

“The State of Indiana is focused on skilling up our entire workforce and our goal is to have 60 percent of State employees connected with a post-secondary credential by 2025. It is fantastic to partner with

more training and job growth,” said Secretary of Career Connections and Talent for the State of Indiana Blair Milo.

Assistant Chief of Staff for Communications and Information Systems for the Indiana State Police, Major Michael White, earned his MBA in IT Management from WGU Indiana and said he was able to apply the knowledge he gained from his degree to his work in the public sector.

“Things that I learned, on everything from customer service to productivity, I put into practice and taught my staff. My team and I wouldn’t be as successful

(Continued on page 2)

In this issue

- 3** INDOT “Trash Bash!” Removes Thousands of Bags of Litter
- 5** Registration open for 2018 CLE Series
- 6** Biometric screening deadline is June 30, 2018!
- 8** Logansport State Hospital staff show heart with ‘Helping Hands’
- 16** INvestigate + Explore Summer Programming

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

We’re on social media



Follow [@SOIEmployees](https://twitter.com/SOIEmployees)



Like [Invest In Your Health](#)



Follow [State of Indiana Employees](#)

(Continued from page 1)

WGU Indiana offers \$50,000 in scholarships to State of Indiana employees

in combining and aligning our processes without my experience at WGU Indiana,” he said.

“WGU Indiana applauds all State of Indiana employees for their service. We are excited to offer this exclusive Public Service Recognition Scholarship that will assist State of Indiana employees in reaching their career goals,” said WGU Indiana Chancellor

Allison Barber.

WGU Indiana’s competency-based education model enables students to take advantage of their knowledge and experience to move quickly through material they already know, so they can focus on what they still need to learn. WGU program mentors offer guidance and support and faculty instructors provide individualized

instruction. WGU Indiana’s competency-based approach makes it possible for students to accelerate their progress, saving both time and money.

The application deadline for the PSRW scholarship is September 1, 2018. For more information and to apply, visit indiana.wgu.edu/IN-publicservice.

2018 EDUCATIONAL DINNERS



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

MARK YOUR CALENDAR

for this year’s Hoosier S.T.A.R.T. Jeopardy!

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

Returning to Indianapolis in 2019!

INDOT “Trash Bash!” Removes Thousands of Bags of Litter from Hoosier Highways

With the arrival of warmer weather across the Hoosier State, the Indiana Department of Transportation (INDOT) reminds motorists that, although these conditions invite motorists to roll down vehicle windows, it is against the law to litter by throwing trash out of vehicles. INDOT has several beautification initiatives to help keep Indiana clean.

During INDOT’s annual “Trash Bash!” April 13, INDOT maintenance staff across the state directed their efforts toward litter collection on roads with high-traffic volume, such as interstates and divided highways. Additionally, Adopt-a-Highway groups and other organizations and individuals joined forces to clean two-lane roads with lower traffic volume April 13 through 15 as part of “Trash Bash!”

“INDOT is proud to partner with individuals and groups to clean up litter and beautify the state,” said INDOT Commissioner Joe



McGuinness. “Whether volunteers are interested in helping with one mile or 10 miles, INDOT welcomes the help of Hoosiers in making our roads look their best.”

The effort paid off, as hundreds of INDOT employees collected 2,857 bags of trash, the equivalent of 724 cubic yards, April 13. The non-INDOT volunteers gathered 600 bags of trash, the equivalent of 150 cubic yards, April 13 to 15.

Besides “Trash Bash!”, INDOT offers opportunities for Hoosiers to help keep roadside areas clean year-round. The Adopt-a-Highway, Sponsor-a-Highway and newly formed Hoosier Gateways programs are ideal opportunities

for volunteering or performing community service projects. “We put in a huge effort for our crews to make our roadsides and communities more attractive,” said INDOT Roadside Maintenance Specialist Matt Kraushar. “We certainly succeeded, and we look to build on this to make next year even better.”

For more information on all of these programs, visit www.in.gov/indot/2598.htm.

Customer Service:

1-855-463-6848

www.indot4u.com

indot@indot.IN.gov



Nominations accepted for Serve Indiana's Awards for Excellence

INDIANAPOLIS – Serve Indiana is accepting nominations for the 2018 Awards for Excellence Ceremony.

Serve Indiana's Awards for Excellence is the state's most prestigious awards ceremony recognizing volunteerism where outstanding Hoosiers will be honored for their service and dedication to their communities. Nomination categories include:

- Volunteerism Award (18+)
- Youth Volunteer of the Year (under 18)
- Lifetime Achievement Award
- National Service Member Award

- Volunteer Program Award
- Corporate Service Award

For additional information on each category and nomination forms [click here](#).

Nomination forms must be submitted by 5 p.m. Friday, June 29.

Questions

Contact Cassandra Gillenwater at ckelloggillenwater@serveindiana.gov.



Enjoy an event of “monumental” proportions!



When: 10 a.m. to 2 p.m.
Friday, June 15

Where: Monument Circle
Indianapolis, IN 46204

Visit IndianaGrown.org to learn more!

Take a break from the workday June 15 and join Indiana Grown for lunch at its second annual “Monumental Marketplace” in downtown Indianapolis.

Located around Monument Circle, from 10 a.m. to 2 p.m., this free, farmers’ market-style event allows attendees the opportunity to eat, sample and shop from more than 100 Indiana Grown vendors.

The initiative, as it approaches its third anniversary, encourages Hoosiers to buy local, and each purchase you make will go to support businesses and farmers across the state.

So, if you love local, leave your lunch at home and come explore all of the unique tastes Indiana Grown has to offer at an event of “monumental” proportions!



Artwork by
Jerry Williams

Registration is now open for the 2018 Continuing Legal Education Series

Indiana Civil Rights Commission Presents

2018 Continuing Legal Education Series

APRIL
Housing Discrimination
Terre Haute, IN

JULY
Education Discrimination
Indianapolis, IN

DECEMBER
Employment Discrimination
Fort Wayne, IN

JUNE
Employment Discrimination
Noblesville, IN

SEPTEMBER
Public Accommodation
Gary, IN



Call: (800) 628-2902
@INCivilRights

YOUR RIGHTS, OUR MISSION.
Visit www.IN.gov/ICRC/ for updates and details



Are you an HR professional looking to sharpen your skills? Are you an attorney who has yet to fulfill your 2018 Continuing Legal Education (CLE) requirements?

The Indiana Civil Rights Commission (ICRC) is hosting a FREE Continuing Legal Education class Thursday, June 7, 2018 from

1-2 p.m. at the Clay Township Community Room. The class will feature one of ICRC's most experienced attorneys who will discuss all things employment discrimination. This CLE class is for attorneys, managers/supervisors, emerging leaders in the employment/labor field, HR professionals & more!

Reserve your FREE spot now: www.cle2018.eventbrite.com

For more information:

Visit IN.gov/ICRC or contact John Hawkins, Public Outreach Manager, at jhawkins3@icrc.in.gov.

Sign up for the Annual Medical Fraud Symposium



Indiana Attorney General Curtis T. Hill, Jr.



National Society of Professional Insurance Investigators

The Indiana Attorney General's Medicaid Fraud Control Unit, and the Indiana chapter of National Society of Professional Insurance Investigators invite State of Indiana

employees to the Fourth Annual Midwest Medical Fraud Symposium. The annual event is being held in the Indiana Government Center South Conference Center on June 14 from 8 a.m. to 4:30 p.m.

As in years past, organizers have applied for continuing legal

education credit in Indiana, Ohio, Wisconsin and Kentucky.

View [brochure](#)
View [agenda](#)

For more details, including CLE information, lodging arrangements, and to purchase tickets, visit the [symposium's Eventbrite page](#).

The deadline to purchase tickets is June 6, 2018.

Biometric screening deadline is June 30, 2018!



The deadline to submit your biometric screening results is less than one month away. Screening forms must be self-submitted to Go365 by June 30, 2018, in order to guarantee points towards Earned Status of Silver, which qualifies employees for the 2019 Wellness Consumer Driven Health Plan (CDHP).

You can get a biometric screening at a state sponsored clinic, a partnered clinic location, or with your primary care physician. Biometric screenings

are scheduled at state facilities throughout Indiana in early 2018. At these clinics, there is no charge to employees, spouses and their covered dependents over 18, who carry a medical plan through the State Personnel Department. If you attend one of these clinics, your results are sent automatically to Go365 for points. Please note: Since biometric screenings are not run through insurance, these should not take the place of annual wellness exam. Sites are classified as "Open" or "Closed" on the event schedule:

[CLICK HERE](#) for more information, to see the full schedule, and to register for a free biometric screening in your area!

The Wellness CDHP offers the lowest premiums compared to the other options. If you are currently enrolled in state medical benefits, you can qualify for the 2019 Wellness CDHP by reaching an Earned Status of Silver in Go365 by August 31, 2018. This means all points must be processed and posted to your Go365 account by the August 31 deadline. Don't wait until the last minute to submit information since processing of activities can take up to 45 days to be reflected in your account.

Biometric screenings earn you at least 2,000 points just for participating, and up to 4,000 total points toward an Earned Status of Silver to qualify for the 2019 Wellness CDHP.

The Run the State 5k and Hike series continues this summer



The first hike of the 2018 Run the State series is just a few weeks away! We look forward to seeing you at Harmonie State Park on Saturday, June 30!

Visit the [5k and Hike Series page](#) for additional information.

5k Schedule

Ouabache State Park: [register >](#)
Bluffton (Wells County)
Sat., July 14, 2018, 8:30 a.m.

Fort Harrison State Park
Indianapolis (Marion County)
Sat., August 11, 2018
8:30 a.m. and 10:30 a.m.

Hike Schedule

Harmonie State Park
New Harmony (Posey County)
Sat., June 30, 8:30 a.m.

Clifty Falls State Park
Madison (Jefferson County)
Sat., July 28, 8:30 a.m.

July is Health & Wellness Month

Look for an email with details about July's Health and Wellness Month over the next couple weeks.

Stay informed:

Sign up to receive [SPD newsletters](#)

Twitter: [@SOIEmployees](#)

Facebook:
[@InvestInYourHealthIndiana](#)

Web:
[InvestInYourHealthIndiana.com](#)

Simple. Convenient. Smart.

Anthem.com is your personal website to experience health care on your terms.



See your benefits

Check what your plan covers and how much you might pay for care.



Get discounts

Save on health-related products and services.



Find a doctor

Look for doctors in your network and save on care.



Cost estimator

Compare costs and quality for common procedures.



Check your claims

See what's covered and what you owe for care.



Get your medication

Refill your prescriptions online.



For this and much more, log in to anthem.com.

Don't forget you can access your health information right at your fingertips anytime through the Anthem mobile app.



Logansport State Hospital staff show heart with ‘Helping Hands’

LOGANSPORT – Anyone experiencing need in Cass County—from financial difficulties to food insecurity – should know that staff of Logansport State Hospital (LSH) care and are hoping to help.

The mental health facility’s “Helping Hands” Committee consists of administrators and staff members who pool ideas to come up with ways to assist people in need.

In much the way the “L.I.F.T.” (Larson Incentives for Treatment) program is boosting patient and staff morale through community service work, ‘Helping Hands’ is quickly becoming a go-to effort by which the facility can help patients, fellow staff and residents in the Logansport/Cass County community.

Since establishing the project in January 2017, staff have collected cleaning supplies, held non-perishable food drives, and even contributed cash to fund holiday gifts for children who otherwise might have nothing to open Christmas morning.

They’ve outfitted kids with backpacks for school, put together baskets of goods for clients being released from LSH, and helped staff members on leave due to illness by giving them blankets created through L.I.F.T. and goods from the hospital’s pantry.

“It’s just to say, ‘Even though you’re not here, we’re thinking about you,’” said Debb Middleton, LSH account clerk.



Staff of Logansport State Hospital began a community service effort called Helping Hands in January 2017. The 15-member committee seeks to help employees, patients and community members in need. Seen here are (left to right) Paula Green-Scheffer, Kathy Pattee, Darrin Monroe and Debb Middleton.

“We really are just a special hospital, willing to take care of our own,” added administrative secretary Paula Green-Scheffer.

Such generosity is one of the ties that perpetually binds staff at the Logansport facility who continually do what they can to support each other and the community in which they serve as often as possible.

“We give back to the community so much,” said Darrin Monroe, an information specialist who has worked at LSH for 15 years.

Green-Scheffer, Middleton and Monroe are three members of the Helping Hands Committee, which also includes fellow longtime employee Kathy Pattee, the facility’s director of nursing services. Each has been touched by the generosity of their fellow employees, and all are working to make Helping Hands a cornerstone of LSH’s ever-expanding community service efforts.

Mike Busch, Director of Community Engagement for LSH, summed it all up this way: “One of the factors for success is compassion.”

The challenging work taking place at LSH requires such sentiment and understanding, staff belief. Some of the patients are battling severe mental illnesses and may present a danger to themselves as well as others. It takes skilled, patient, caring people to work to bring about the best possible outcome for each client.

The hospital appears to have that in spades, staffing a mix of experienced and relatively new employees alongside one another.

Busch has been with LSH for a little less than a year, but that’s been more than long enough to see that hospital staff are all-in on doing their part to help others – both at the state facility and within their community.

(Continued on page 9)

(Continued from page 8)

Logansport State Hospital staff show heart with 'Helping Hands'

"That sense of compassion is driven by a will to give back," he said.

Monroe, Middleton, Pattee, and Green-Scheffer have just such a will. The group agreed that they've been touched by the kind hearts of their fellow staff members.

The committee has worked to help local charities and individuals. They've also utilized some of the goods created through the L.I.F.T. program, such as the no-sew blankets, for discharged patients and even shelter dogs and cats.

For the latter, the group also collected around 100 bags of food. "They said, 'Wow, we cannot believe this,'" Monroe recalled of the shelter staff's reaction. "'This is going to get us through our winter months.' They were so overwhelmed."

The program evokes emotional responses in some of the Helping Hands committee members who

have seen the reactions of people in need firsthand.

Pattee said that those on the receiving end of the assistance from Helping Hands are grateful, and that's a source of inspiration for staff to continue being part of the effort. Spreading the word is another way to build morale and even recruit more staff members to the cause.

"Getting the thank-yous after we do this... it's just so neat to be able to share that with the committee," the director of nursing said.

"When you see that tear in their eyes, it's awesome – just awesome," commented Monroe.

Those heartwarming scenes are commonplace, though many of the people assisted by Helping Hands remain anonymous. Individuals and families may be referred by employees, or they may request help themselves due to any number of difficult circumstances.

Regardless of the issue – from an employee's temporary disability to a flu outbreak at a homeless shelter – LSH employees have tried to help.

Newly-released patients have also benefited before they've even left the campus. Those clients have been gifted with

used luggage in good condition, t-shirt totes created through the L.I.F.T. program, and other goods to set them off on the right foot.

That's one way Helping Hands and L.I.F.T. work in tandem. Another is via donations to the former which, in turn, have helped purchase supplies utilized in the latter.

Similarly, just as how Helping Hands and L.I.F.T. complement and even, at times, depend on one another, staff at LSH are a close-knit group driven by a shared purpose: provide the best possible care for those within their hospital, and make an impact in their community. So far, so good.

"We could not do this without the staff members continuing to donate and being so generous for what we ask," commented Green-Scheffer. The administrative secretary described the 15-member committee as "a dynamic group" that shares plenty of new ideas for Helping Hands during monthly meetings. Composed entirely of volunteers, the Helping Hands group clearly leads with their hearts.

"We're a big family out here, and when it comes down to it, everybody freely does it," Monroe said of the giving process. "There's a lot of love shared out here."

Read about LSH's L.I.F.T. program in this issue of the Torch or online at Employee Central at in.gov/spd/3201.htm.

Story Brent Brown, INSPD



In April 2017 Logansport State Hospital's Helping Hands committee donated food to the Salvation Army which was used for the facility's Easter meal.

Holding court

Longtime INDOT coordinator volunteers at *Hoosiers* basketball gym

KNIGHTSTOWN – The Historic Hoosier Gym in Knightstown is something of a second home for Larry Loveall.

An employee of the Indiana Department of Transportation (INDOT) for more than 45 years, Loveall somehow finds time to work what nearly amounts to a second career as a volunteer, helping kids learn about life by keeping the doors open late at a Hoosier basketball mecca.

For more than two decades, Loveall has mentored, coached and tutored hundreds of youth, bringing them together in ways only team sports can. On the

hallowed hardwood where Gene Hackman’s Hickory Huskers won a State Championship in the seminal hoops film *Hoosiers*, Loveall spends his hours away from work interacting with young people who, in many ways, are as close to the longtime utility coordinator as his own family.

He wouldn’t have it any other way, even if finding time for it all is a bit of a juggling act.

“The most challenging [thing] is trying to balance my time between volunteering and my family,” the longtime Knightstown coach and INDOT stalwart said. “However, after being around the youth all

the time, they soon become part of your family.”

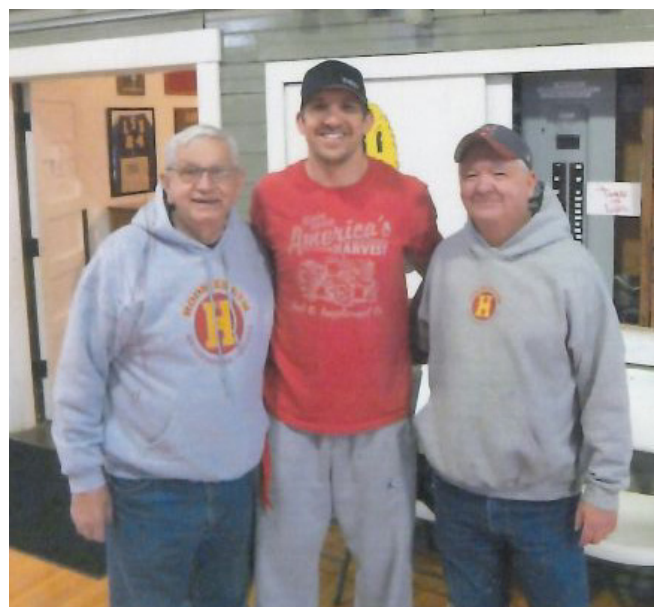
A place to go

Loveall’s volunteer story began in 1996 when, as president of the local Optimist Club, he and other club members instituted an after-school program at the Hoosier Gym.

“The agreement was, if they allowed the kids in, then I would agree to help maintain the facility,” Loveall, who also serves as a member of the gym’s board of directors, said.

Larry monitors the gym while kids hone their basketball skills and

(Continued on page 11)



Longtime INDOT employee Larry Loveall has volunteered at the Historic Hoosier Gym in Knightstown since 1996. During that time, he has met many professional athletes and dignitaries. In these photos, Loveall is seen with former Indianapolis Colts tight end Dallas Clark and Hoosiers director David Anspaugh.

(Continued from page 10)

Holding court

make new friends. A longtime soccer and softball coach, Loveall doesn't teach children the game of basketball, but his presence ensures they have a safe, fun place to go after school. While there, he meets and greets the public and maintains the building.

Close friend Tom Stingley, INDOT Greenfield District Capital Program Management State Funds Manager, said Larry recently finished painting the interior of the historic gym.

That's just one example of how Larry Loveall donates his time to his community -- and it's far from the only one.

Being a father to six children (five of whom are daughters) led Larry to his coaching career which now



Larry Loveall has worked for INDOT for more than 45 years. He presently serves as utility coordinator for the Greenfield district. Known for his kindness and generosity, Loveall also has a sense of humor, seen here as he poses with a snowman at the Historic Hoosier Gym in Knightstown.

spans more than three decades. He's spent the last 20 years as varsity soccer and softball coach at Knightstown High School.

Today, Loveall continues to lead the Panthers on the diamond and the pitch, but it appears he's just as comfortable working with kids at the gym.

"My most rewarding experience is our after-school program," Loveall said. "It's not much more than providing them with a place to go, but I would much rather watch them run up and down the basketball court or just sit in the stands and talk than see them hanging out on the streets."

There, the kids truly are a team, in much the same way Loveall and his INDOT colleagues work together cohesively.

Working for the Greenfield District, Loveall has at various times served as a mechanic, billboard coordinator and Local Public Agency coordinator before taking on his current role as utility coordinator. He said his colleagues and work-related associates have been the best part of his lengthy career with INDOT.

Much the same could be said of the kids he helps at the Historic Gym.

Loveall and basketball

Loveall may be a fitting surname for Larry as it exemplifies his caring,

giving nature, especially when it comes to helping children and teens stay on the right path. And the friendly confines of the famed gymnasium appear to be just the right place for the kindly coach to give of his time and serve his community. In their own ways, both are venerable parts of the Henry County town of about 2,200.

The Hoosier Gym was one of the basketball courts featured in *Hoosiers*, and little has changed there in the more than three decades since that film hit theaters. The court retains the red and gold of the Hickory Huskers, an indelible Indiana staple so synonymous with the Hoosier State that even the Pacers occasionally wear the uniforms of the fictional small town team.

The gym continues to host a plethora of basketball games and tournaments as well, and Larry Loveall is often there to see it all.

Just as when the fictional Jimmy Chitwood nailed a last-second jump shot to seal a state championship for Hickory in the 1986 movie, the Knightstown gym is itself a magical moment in time.

Taking a seat in the historic arena has a way of transporting a person to another time and place – perhaps to their own youth when they practiced jumpers in the driveway, pretending each successful shot soared through the hoop just as the fourth quarter buzzer sounded.

(Continued on page 12)

(Continued from page 11)

Holding court

The 96-year-old gym hosted 83 games in 2017, drawing an estimated 72,000 visitors, Loveall said.

Home to the Hoosier Classic, the gym has also welcomed players whose talents led to professional basketball careers. The Pacers' Glen Robinson III is among that elite group, which includes a total of 16 NBA and six WNBA players who were once high school all-stars battling on the Hoosier Gym court.

Loveall's time at the gym has also introduced him to basketball royalty, state officials and numerous others. It's just another perk of the "job," one might say.

Loveall met Hall of Famers Larry Bird and Magic Johnson in 2004, who brought along the then-up-and-coming LeBron James and Carmelo Anthony. But rubbing elbows with the greats of the game is far from what motivates Larry Loveall to keep volunteering at the gym.

"My drive is more like a passion," he said. "I can't really explain. It's watching the reactions of our first-time visitors ... how they start smiling, and the wows I hear from them folks..."

It's in those moments when it's clear the magic of the gym has cast its nostalgic spell on the crowd. They're in that special place, happily lost in the history and the spectacle of a hallowed basketball

hall significant to so many.

Setting an example

The Historic Hoosier Gym will always be important to Larry Loveall as well. It's where he began a second "career," helping kids stay out of trouble while watching them learn the value of togetherness and teamwork – in life and on the basketball court -- while embodying and modeling community service.

Loveall's myriad examples have been a how-to guide for generations of kids to understand the necessity of giving back to – and caring for – one's community.

For his work in Greenfield and for the tiny town he calls home, Larry Loveall continues to give his all.

Aside from his coaching duties and volunteering at the gym, Loveall handles upkeep at a Knightstown walking trail, clearing weeds and cleaning up trash when needed.

In volunteerism and his work, Loveall's dedication is a quality that is almost immediately noticeable to those who know him.

Don Ballard, INDOT-Greenfield Right of Way Services Manager, has worked with Loveall for about four months, and in that brief period has come to see Larry as a valued colleague.

"He is a great employee based on my short time here," said Ballard, who described Loveall as "humble

and hard-working."

Few know that as well as Stingley, who first met Loveall in 1975, when Larry worked as a mechanic and tow truck driver for INDOT's Greenfield district. When Stingley's company vehicle wouldn't start while out on assignment "in the middle of nowhere," it was Loveall who was dispatched to pick him up.

The two became colleagues -- and friends -- three years later, when Loveall started working in the same district with Stingley.

The rest has been pleasant history shared with a kindly man who never seems to tire of helping others.

"I would say Larry is a very dedicated employee," Stingley said.

Speaking of Loveall's wide-ranging work with INDOT, the state funds manager said his friend is trusted and admired by colleagues far and wide.

"You could check with anyone in the state, and also any utility personnel, and you would find that all of them respect Larry," said Stingley. "He is just very dedicated to Knightstown and to INDOT. I could say a lot about Larry, but it would be a book."

Story by Brent Brown, INSPD

Staff of mental health hospital providing ‘L.I.F.T.’ to patients, community

LOGANSPORT – Staff of Logansport State Hospital (LSH) are making a difference in their community, and in the lives of patients and one another.

Two newly-developed programs at the state’s oldest currently active mental health facility are helping patients prepare for life outside the hospital’s walls while also assisting the homeless and others in need.

Morgana Thomas is part of a group behind one of those initiatives, an inspiring, wide-ranging community service effort called “L.I.F.T.” An acronym for “Larson Incentives for Treatment,” Thomas was one of the founding staff members of a growing effort that has brought together patients and hospital employees to craft mats for the homeless, totes made from old t-shirts, greeting cards of essentially

every kind, and no-sew blankets for people and shelter animals.

The result has been comfort for those in need, dogs and cats with warm, cozy places to sleep, and patients equipped with necessities they otherwise might not have access to when first discharged from the hospital’s care.

Thomas described the feeling of being part of such a program as “great,” and she and others involved indicated the initiative is as rewarding for them as it for the patients and recipients. For the former, it’s a show of support during what can be a time of great uncertainty.

Thomas, a behavioral clinician, understands as well as anyone the challenges a just-released LSH patient can face when he or she

leaves the front gate of the storied 130-year-old facility. She’s seen it countless times in the 11 years she has worked there.

In many cases, those former clients are on their own, often after months – even years – of being away from society, receiving their necessary treatment. Adjustments typically are necessary as they re-enter a community that may have changed significantly during their stay at LSH.

Leaving the facility knowing that someone cares and hopes for their success can be valuable motivation.

Angela Edwards, a service line manager with nearly two decades of experience at the hospital, said patients often see staff “as family.”

The patients who have taken part in L.I.F.T. are likely quite aware that LSH staff are pulling for them. The program itself is proving to be therapeutic and effective in helping patients feel they have accomplished something good and beneficial. Patients gain confidence and perhaps some valuable skills as well.

Larson Continuous Psychiatric Services – referred to in the L.I.F.T. acronym -- is an area of the hospital that can house 82 patients and is less restrictive in terms of security than some other areas of LSH. The clients within are some of those who’ve quickly taken to the idea of giving back to their community, no matter their own situation, as a result of inclusion in the program.

(Continued on page 14)



Staff of Logansport State Hospital involved with the L.I.F.T. program displayed some of the items created through the community service effort. Among those are totes made from old t-shirts, mats fashioned out of plastic sacks, and no-sew blankets.

(Continued from page 13)

Staff of mental health hospital providing ‘L.I.F.T.’ to patients, community

In all, patients have created in excess of 1,500 greeting cards, approximately 150 t-shirt totes and 40 to 50 no-sew blankets. Additionally, mats intended to give homeless people a more comfortable place to rest have been created by weaving small plastic bags together. It takes as many as 800 bags to make each mat, Thomas said.

The onsite Longcliff Vocational Workshop is the epicenter of LSH card creation. Patients there are paid for their work on the cards, which are later sold at craft fairs, rehab therapist assistant Shawna Strickland said.

Strickland noted that many patients display an artistic talent when they create the cards. It’s possible even the patients weren’t aware of the hidden ability until they sat down and put pen to paper. That can be another “feather in the cap” of recovering clients who may need all the positive reinforcement they can get as they work to rebuild their lives.

Jill Rowe, LSH rehab director, said she is “thrilled” with how the program is turning out. She believes the various facets of L.I.F.T. help clients prepare for life beyond the hospital’s walls. They learn skills that can be valuable in the workplace, and earning a paycheck for work on the cards can be a source of pride for patients.

While the present array of



An onsite vocational center at Logansport State Hospital helps patients earn money by creating greeting cards.

activities have been well-received, staff said plans to expand L.I.F.T. are already taking place. Thomas keeps up on craft trends through Pinterest and similar resources, and with the employees’ own creativity thrown into the mix, it doesn’t appear there will be a shortage of ideas anytime soon.

None of that can happen without the proper materials, however, so to acquire supplies the L.I.F.T. team has organized a variety of fun fundraisers.

The “Brownie Bash” is an annual event that is likely as delicious as it sounds, while the ultra-competitive parking spot drawing rewards winners with a prime place to leave their car before their respective shifts begin.

But the biggest seeds planted at LSH, staff hope, are those of positive outcomes for each patient. And at the core of it all is a shared

desire to change the stigma associated with mental health treatment facilities. Through L.I.F.T., there is something intangible that staff believe is helping change lives at LSH.

Thomas explained that patients who participate in L.I.F.T. do so voluntarily, and the program often proves therapeutic for the hospital’s clientele. The projects are intended to require little to no training and are relatively easy for most people to complete. The result is something mutually beneficial for patients, staff and the community.

In the patients’ case, Thomas said volunteering for what amounts to a community service initiative “can be seen as a strength” in a client’s recovery process.

“They ask to participate,” she said, emphasizing the patients’

(Continued on page 15)

(Continued from page 14)

Staff of mental health hospital providing ‘L.I.F.T.’ to patients, community

willingness to be part of an effort firmly rooted in helping others. “It’s something they look forward to.”

The impact, she said, has been “gratefulness and thankfulness.”

It’s certainly a step in a positive direction, and it’s one no patient at LSH has to take it alone. Thomas said treatment on Larson is “recovery oriented” and taking it upon oneself to help others is something forward to which most patients look. It’s an altogether positive sign in a process that may not have a definitive timeline for results.

That’s another facet of the duties at LSH that takes teamwork, and Thomas ranks the camaraderie of staff at the top of her list of reasons why she loves her job.

“We’re always looking out for each other and we’re always willing to help each other,” she said. “I believe the teamwork is one of the best reasons for working here.”

Organizing L.I.F.T. is the happy toil of more than a dozen LSH employees, who come from disparate backgrounds and work in different areas of the hospital. The common thread is the desire to make a difference in the lives of their patients and community.

It appears that is happening with each card, blanket and tote lovingly crafted at the state’s oldest currently existing mental health facility.

For Thomas and others, seeing the progress made by patients, regardless of their involvement in community projects, is its own reward.

“I enjoy seeing them get better and, eventually, getting back out into the community and moving on with their life,” she said.

Edwards feels much the same way, even if her career at LSH started rather inauspiciously. She recalled humorously that she was so nervous on her first day that she passed out.

That was nearly 18 years ago, but these days Edwards is comfortable in her duties and confident that LSH staff are working to make a difference every day. Like Thomas, she believes teamwork is the bedrock on which the facility operates, and the staff’s ability to gel with one another for a shared purpose is producing good outcomes.

“The patients and what we do for them, the clients that we serve, the teamwork atmosphere – the family atmosphere that I believe I’ve seen within the state hospital... It’s top notch and I think the patients see that,” Edwards said. “We help patients in great ways.”

L.I.F.T. is complemented by another community service program taking place at LSH. Read about “Helping Hands” in this issue of *The Torch* and online at Employee Central at in.gov/spd/3201.htm.

Story by Brent Brown, INSPD



Need a change of scenery for your next big meeting?

Whether it is team building, a power lunch, a big corporate event or to just get away from your own office, let the Indiana State Museum be the venue for you.

Click for more info.

INvestigate + Explore Summer Programming



The Indiana State Library will once again provide free youth programming this summer through the Indiana Young Readers Center!

June and July are going to be packed with fun and engaging workshops for kids to INvestigate + Explore. Join the state library this summer for six exciting programs combining Indiana investigations and explorations of cool themes like art, culture and history. Programs are open to children who have completed third grade up through middle school and require advanced registration.

Next Great Architects **June 13, 1:30 p.m. – 3 p.m.**

Kionna Walker will show children how to use problem solving and their imaginations to explore architectural planning processes. Kids will also learn about the design and construction of the Indiana State Library. [Register >](#)

Gifts from the Earth: Native American Effigy Pottery **June 20, 1:30 p.m. – 3 p.m.**

Artist Robin McBride Scott will lead children in creating an effigy vessel they can take home after they

learn about treaties. Participants will also see the library's own copy of St. Mary's Treaty. [Register >](#)

The Writerly Life **June 27, 1:30 p.m. – 3 p.m.**

Julie Patterson will lead children in applying strategies for developing ideas into stories that others want to read. Children will also decorate notebooks so they can practice the writerly life at home. [Register >](#)

Jazz Drum Dialogues **July 11, 1:30 p.m. – 3 p.m.**

Children will learn about the rich history in the Indiana Avenue corridor and learn the basics of jazz drumming from local musician Lawrence Clark. [Register >](#)

Comic Creation **July 16, 1:30 p.m. – 3 p.m.**

Jingo de la Rosa will lead children in drawing comics after they learn about some of Indiana's great illustrators like Norman Bridwell, Jim Davis, Ben Hatke, Keiko Kasza and Troy Cummings. [Register >](#)

Sitting Still Like a Poet **July 25, 1:30 p.m. – 3 p.m.**

Julie Patterson will help children quiet their minds and pay attention to the "story worthy" material around them. Children will also learn about different types of poetry & Indiana poets. [Register >](#)

All programs will take place at the Indiana State Library, located at 315 W. Ohio St. in Indianapolis. Attendees may also enter through the door at 140 N. Senate Ave. Public registration is limited, so act fast!



Indiana State Library **Genealogy & Local History Fair 2018**

The Indiana State Library will host the annual Indiana Genealogy and Local History Fair from 10 a.m. to 3:30 p.m. Oct. 27, in downtown Indianapolis.

Admission is free and the event is open to the general public. The library is located at 315 W. Ohio St.

This year's theme is "Digging Up the Dead." Attendees will learn to how to examine, decipher and interpret death records and death research. They'll also discover other interesting facets of mortality in history.

More than 30 organizations and exhibitors will be in attendance. Participants are encouraged to visit the tables in the exhibition hall to collect information from genealogical and local history organizations. Commercial vendors will also be available for shopping.

Highly-acclaimed and internationally-known speakers and genealogy consultants Lisa Alzo and Amie Bowser Tennant will present. Additionally, Sarah Halter, executive director of the Indiana Medical History Museum, will give a brown bag lunch lecture.

Community Crossings Matching Grant



INDIANAPOLIS – The Indiana Department of Transportation (INDOT) will begin accepting applications Aug. 6 for matching funds for shovel-ready local construction projects through Community Crossings, the State’s local road and bridge matching grant program.

Since 2016, the State has awarded \$300 million to support local road and bridge projects around the state.

Projects that are eligible for funding through Community Crossings include road resurfacing, bridge rehabilitation, road

reconstruction, and Americans with Disabilities Act (ADA) compliance in connection with road projects. Material costs for chip sealing and crack filling operations are also eligible for funds.

Projects submitted to INDOT for funding will be evaluated based on need, traffic volume, local support, the impact on connectivity and mobility within the community, and regional economic significance. Community Crossings is open to all local government units in the State of Indiana.

- Cities and towns with a population of fewer than 10,000 will receive funds using a 75/25 match.
- Cities and towns with a population of greater than 10,000 will receive funds using a 50/50 match.
- Counties with a population of fewer than 50,000 will receive funds using a 75/25 match.
- Counties with a population of greater than 50,000 will receive funds using a 50/50 match.

All application materials must be submitted by 5 p.m. E.T. Friday, Sept. 28.

Communities receiving funding for projects will be notified by INDOT beginning in November. For more information on Community Crossings, visit www.in.gov/indot/2390.htm.

Clowning around for a good cause

ANDERSON – State and county WorkOne staff in Anderson participated in Red Nose Day May 24 to help fight child poverty.

The campaign began in 2015 and is run by Comic Relief, Inc., a nonprofit charity. The goal is to help impoverished children in the US and developing countries. Funds from the purchases of large, comical red noses go toward the nonprofit’s mission.

Since the first Red Nose Day held in the UK in 1988, the charitable effort has raised more than \$1 billion for its cause.



ABOVE - Back row: Tina Estes, Marc Slayton, Alan Janney, Dan Denniston, Angie Dailey, Tammie Barnes, Jennifer Davisson, Rosemary Baker, Kathy Purtee, Lou Mazingo. Middle row: Shelly Thompson, Renee Patton. Seated: Monica Cline, Dianna Phleegee, Arlene Heaton, Ed Miller.

LEFT - Back row: Dominick Davis, Shelly Thompson, Angie Dailey, Dan Denniston. Front row: Kathy Purtee, Tammie Barnes.

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.

To view a seminar on demand go to anthemeap.com and enter **State of Indiana**
You'll find these and other seminars in the **Seminars Center** that rotates in the middle of the page.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in PDS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Company (WCIC). CompCare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

LOSE THE HABIT



You gain so much more when you lose the tobacco habit ^{1,2}

After you quit tobacco, here's what happens within:

20 minutes		Your heart rate and blood pressure drop
12 hours		Dangerous levels of carbon dioxide in your blood drop to normal
5 days		Most nicotine is out of your body
2 weeks–3 months		Circulation improves and lung function increases (if you were a smoker)
1–9 months		Circulation improves and your body's overall energy levels increase (if you were chewing tobacco)
1 month		Your skin appearance is likely to improve
1 year		Your risk of heart disease is cut in half, compared to those who use tobacco
5 years		Your risk of stroke decreases to that of a non-tobacco user



RESOURCES AND TOOLS

As a Go365[®] member, you have access to resources and tools to help you get and stay tobacco-free (and earn Points while you're at it). Options include:

- Completing online calculators
- Enrolling in health coaching
- Taking an online course

For a personalized list of activities that may be eligible for Points:



- Sign in to Go365.com
- Visit the "Activities" section and filter to the "Recommended" category
- Ensure you've completed your Go365 Health Assessment for the most personalized list

Did you know?

An individual's chance of quitting tobacco successfully increased by 50–70 percent when taking NRT* (nicotine replacement therapy), according to a review of 150 trials of NRT.³

*Prescription and some OTC smoking cessation drugs are covered with limits by the State Employee Medical Plans. Contact CVS Caremark at 1-866-234-6869 for more information.

References

¹American Cancer Society

www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html

²Killthecan.org

www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/

³Cochrane

www.cochrane.org/CD000146/TOBACCO_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking