



The Torch

The official newsletter for Indiana state employees

SECC

Torchbearers recognized for generous donations

For their generous commitments in 2011, 186 Torchbearers were honored at a ceremony at the Governor’s Residence on April 17. The group helped the 2011 State Employee Community Campaign (SECC) surpass its goal and raise \$1.21M. Torchbearers each contributed \$1,000 or more to the campaign. These individuals contributed more than \$302,000, nearly 25 percent of the total amount raised. The 2011 campaign benefited 1,600 not-for-profit organizations worldwide.



Below is a special message from SECC Chairman, Major General R. Martin Umbarger.

It was indeed an honor to be the Chairman of this year’s SECC program. I want to thank all State agencies and employees for their generous donations helping support our goal of over \$1.2 million.

I enjoyed meeting many of you at the Governor’s residence and being able to personally thank you for your generous contributions. 186 State employees gave over \$1,000 each, “Torchebearers” to the campaign, you are less than ½ of one percent of State employees, Yet, you gave over 25 percent of the total raised...you are very very special.

Thank you all so much.
Very Respectfully,

MG R. Martin Umbarger



Navy

New submarine named Indiana

On April 13, Secretary of the Navy Ray Mabus announced that one of the next five Virginia-class attack submarines will be named the USS Indiana. It is the first ship named after Indiana in about 50 years.

The most recent “Indiana” to serve was the battleship the USS Indiana, which decommissioned in October 1963.

“Prior ships carrying the names of these five states stood as defenders of freedom on the water. Now these states will represent the latest and greatest technology ever assembled to submerge below the surface and project power forward,” Mabus said.

These next-generation attack

(continued on page 4)

In this issue:

| | |
|-----------------------------|---|
| Governor appointments | 2 |
| ER alternatives | 5 |
| Texting and walking | 6 |

The Torch is published monthly by the State Personnel Department and is available online at www.in.gov/spd

Submit your story ideas in an email to: spdccommunications@spd.in.gov



Governor names new leadership for Department of Revenue

On April 13, Governor Mitch Daniels named Mike Alley as the new commissioner of the Indiana Department of Revenue and Mike Ashley as the new chief financial officer of the department.

Alley served as president and CEO of Fifth Third Bank of Central Indiana in Indianapolis from 1989 through 2002. He is currently chairman and owner of Patriot Investments, LLC, a company he founded in 2002.

In 2009, he was named interim chairman and CEO of Integra Bank Corporation in Evansville, a position he held until 2011. He is the current president of



Mike Alley

the board of trustees of Indiana State University. Alley serves on a number of non-profit boards including the Indiana State University Foundation, Boy Scouts of America, the Crossroads of America Council and the United Way of Central Indiana. He earned his accounting degree from Indiana State in 1978.

Ashley has more than three decades of experience in information technology and finance, including various chief financial officer roles. He was the deputy director and chief financial officer

for Indiana Department of Child Services during the time DCS moved the responsibility for child welfare financing from the counties to the

state. Before joining DCS, he was director of corporate finance and investment banking at Eli Lilly from 1998-2006. He previously worked for Eli Lilly Japan KK as director of administration and strategy and as the director of finance operations and was controller at Physio Control Corp, a Lilly Medical Devices division in Seattle. In all, he was at Eli Lilly for more than 29 years in various financial leadership positions. He earned his bachelor's degree and MBA from UCLA.

Alley will replace current commissioner John Eckart, who tendered his resignation earlier this month but remains with the department to assist with the transition. Alley and Ashley will begin their new duties in early May.

Leadership change for Department of Workforce Development

On April 17, Governor Mitch Daniels named Scott Sanders commissioner of the Indiana Department of Workforce Development (DWD). On May 1, he replaces Mark W. Everson, who is leaving state government to accept a position in the private sector.

Sanders is the DWD deputy commissioner for systems information and analysis, a position he has had since July 2010. He was the agency's chief financial officer from November 2006 to July 2010. He also served as the chief financial officer of the Bureau of Motor Vehicles from 2005 to 2006.

Before joining state government, Sanders was with First Commonwealth, Inc, serving as chief

financial officer from 2000 to 2002 and president from 2003 to 2004. After First Commonwealth was purchased by Guardian Life Insurance of Chicago, Sanders remained as second vice president. He earned his bachelor's degree from Miami University and his master's in business administration from Northwestern University's J.L. Kellogg Graduate School of Management.

Everson joined the administration in January 2009 as the commissioner of the Department of Administration

and moved to DWD in June 2010.



Scott Sanders

At the Department of Administration, he oversaw the state's participation in the successful 2010 census and at DWD, he led agency efforts to bring solvency to the state's unemployment insurance trust fund. He was the commissioner of the Internal Revenue Service from 2003 through

2007. Everson's new role will be vice chairman of Houston-based alliantgroup, LP, which provides specialty tax services for small and mid-sized businesses.

Benefits

Is your list of dependents correct?

The state of Indiana has instituted a process to verify the eligibility of dependents enrolled in the state's health, dental and vision plan(s), which helps keep plan costs down. Employees are randomly selected to participate in a dependent audit

Please make sure that dependents enrolled in your plan are eligible. Notify the Benefits hotline if you know a dependent is no longer eligible for coverage, possibly due to divorce or aging out. As always, remember that it is your responsibility to remove ineligible dependents within a timely manner according to rules of a qualifying event.



If you experience a qualifying event, you must request a change to your benefits within 30 calendar days of the event and provide required documentation. If you do not request the change within 30 calendar days, the next opportunity to make changes is during an open enrollment period.

Any questions concerning the dependent audit should be directed to the SPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis). Click [here](#) for more information.

Employee discounts

Summer destinations discounts

The summer is almost upon us so it's time to start planning your summer activities. Check out a few of these summer hot stops that offer a state employee discount:



Kings Island online ticket program is up and running and state employees can purchase discounted tickets. To purchase tickets through this program, please click on the link below and log into the system using the username and password provided. State employees can purchase single day discounted tickets for \$28.99 for adults and \$24.99 for children and seniors.

Kings Island Ticket Link: [Click Here](#) For Savings

User Name: KISateofINemployees

Password: kingsisland



Six Flags St. Louis has signed state employees up for savings! Just log into the Six Flags site to buy tickets with substantial savings off the main gate price. This online benefit program offers not only substantial savings, but allows you to "print and go" so you have your ticket in hand when you get to the park with no waiting in line to purchase tickets.

To access your special tickets, please go to the special ticket link below, then log into the site with the username and password provided.

Six Flags St. Louis Ticket Link: [Buy Six Flags St. Louis tickets](#)

Username: INSTATE

Password (numeric & case sensitive): SixFlags8

Check out these and other discounts [here](#). Email [SPD Communciations](#) if you have any questions.



Continued from page 1

New submarine named Indiana

submarines will provide the Navy with capabilities required to maintain the nation's undersea supremacy well into the 21st century. They will have enhanced stealth, sophisticated surveillance capabilities and special warfare enhancements that enable them to meet the Navy's multi-mission requirements.



These submarines will have the capability to attack targets ashore with highly accurate Tomahawk cruise missiles and conduct covert long-term surveillance of land areas, littoral waters or other sea-based forces. Other missions include anti-submarine and anti-ship warfare; as well as mine delivery and minefield mapping. They are also designed for special forces delivery and support.

“It’s a proud and happy day for the nation’s most patriotic state” said Gov. Daniels. “We celebrate this news on behalf of all those Hoosiers who have served in the uniforms of the Navy and Marine Corps, and also those now working at the Naval Surface Warfare Center Crane Division, whose enormous contributions were one of the reasons Sec. Mabus made the decision he did.”

Each Virginia-class submarine is 7,800-tons and 377 feet in length, has a beam of 34 feet, and can operate at more than 25 knots submerged. It is designed with a reactor plant that will not require refueling during the planned life of the ship, reducing lifecycle costs while increasing underway time.

Family Medical Leave

New Fiscal Year for FML starts July 1, 2012

Are you ready?

If you currently have intermittent or reduced-schedule FML approved for this fiscal year and believe that the need will extend into FY 2012-13 (July 1, 2012 to June 30, 2013), you must reapply.

Here’s your To Do List to ensure there is no gap in coverage:

- ❑ May - Visit Health Care Providers for exam, evaluation, or treatment
- ❑ June 1 - Submit new Request & Certification based on those visits

Remember, a 30 day notice is required for foreseeable absences. If you have FML for a chronic condition now, the need for those absences may continue in the future. This requires a new request and certification.

Questions?

Call the FML Call Center at 317.234.7955 or toll-free at 1.855.SPD.INHR (1.855.773.4647) and choose the FML prompt.

Failure to submit documentation by June 1 may result in unauthorized leave for absences after June 30, 2012



On Arbor Day, April 26, Governor Daniels plants a bur oak tree on the west lawn of the State House. The tree planted by Daniels was donated by Cardno JFNew.

ER alternatives may save you time and money

Chances are at some point you will be faced with an unexpected medical situation and need to decide the best place to seek treatment. The emergency room used to be the only option, especially after normal business hours. With the explosion of urgent care centers and retail clinics, patients now have more choices. However, even with so many alternatives, emergency room visits have been on the rise, either due to convenience or lack of awareness.

There are many advantages to choosing an alternative over the emergency room. Emergency room alternatives include: urgent care facilities, retail health clinics or walk-in doctor visits. Cost can be one of the factors. According to Anthem, the average ER visit costs you \$800, as compared to \$10 to \$80 if you chose a retail health clinic, doctor visit or urgent care center.

According to the National Association of Community Health Centers, Inc., at least one-third of all emergency room visits are “avoidable,” meaning non-urgent or ambulatory care sensitive and therefore treatable in primary care settings. More than \$18 billion are wasted annually on avoidable ER visits.



Emergency room

When to go: If you have symptoms of heart attack, stroke or feel that your “life or limb” is in danger, go immediately to the emergency room (ER). Also, if you think you might be having a medical emergency, but are unsure, go to the ER.

According to the American College of Emergency Physicians, you should visit the ER if you have any of the

following warning signs:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or changes in vision
- Severe or persistent vomiting or diarrhea
- Changes in mental status, such as confusion

If you have a chronic condition, discuss in advance with your primary care doctor under what circumstances you should go to the ER.

Emergency room alternatives

When to go: Emergency room alternatives facilities are for non-life-threatening conditions that need attention right away. These include minor traumas: cuts, sprains, eye injuries, flu, fever, insect bites and simple fractures. Patients are usually seen on a walk-in basis and many centers have extended hours. By administering an EKG or adjusting your diabetes medication, urgent care centers can even help manage a chronic health condition after normal business

hours. Typically these centers won't refill maintenance medicines.

Most urgent care centers have computerized radiology equipment and the ability to do lab work such as a complete blood count (CBC) test or electrolyte test. They can also run diagnostic tests for conditions such as mono, strep, pregnancy, flu and viruses.

These care centers are staffed with at

least one board certified physician. They often use other trained medical staff, such as nurse practitioners, who are certified to treat certain ailments, and physician assistants, who generally work in tandem with an MD.

The wait to be seen is, on average, significantly shorter. According to the Urgent Care Association of America,



57% of patients wait 15 minutes or less to be seen and about 80% of all visits are 60 minutes or less.

A great resource

available to state employees to help you decide which option is best for you is the 24/7 Nurse Line (1-888-279-5549). NurseLine provides anytime, toll-free access to nurses for answers to general health questions and guidance with health concerns. The nurse can help you understand your symptoms or explain medical treatments. Every caller receives credible, reliable information from a registered nurse. The Nurse Line number is located on the back of your Anthem ID card.

IF YOU BELIEVE YOU HAVE A MEDICAL EMERGENCY, IMMEDIATELY CALL 911 OR A HEALTHCARE PROFESSIONAL OR GO TO THE EMERGENCY ROOM. NurseLine is available 24/7 at 888-279-5449. This information is for educational purposes only and is not a substitute for professional medical advice. While generally accurate, these statements may not be current or complete and may not apply to your specific medical or financial situation.

Never disregard professional medical advice, or delay seeking it, because of something you read here.

Texting and walking can be hazardous to health

The risks of distractions while driving are well-documented. So much so that in 2011, Indiana joined other states by passing a law that bans texting while driving. Less attention is being paid to using mobile devices while walking. Pedestrians, much like drivers, have always multi-tasked by doing things such as snacking, reading, texting or listening to music. When the issue is addressed, the results are typically not conveyed as serious.

What once was displayed as slapstick comedy, now can lead to serious accidents. While most victims simply walk away with a bruised ego, it could lead to both bodily and property harm. In 2009, a more serious, but not fatal accident was reported in a *New York Daily News* article. A teen fell into an open manhole while walking and texting. The manhole had been opened by a Department of Environmental Protection team flushing a high-pressure sewer line, city officials said.

“We all have a responsibility to be aware of our surroundings to avoid an injury to ourselves and others,” Nancy Zemaitis, Director of the Bureau of Rehabilitation Services, said. The bureau is part of FSSA’s Division of Disability and Rehabilitative Services. “The Government Center is a large building that can be difficult to navigate. It is utilized by all types of people on a daily basis. Some of them are individuals with disabilities, people who are elderly and children on school trips.”

Several methods may be considered when assessing how to reduce the injuries associated with distracted walking, including legislation, additional research, gathering statistics and public education.

Numerous states have attempted to restrict the use of electronic devices while walking but have been met with

public outcry. Each of the proposed bills has quietly died before becoming law. Illinois was the first state during the 2007-2008 session to consider a ban on using a cell phone while crossing a street. Violation of this law was a petty offense and only carried a fine of \$25. Also in 2007, a New York State Senator proposed a bill to make it illegal to listen to any kind of portable electronic device, (music or video player, cell phone, smart phone, gaming device, etc.), while crossing the street in cities such as New York, Albany and Buffalo. Florida and Wisconsin have proposed similar laws but none have been signed into law.

Several studies have been conducted on this subject. Consider the following:

- A study conducted by Ohio State University found that more than 1,000 pedestrians visited emergency rooms in 2008 because they were distracted and tripped, fell or ran into something while using a cell phone to talk or text. Half of the people injured were under the age of 30 and a quarter of those were between the ages of 16 and 20.
- A study conducted by the University of Birmingham focused on injuries to children using cell phones. The study found that students using cell phones took up to 20% longer to cross the street than children who were not using a cell phone; slow-crossing students with cell phones were up to 43% more likely to be hit by a vehicle while crossing the street; and children looked both ways 20% fewer times when

crossing the street while using cell phones. The extra seconds needed to cross the street are often fatal.

- A University of Maryland study looked at 116 serious accidents involving people wearing headphones while walking; they found that 70% percent of the accidents resulted in death to the pedestrian. More than half of the moving vehicles involved in the accidents were trains (55%), and nearly a third (29%) of the vehicles reported sounding some type of warning horn prior to the crash.

Distracted walking is a hazard that is not unique to the United States. Research conducted in both Japan and England show similar increases in this trend. An experiment was conducted in London’s busy Brick Lane which was identified as the top spot for London’s 68,000 texting accidents in 2007. Lampposts and other obstructions were wrapped and padded to minimize injury to pedestrians who texted and talked on cell phones as they walked. Cameras have been installed to capture pictures of people running into these obstructions and record incident frequency. The idea could be rolled out to other London texting hotspots if this trial is successful.



The ‘Metropolitan Etiquette Authority’ post this sign around New York City.

Did you know 5/29 is not just another day?

Here are three very important questions for every Hoosier:

1. Do you have children?
2. Do you have grandchildren?
3. Are you interested in obtaining a college or advanced degree?

If you answered “Yes” to any of the questions above, then you need to know about the state’s CollegeChoice 529 Savings Plans. The CollegeChoice Plan has experienced tremendous growth recently with more and more Hoosiers beginning to save, everyday. Since 2008, CollegeChoice accounts have increased more than 69% with more than \$1.8 billion in assets under management. Every year more and more Hoosiers are recognizing its benefits and rapidly signing up to save for their future.

Hoosiers are turning to the 529 plan because they are becoming increasingly aware of the burden of college debt. The latest reports show that student loan debt is higher than ever before. Consequently, the average student graduates with upwards of \$20,000 in debt related to their college education.

With college costs continuing to rise each year, it’s imperative that we start planning for these expenses early. Too often families say “my child’s young, I’ve got time,” or “my child’s going to receive scholarships.”

While these are understandable statements, they are also risky assumptions, and fail to recognize the danger of waiting too long to start saving, or for scholarships to fall through. This type of under-planning often leaves college hopefuls with a relatively small amount of money for their education.

Instead, families are strongly advised to begin saving for a loved one’s

education as early as possible to ensure they are in the best position to achieve their goals.

Fortunately, the state of Indiana offers three great ways to save using a 529 plan: CollegeChoice Direct, CollegeChoice Advisor, and CollegeChoice CD Plans. All are easy, tax-advantaged programs in which Hoosiers can save, while enjoying a number of other benefits. These plans offer a full range of investment choices and each plan has an option that is FDIC- insured.

Savings placed in a CollegeChoice Plan grow tax-deferred, and provided you are paying for qualified education expenses, you can withdraw the funds tax-free as well.

Funds saved in a 529 can be used for a wide range of qualified education expenses at nearly any eligible institution in the United States, and even some abroad. Tuition and fees, room and board (both on and off-campus), books, supplies and required materials all qualify to be paid from 529 assets.

The main tax benefit, however, is the 20% state income tax credit. Each year you contribute to a CollegeChoice Plan, you are eligible for a 20 percent state income tax credit based on those contributions, with a maximum credit of \$1,000! In today’s financial environment an automatic 20% return, in addition to the portfolio’s earnings, is an incredibly attractive program, which is why so many Hoosiers are opening 529’s.

Even better, the tax credit is available to any Indiana taxpayer that contributes to a CollegeChoice account. Therefore, grand-parents, friends and relatives can all contribute to a beneficiary’s account and receive the credit as well.

By opening a 529 early, and contributing regularly, Hoosiers have a great opportunity to graduate debt free. May is 5/29 Month, so start your savings plan today by visiting www.collegechoiceplan.com.



Plan your stay!

Spring Road Rally
getaway at Canyon Inn,
McCormick Creek State Park

May 20-22

A perfect gift for both
Mother’s Day & Father’s Day!
Just \$475 per team of 2
(same room occupancy)

Spend 3 days and 2 nights with us as we explore the area via scenic back roads. Drive our planned route – experience our scavenger hunt – and earn points for prizes
Your getaway includes:

- 2 nights lodging at Canyon Inn
- 3 dinners, 2 breakfast meals
- Nightly entertainment
- 2 days of “on the road” rally adventure
- Awards ceremony with prizes for our winners.

For a Reservation: 1.877.LODGES1





State Employee Night

FRIDAY, MAY 11TH AT 7:15 P.M.

INDIANS VS. NORFOLK TIDES



Enjoy a special rate available only to State Employees when you experience Baseball Up Close at Victory Field. Following the game, watch as a spectacular display of fireworks are set off in centerfield as part of our Friday Night post-game fireworks show every Friday night game beginning in May.

Go to IndyIndians.com to order your tickets. Enter promo code "state" in Step 3 of 5 to receive your discount



Contact Name: _____
 Address: _____
 City, State: _____
 E-mail: _____

Phone: _____
 Zip: _____

To receive discount, tickets must be ordered in advance.

Box Seats (\$11) ___ x 11 = _____
 Reserved Seats (\$7) ___ x 7 = _____
 Lawn Seats (\$6) ___ x 6 = _____
 TOTAL \$ _____

Payment Options:

Check _____ MC _____ Visa _____ Discover _____
 Credit Card #: _____ Exp. Date: _____
 Name on card: _____ Sec. Code: _____
 Signature: _____