



The Torch

The official newsletter for Indiana state employees

WGU Indiana discount

Gov. Daniels and WGU Indiana announce tuition discount for state employees

WGU Indiana and Governor Mitch Daniels announced on May 20 a 10 percent tuition discount for all state of Indiana employees. Governor Daniels, who signed an executive order creating WGU Indiana last June, sees the discount as a tipping point for those who are ‘on the fence’ about returning to college to finish a bachelor’s or master’s degree.

“An educated adult workforce is vital to our state’s future,” said Daniels. “WGU Indiana is an excellent value already, and this discount provides an additional catalyst for state employees

who wish to further their education.”

“The buzz surrounding WGU Indiana is strong, and more than 1,100 students have enrolled in the past 10 months,” said WGU Indiana Chancellor Allison



WGU INDIANA

Barber. “Our university provides a flexible, affordable, quality education model that lends itself to the adult learner. Interested state employees will quickly realize that if they have the necessary motivation, WGU Indiana

(continued on page 3)

Program update

Unpaid voluntary leave program extended

The state’s voluntary unpaid leave program, which is scheduled to end June 30, 2011, will be extended another year.

The extension will be effective July 1, 2011, and applies to all employees subject to the jurisdiction of the State Personnel Department. Participation in the program is limited and ends on June 30, 2012, unless the policy is extended.

If you have questions, contact your agency HR representative.

Health savings accounts

Tower Bank enhances its HSA website

The health savings account (HSA) website is sporting some new features, thanks to the efforts of Tower Bank. The site now features expanded information on HSAs and Medicare and retirement, cost savings strategies for healthcare and prescriptions, HSA tutorials and a calculator and frequently asked questions.

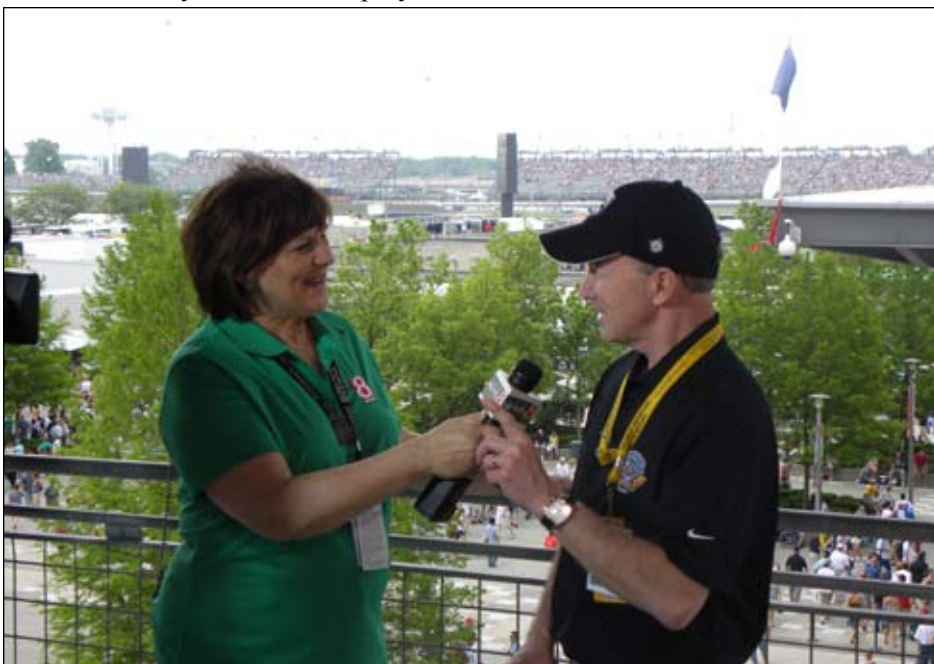
Become acquainted with the updates at: www.towerbank.net/hsa_tools.aspx.

In this issue

- Public service winners honored.....2
- SPD announces toll free number.....3
- What is pre-diabetes?.....5

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 e-mail to: spdcommunications@spd.in.gov



Governor Daniels takes time to talk with WISH-TV reporter Debby Knox prior to the start of the Indianapolis 500.

State employees receive Public Service Achievement Awards

Governor Mitch Daniels presented the sixth round of Governor's Public Service Achievement Awards to 85 state employees representing 16 agencies on May 10.

The efforts of these employees produced an annual savings of more than \$20 million and one-time savings of approximately \$9 million to the state.

"We've been working every day for the last six years to build a culture of performance in Indiana state government," Daniels said. "A culture where everyone is excited about the job to find a better way to stretch the tax dollars we have and find a way to improve the quality of life for those who rely on government service. (The winners) are this year's greatest exemplars of this culture of performance."

Some of the accomplishments:

- The Family and Social Services Division of Family Resources overhauled the Indiana Eligibility Modernization Project, dramatically reducing the backlog of applications, which has resulted in the state exceeding national averages in almost all categories.
- A Bureau of Motor Vehicles team created the SecureID Initiative to substantially decrease the number of fraudulently obtained driver's licenses and/or identifications. The program was awarded the North American Customer Service Excellence award from the American Association of Vehicle Administrators.
- A Department of Child Services team partnered with Indiana's casinos to develop a program to intercept child support arrearages, sending nearly \$500 million more to children.
- The Department of Correction developed an initiative to reduce length of stay of juvenile offenders

2011 Governor's Public Service Achievement Awards



and achieved a 50 percent reduction in the overall juvenile population. This reduction in the length of stay is a national best-practice model, ensuring that youth are only committed to secure facilities for the minimal time period and only when posing a public safety risk.

- A team of nine Indiana Department of Transportation (INDOT) employees increased the percentage of recycled asphalt pavement, resulting in an average \$10 million to \$15 million in savings each year.
- Department of Labor employees reviewed a decades-old wage claim process, which resulted in a dramatic reduction in the average days to process wage claims, in spite of the increase in the number of claims received.
- A Department of Workforce Development team reinstated benefits for 85,000 unemployed Hoosiers who had not been paid for up to six weeks; \$130 million in retroactive benefits paid promptly and accurately within seven days of the passage of legislation extending the Federal Emergency Extended Unemployment Compensation Program. As a result, Indiana was

consistently among the first states to implement the changes to the program.

Team winners

State Budget Agency: Brenda Copass-Israel, Tashina Manuel, Dani Powers, Todd Stauffer, Leann Walton and Beth Woods. **Department of Child Services:** Ellen Holland, Denise Howell, Joe Jean and Revathi Sinha. **Department of Correction:** Christine Blessinger, Linda Commons, Cecil Davis, Esa Ehmekrause, Laura Gorbonosenko, Tim Greathouse, Lori Harshbarger, Mark Harmon, Mark Kniola, Troy Smith, Angela Sutton, Ashley Taflinger and Kellie Whitcomb. **FSSA:** Rich Adams, Lisa Brennan, Sue Carson, Joan Cartwright, Kathy Cook, Deb Crosby, Kim Earles, Carlean Gadling, George Herman, Mary Medler, Adrienne Shields, Kim Teska, Becky Turner, Felecia Vaccaro, Kim Yann and Roger Zimmerman. **Indiana Housing and Community Development; Department of Administration:** Deb Hepler, Paul Krievins and Chelsey Winingar; Mike DuValle and Molly Martin. **INDOT:** Matt Beeson, Brian Cooper, Cartia Martin, Harley Phillips, Michael Prather, Coleman Michael Richardson, John Ryan, Jr., Ronald Walker and Mary White. **Department of Natural Resources:** Gary Armstrong, John Davis, Nick Heinzelman and Mark Reiter. **State Personnel Department:** Jennifer Barney, Joyce Crull, Tonya Fortner, Kristi Hall, Jennifer McMahan, Marci Rautio, Nicole Russell and Jeff Sullivan. **Indiana Office of Technology:** Bob Clarke, Tony Lewis, Clayton Molnar and Brian Wuchner.

Individual Awards

James H. Dickey, **Office of the Adjutant General;** Steve Leak, **BMV;** Kathy Alvey, Gilbert Peters and Rebecca L. Deeb, **Indiana Department of Correction;** Raymond Beebe, **Indiana State Department of Health;** Kenneth Boucher, Candis Bowie and Jeremy Haggard, **Indiana Department of Labor;** Dr. Barry K. Partridge and Nayyar Zia Siddiki, Fred James, Todd Johnson and Chuck Neuenschwander, **INDOT;** Robert Butler, Carla Shulse and Thomas Stone, **Indiana Department of Workforce Development.**

New SPD phone number

One number offers several options

Employees with questions about Family Medical Leave (FML) will soon be able to contact an FML specialist without incurring a long distance charge.



Beginning June 6, employees may dial 1-855-SPD-INHR (1-855-773-4647) toll free and have their FML questioned answered by an FML specialist. Until June 6, employees should call the central FML number, 317-234-7955.

The new toll free number will allow callers to select from a menu of options including Benefits, Workers' Compensation, Employment Verification and FML.

Information about FML is available on the State Personnel Department website: www.in.gov/spd/2397.htm.



Original artwork by
Jerry Williams

Continued from page 1

Gov. Daniels and WGU Indiana announce tuition discount for state employees

offers a path that will allow them to complete an accredited degree.”

The Lumina Foundation estimates that more than 730,000 adults in Indiana have some college experience but have not completed a degree. WGU Indiana is ideal for these individuals—the university’s programs allow busy adults to pursue their education without sacrificing work and family responsibilities.

“WGU Indiana provides the resources and structure appropriate for working Hoosiers who want to go further with their higher education,” said Barber, who notes that the average WGU Indiana student is 36-years-old. “We focus on ensuring that students learn the things they need to know to advance their careers. Our competency-based learning model allows students to take advantage of prior work and academic experience. Because they can move quickly through material they already know and focus on studying the areas they still need to learn, the average time to a bachelor’s degree at WGU Indiana is 2½ years.”

WGU Indiana offers more than 50 online, competency-based degree programs in high-demand career fields including business, information technology, teacher education and health professions, including nursing. Each WGU Indiana student is partnered with a mentor, who provides one-on-one coaching, guidance and support from enrollment through graduation. Tuition is a flat rate of \$2,890 per six-month term, not per credit hour or semester. Students can take as many courses as they can complete during the term.

Interested students can visit indiana.wgu.edu or call (877) 214-7014 for more information about the university

as well as the 10 percent tuition discount available to state of Indiana employees.

About WGU Indiana



WGU INDIANA

WGU Indiana has been established by the state of Indiana as an online, competency-based university to expand access to higher education for Indiana residents. Formed through a partnership with Western Governors University, WGU Indiana is open to all qualified Indiana residents. The university offers 50 undergraduate and graduate degree programs in business, education, information technology and healthcare professions, including nursing.

Degrees are granted under the accreditation of Western Governors University, which is regionally accredited through the Northwest Commission on Colleges and Universities (NWCCU) and nationally accredited through the Distance Education and Training Commission (DETC). Teachers College programs are accredited by the National Council for Accreditation of Teacher Education (NCATE) and nursing programs are accredited by the Commission on Collegiate Nursing Education (CCNE).

WGU Indiana is an approved education provider for Indiana state grants and scholarships offered through the State Student Assistance Commission of Indiana (SSACI). In addition, the university has partnered with Ivy Tech to offer graduates who have completed their associate’s degrees a seamless transfer to complete their bachelor’s degrees at WGU Indiana, including application fee waivers and tuition discounts.

For more information, visit the WGU Indiana website indiana.wgu.edu or call 1-877-214-7014.

Miami Correctional Facility employees run for a good cause

Billed as the Miami Correctional Facility's Prison Breakout 5K Fun Run/Walk, fortunately, the only thing to break out was sweat, which rolled down the faces and backs of several participants.

This inaugural event, held May 21, was sponsored by the Miami Correctional Facility's (MCI) INShape and Correctional Employee Appreciation committees. Some 60 people participated, both state employees and the general public, and ranged in age 14 to 67.

The event raised \$558, which will be split between the MCF Employee Appreciation Fund and the Correctional Peace Officer's Fund.

Both runners and walkers were routed nearly a mile along the scenic Nickel Plate Trail through Bunker Hill. MCF has been instrumental in the completion of the trail, providing offender labor for trail construction. The facility has donated more than 25,000 hours of labor on the trail throughout Miami County since 2006.

Driver safety

Driving and texting don't share the road

Don't text while driving. It's not only a good idea, but beginning July 1, it will become law in Indiana. The new legislation will prohibit the use of any hand-held communications device to type, transmit or read text messages or e-mail while operating a moving motor vehicle. Violators of the law could face fines up to \$500.



From left, Kelly Trevithick, (former MCF employee), Renee Rogers, Jean LeJeune and Lori Hazlett, all MCF correctional officers, bring up the rear of the race and cross the finish line together.

The trail runs north to the Fulton County line and south to the Howard County line.

The Correctional Peace Officer's Fund provides short-term immediate monetary assistance to the Department of Correction employees or their immediate family members in the event of a catastrophic event. The fund assistance is to ensure employees and their immediate families are able to

continue to receive the necessities of life immediately following an unexpected catastrophic event. When money is available, the ICPOF also provides scholarships. For more information, go to www.ICPOF.org.

MCF's Employee Appreciation Committee is tasked with raising funds and planning events to show appreciation to its staff for their hard work and dedication to their jobs. The facility celebrates its staff annually, usually the first week in May and MCF hosts a "Family Fun Day" in the summer for staff and family members. Each month the committee also holds fundraisers selling food to staff members. The committee also develops events to help keep staff healthy through Indiana INShape.



Miami Correctional Facility Superintendent Mark Sevier finishes the race with a time of 26:55 minutes.



Healthy mouth = healthy child

Taking care of their teeth and gums is vital to children's long-term general health. Here are some tips, provided by Delta Dental, for your child's dental health:

- The American Academy of Pediatric Dentistry recommends that a child's first dental visit takes place when the first tooth appears or by his or her first birthday.
- Clean your baby's gums with plain water and a small, soft-bristled toothbrush designed for infants.
- Start using a pea-sized amount of fluoridated toothpaste on your child's brush at age two or three. Children should spit out and not swallow excess toothpaste.
- Baby teeth are important. Not only do they help children learn to speak and chew naturally, they hold the place for permanent teeth until they are ready to erupt.
- Children should not fall asleep with a bottle. Juice and other high-sugar beverages should be given in a cup, never from a bottle.
- Let children brush under your supervision and assistance until they can brush by themselves – generally around the age of seven.
- Encourage children to chew sugarless gum and stay away from sticky candy.
- If your child plays sports, make sure he or she always wears a mouth guard.

What is pre-diabetes?

The big medical answer is this: Pre-diabetes is a point at which the body's metabolic functioning is between normal and diabetes.

What does this mean for you? It means that if you have been told you have pre-diabetes, you have a blood sugar (glucose) level that is higher than normal, but not yet high enough to be diagnosed as diabetes.

Pre-diabetes affects nearly 16 million Americans and increases their risk of Type 2 diabetes in addition to boosting their risk of heart disease.

Studies have shown that most people with pre-diabetes go on to develop Type 2 diabetes within 10 years. Excess weight and other genetic factors tend to contribute to pre-diabetes and studies suggest that weight loss and increased physical activity can prevent or delay diabetes. Losing five to seven percent of total body weight—which is about 10 to 15 pounds for someone who weighs 200 pounds — by making modest changes in diet and level of physical activity can potentially reverse pre-diabetes and lower a person's risk of developing Type 2 diabetes.

People who have pre-diabetes are at risk for heart attack, stroke and developing full-on diabetes.

How is blood sugar (glucose) measured?

Impaired Fasting Glucose test: A fasting glucose

test measures your blood sugar after you have gone overnight without eating. This test is most reliable when done in the morning. Fasting glucose levels of 100 to 125 mg/dL (milligrams per deciliter of blood) are considered above normal but not high enough to be called diabetes. This condition is called pre-diabetes or impaired fasting glucose (IFG), and it suggests that the person has probably had insulin resistance for some time. IFG is considered a pre-diabetic state, meaning that you are more likely to develop diabetes but do not have it yet.

Impaired Glucose Tolerance test: A glucose tolerance test measures your blood sugar after an overnight fast and two hours after you drink a sweet liquid provided by the doctor or laboratory. If your blood glucose falls between 140 and 199 mg/dL two hours after drinking the liquid, your glucose tolerance is above normal but not high enough for diabetes. This condition, also a form of pre-diabetes, is called impaired glucose tolerance (IGT) and like IFG, it points toward a history of insulin resistance and a risk for developing diabetes.

Sources:

National Institutes of Health - health.nih.gov

National Institute of Diabetes and Digestive and Kidney Diseases - www.niddk.nih.gov

World Health Organization – www.who.int

This information is intended for educational purposes only and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

Rx news

Popular cholesterol drug to become generic

A generic version of the popular cholesterol-controlling drug, Lipitor, should be available by the end of 2011, according to Medco.

Prescriptions for a generic drug are generally less expensive than the brand name and Medco would like to help state employees maximize potential savings with this new generic. One of the ways state employees can take advantage of the less expensive drug is to sign up for the Generics Rx Advantage program.

By signing up for this program, employees who have filled a prescription for Lipitor at a retail pharmacy can save \$25 on their first 90-day supply from Medco. Employees must sign up for Generics Rx Advantage either through the web

or contacting Member Services before they are eligible for the co-pay waiver. The waiver offer is available for approximately six months leading up to the expected off-patent date. For Lipitor, the expected off-patent date is Nov. 30, 2011.

Sign up for the program either online or by calling Medco at 1-877-909-4367 between the hours of 9 a.m. and 9 p.m., Eastern time, Monday through Friday or 9 a.m. to 6 p.m. Saturday.

In 2012, there are at least five selected brand medications that will have generics available. Those drugs and their expected off-patent dates are Lexapro (March 1), Plavix (May 17), Singulair (Aug. 3) and Diovan Sept. 21.

State parks

Start your engines and rally around the state

It is time for the annual Indiana State Park Road Rally, June 7 to 9 at McCormick's Creek State Park in Spencer. Form your road rally team now for the three-day/two-night southern Indiana adventure.

Each day the rally brings new adventures as teams following the designated route experience what is uniquely Indiana. Teams meander through scenic historic towns and learn of Indiana history firsthand by visiting historic sites and local businesses. They will rally for points by seeking items on their scavenger hunt list and by answering questions concerning the route and the places they have visited.

Oliver Winery will host a wine tasting with dinner for participants age 21 and older during the rally.

The package includes two nights' lodging at Canyon Inn, McCormick's Creek State Park, all meals (excluding lunch when participants are on the road), two days of exploring southern Indiana via scenic back roads, nightly entertainment, an awards banquet and prize ceremony and a DVD of the rally experience.

Cost is \$225 per person (driver and navigator). Additional navigators in the same room are \$75 each. For reservations call 1.877.LODGES 1. Space is limited. For more information, see www.IndianaInns.com.

Conrad Hotel discount

Exclusive room rate for government employees and teachers: \$99 per night May 30 - Sept. 6, 2011 at the Conrad Indianapolis. To make your reservation, call (317) 713-5000 or book online at conradindianapolis.com.

More details and discounts on the [SPD discount site](#).

Visit State Historic Sites in June

More details at www.indianamuseum.org/sites:

T.C.Steele

[Writing Workshop](#)

Saturday, June 4 at 2 p.m.

Angel Mounds

["Extreme Egypt" Archaeology Summer](#)

[Days](#)

Monday, June 13 at 7 a.m.

["Camp Mound Mayhem" Archaeology](#)

[Summer Camp](#)

Monday, June 27 at 9 a.m.

Lanier Mansion

[Lanier Days](#)

Saturday, June 18 at 10 a.m.

Vincennes

[Tippecanoe & Tecumseh Too Summer Camp](#)

Monday, June 27 at 8 a.m.

Corydon Capitol

Registration open for ["Hot Glue Gun Girls"](#) weekend event, 9/16-17/11

Cincinnati Reds discount tickets

The Cincinnati Reds want to give state employees a chance to enjoy the excitement of Reds baseball at a special discount. See the Reds at a discount Great American Ball Park for the following games:

Sun., June 19 vs. Toronto 1:10 p.m.

Sun., July 3 vs. Indians 1:10 p.m.

Sun., July 24 vs. Braves 1:10 p.m.

Sun., Aug. 14 vs. Padres 1:10 p.m.

Sun., Aug. 28 vs. Nationals 1:10 p.m.

Sat., Sept. 17 vs. Brewers 7:10 p.m.

All state employees can purchase tickets in select non-premium seating locations at special discount pricing!

To purchase discounted tickets online, visit www.reds.com/stateofin.

Note: Tickets must be purchased in advance of game date in order to receive this discount. Discount tickets will not be available at the box office on the day of the game.

DNR survey

What about Indiana's heritage is important to you?

The DNR Division of Historic Preservation and



Archaeology (Indiana's State Historic Preservation Office) is seeking public input for revision of its 2005-2011 [Cultural Resources Management Plan](#), commonly called "The State Preservation Plan." This document is used to guide decisions about programs and funding for historic preservation and archaeology.

Indiana's cultural resources range from archaeological sites dating back more than 12,000 years to masterpieces of modern architecture. They also include majestic county courthouses to neighborhoods of modest workers' cottages, from ceremonial mounds built hundreds of years ago by Native Americans to historic downtowns and main streets. These resources help tell the story of Indiana and who we are as Hoosiers.

Please take a few moments to tell us what about Indiana's heritage is important to you. We strongly encourage you to forward this survey announcement to members of your organization, friends, neighbors, local civic leaders and anyone who may have an interest in our state's heritage.

Your responses on this survey will help build a plan for preserving Indiana's cultural resources for the next seven years. The online survey will be open now through September (Indiana Archaeology Month).

To take the survey, go to www.in.gov/dnr/historic/6436.htm.

Health employees walking towards healthy ways

The Indiana State Department of Health (ISDH) is a leader in promoting, protecting and providing for the health of Hoosiers in their communities. With support from the Centers for Disease Control and Prevention (CDC), ISDH has been engaging directly with employers throughout Indiana to implement aspects of the state's new "Comprehensive Nutrition and



Physical Activity Plan" in worksite settings.

Over the years, various efforts have been championed within

the agency itself to encourage ISDH employees to focus on their own health and well-being. Recently, an ISDH Health and Wellness Council was established to ensure that the working environment fosters healthy behaviors by improving food options

and expanding opportunities for physical activity throughout the day.

Since a large number of ISDH employees work at the location on north Meridian Street, the new wellness team created a downtown walking guide with distance and calorie burning information. In April, the team led participation in the American Heart Association's Start Walking! Day. On that day, 100 employees participated in walking events before, during and

after work. As a reminder that activity can be built into your workday, the ISDH lobby houses an electronic sign prompting employees to take the stairs instead of the elevator.

Additional efforts have included updating a small employee fitness center to include better cardio and strength-training equipment, as well as researching how to increase healthy vending machine options. Employees are also encouraged to form and join intramural sports leagues and participate in fitness events around the community with a special fitness section on the agency's intranet page.

INShape Indiana offers information and suggestions on living a healthier life. Visit www.inshapeindiana.org and browse nutrition, physical activity and tobacco cessation resources.

Remember to sign up for the monthly Focus newsletter and follow us on Facebook (www.facebook.com/INShapeIN) and Twitter (www.twitter.com/inshapeindiana).

A large graphic with a light green background and a blue border. At the top, the text "BURN CALORIES. TAKE THE STAIRS." is written in large, white, bold, sans-serif capital letters. Below the text is a white silhouette of a person walking up a set of blue stairs. At the bottom of the graphic, there are three logos: INShape Indiana, Indiana Healthy Weight Initiative, and the Indiana State Department of Health logo.



State Employee Night

SATURDAY, JUNE 11TH AT 7:05 P.M.

INDIANS VS. GWINNETT BRAVES



Enjoy a special rate available only to State Employees when you experience Baseball Up Close at Victory Field. Arrive at 5:45 p.m. for Autograph Night and line up for autographs from almost every Indians player and coach. During the game enjoy the always exciting ZOOperstars as they entertain fans for a Zooper Saturday! *Tickets must be purchased in advance.* **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: _____

Order by phone at (317) 269-3545. Please send order forms to: Victory Field, Attn: JUNE 11 State Employee Night, 501 W. Maryland Street, Indianapolis, IN 46225 or fax to 317-269-3541. Any order received within ten days of the game will be left at will call for pick-up.