



The Torch

The official newsletter for State of Indiana employees

JUNE 2024

White River State Park Ambassador named 2024 ROSE Award Honoree

White River State Park ambassador Vickie Kauffman was nominated as one of the best-of-the-best non-managerial hospitality employees in Central Indiana for Visit Indy's [Recognition Of Service Excellence \(ROSE\) Awards](#). Kauffman and her fellow honorees and winners were recognized last week during a celebration at the Indiana Roof Ballroom.

"Our visitor center ambassadors are vital members of our team and are often the only park employees a guest will interact with," Park Executive Director Jake Oakman said. "Vickie Kauffman is a big reason why those visitors have such a great experience visiting our park. We're proud to have Vickie on our team and I can think of no one more deserving of this ROSE Award recognition."

Vickie Kauffman has worked at White River State Park for over a decade in the park's accounting office and as a park ambassador in the Visitor Center. Park ambassadors welcome guests, provide information on park attractions



Governor Holcomb and Vickie Kauffman take a selfie during the Governor's visit to White River State Park.

and other Indianapolis amenities, and ensure guests have a positive experience at White River State Park.

For 33 years, Visit Indy's ROSE Awards have honored industry

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The Torch is published monthly by the Indiana State Personnel Department and is available online at on.in.gov/TheTorch.

Got a story?

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

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IDHS EMS leader Robin Stump honored as latest Golden Siren

The road to success can be long and winding or it can be slow and steady. For Indiana EMS Section Chief Robin Stump, she found her calling early in life and spent the next 40 years helping others realize theirs.

Among peers, co-workers and family members, Stump was honored in May with the Indiana EMS Association Golden Siren Award for a lifetime commitment to emergency medical services and others who followed in her footsteps.

“It is so exciting to see Robin recognized for her contributions to EMS by the community,” said Kraig Kinney, Indiana EMS director. “She has been with state EMS for nearly 40 years and is a pillar of the EMS division. She leads by example and is vital to state EMS operations.”

Stump started working in EMS as a secretary in the state certification area and earned her EMT certification in 1991. She was promoted to a district manager position, providing field support to EMS agencies across Indiana,

later becoming the district supervisor and section chief. Through the years, countless EMS officials, paramedics and others committed to saving lives and serving communities were impacted through Stump’s work.

The Golden Siren Award is a lifetime achievement award from IEMSA. A recipient must have more than 25 years in the Indiana EMS industry, as a licensed field provider, dispatcher, manager or even medical director. The service-focused award honors mentors and leaders in the field.

“Robin has been a constant, reliable EMS contact within the state office for decades. When people are not sure on an issue, they say ‘Let’s contact Robin Stump,’” said Mike Garvey, former Indiana EMS Director.

“Robin has been a staple of Indiana EMS for as long as I can remember,” said Lee Turpen, a member of the Indiana EMS Commission. “Her background knowledge of EMS in Indiana is unsurpassed. There is probably not an issue that she has not seen or provider that she has not assisted toward creating positive outcomes.”

Article submitted by the Indiana Department of Homeland Security



EMS Section Chief Robin Stump was honored in May with the EMS Association Golden Siren Award.

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White River State Park Ambassador named 2024 ROSE Award Honoree

champions who positively influence a visitor's experience in Indianapolis. Nominees go above and beyond in situations, have strong knowledge of their workplace, have a positive attitude, frequently exceed customers’ expectations and handle problems effectively. This year’s class of ROSE Award honorees featured 87 nominees and six winners.

More than 800 community leaders gathered at the ROSE Awards celebration to honor each nominee and the six winners. In the weeks leading up to the event, honorees received special notification of their nomination, a congratulatory letter from Indianapolis Mayor Joe Hogsett, a special ROSE Honoree pin, a framed award certificate, and special recognition on the ROSE Awards website.

In addition to Vickie Kauffman, other White River State Park attraction honorees included Beth Breymer, the sales and events manager at the Indiana State Museum, Pete Drummond, maintenance technician at the Eiteljorg Museum of Native American and Western Art, and Sandy Reaves, primary housekeeper for the Indianapolis Indians at Victory Field.

Photos of the park’s nominees can be found [here](#). Learn more about the event and see past nominees [here](#).

Article by the White River State Park

The essence of Pride

Pride Month commemorates a significant moment in history: the 1969 Stonewall Riots in New York City. During this time, members of the LGBTQ+ community stood up against discrimination and advocated for their rights at the Stonewall Inn, igniting a movement that has grown worldwide. Following Stonewall, the first Pride marches were organized to promote equality and raise awareness. Originally, Pride was a movement that stood for resistance against discrimination and the fight for LGBTQ+ visibility and rights. Today, Pride has evolved into a month-long celebration that embraces individuality, diversity, and inclusivity while honoring the ongoing journey towards equality for the LGBTQ+ community.



Indy Pride Festival

The 2024 Indy Pride Festival will take place on Saturday, June 8 from 11 a.m. to 10 p.m. at Military Park (601 W. New York St. in Indianapolis) in White River State Park. The celebration of the LGBTQ+ community and its history will include a variety of entertainment and performances as well as plenty of food to enjoy. Find more information at the [Indy Pride website](#).

A journey from emancipation to celebration

Juneteenth, observed on June 19, commemorates the practical end of slavery in the United States. On June 19, 1865, Union General Grodan Granger arrived in Galveston, Texas, to inform slaves they were free in accordance with the Emancipation Proclamation, which had been signed two and a half years prior. Over the years, Juneteenth has evolved into a celebration of Black culture, resilience, and progress. Today, Juneteenth is recognized as a day of community gatherings, cultural festivities and educational events—fostering a deeper understanding of the past and a commitment to a more inclusive future.

Indy Juneteenth Celebration

The 7th annual Indy Juneteenth celebration will take place on Saturday, June 15 with the parade starting at 10 a.m. and the rest of the festival beginning at noon. The event will celebrate Black culture, history and freedom and you can find the festivities at Military Park (601 W. New York St. in Indianapolis) within White River State Park. Find more information and other events happening during the week at the [Indy Juneteenth website](#).



INDOT's Commissioner's Excellence in Public Service Award ceremony honors three outstanding employees

At the INDOT Commissioner's Excellence in Public Service Award ceremony on May 10, INDOT Commissioner Mike Smith's off-the-cuff personal comments captured his admiration for all three winners: Mike Eubank, Marty Blake and Mir Zaheer.

The INDOT Commissioner's Excellence in Public Service Award was created to identify those team members whose contributions exceed established program service levels. INDOT employees are recognized in three categories: Exemplary Achievement and Performance, Outstanding Creativity in Process or System Improvement, and Distinguished Customer Service and Personal Interactions.

The three winners averaged 26.5 years of tenure.

Mir Zaheer, Geotechnical Engineering Consultant Design Manager

Zaheer, who joined INDOT in 1994, was the honoree for Exemplary Achievement and Performance. He has been involved with the construction of nearly every bridge and road in Indiana at some point in his career.

"I hope to be like you one day," said an incredulous Smith.

INDOT Maintenance Project Supervisor Tom Brummett nominated Zaheer. When they first met, Zaheer asked Brummett what he hoped to achieve at INDOT, and Brummett responded "success and perfection."



The three recipients of the INDOT Commissioner's Excellence in Public Service Awards (left to right) Mike Eubank, Marty Blake and Mir Zaheer.

"Mir left me with two quotes that day that I've carried with me my entire career," said Brummett. "They were: Strive not to be a success, but rather to be of value. Also, perfection is achieved not when there is nothing more to add, but when there is nothing left to take away."

Brummett added: "When I think of the words integrity, dedication, leadership and professionalism, I think of Mir. He has had a great influence on the construction industry in Indiana and beyond, especially in geotechnical engineering."

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Artwork submitted by
Renee Gholson (Indiana
Department of Health)

Chief Master Sergeant Amber L. Van Ness set to retire after 25 years

Chief Master Sergeant Amber L. Van Ness is set to embark on a new chapter in her journey after 25 years of service to the Indiana Air National Guard. Sergeant Van Ness enlisted into the 181st Fighter Wing in 1999 as a Security Forces Member and quickly moved through the ranks. Throughout her military career she has exemplified commitment, leadership and devotion to duty and has been recognized with numerous accolades, including the Air Force Meritorious Service Medal, Air Force Commendation Medal and the Meritorious Unit Award.



Chief Master Sergeant Amber L. Van Ness

Sergeant Van Ness has completed many assignments in her work in locations including Kuwait, Saudi Arabia, the United Arab Emirates and more. She is also making significant contributions to her community as a Senior Officer with the Indiana State Excise Police Department and is planning to continue doing so. Her remarkable achievements serve as a testament to her dedication to serving our country.

A retirement ceremony is being held at the 181st Intelligence Wing of the Indiana Air National Guard in Terre Haute on June 8, at 3 p.m. to celebrate her career. As Sergeant Van Ness starts this new chapter in her career, we extend our best wishes and gratitude for her service.

Take advantage of Indiana Manager Central

Whether you're about to start your first job as a supervisor or have years of experience, Indiana Manager Central can help you hone your skills and add to your knowledge. The Indiana State Personnel Department's program includes an extensive website, a monthly newsletter that goes to managers statewide and interactive workshops. Managers can learn more about extended leaves of absence, supporting employees' mental health, reasonable accommodations, best hiring practices, performance management techniques and more. Find more information at the [Indiana Manager Central website](#) and contact SPDtraining@spd.in.gov with questions.



WHAT'S IN

DISCOVER YOUR SUMMER SPOT IN INDIANA

Find your new vacation getaway in Indiana. Whether you go swimming at our beaches, enjoy our festivals, relax at our resorts, or explore our many lakes, Indiana has a little something for everyone!

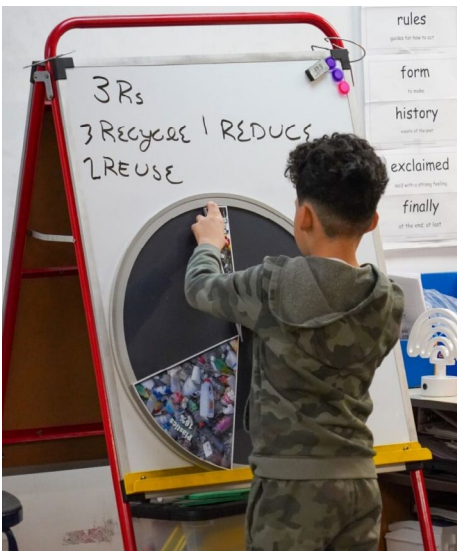
[PLAN YOUR SUMMER ADVENTURES HERE](#)

Summer Adventures
IN INDIANA

Earth Day Classroom Presentations

IDEM's Earth Day presentations were a hit again this year! These engaging, hands-on programs brought environmental issues like air, water and land quality to life for thousands of Indiana students. Its success is a testament to the dedication of IDEM's team, but it wouldn't be possible without the invaluable contributions of the agency's volunteers. Over 140 passionate individuals helped educate the next generation of environmental stewards, fostering a love for our planet and inspiring them to take action. There were:

- 171 unique schools
- 524 individual presentations
- 575 teachers served
- 13,905 students served
- 142 IDEM staff who participated



Multiple divisions, Milk Bank work together for ‘Lactation After Loss’ program

Where words fail, heartfelt action may provide a sense of comfort no other source can.

It’s in that same caring spirit that Indiana Department of Health (IDOH) professionals representing three different divisions partnered together for a day of volunteering in preparation for the launch of [Fatality Review and Prevention’s](#) new [Lactation After Loss](#) program.

Lactation After Loss got its start from an Indianapolis-based [Fetal-Infant Mortality Review](#) (FIMR) team, which conducts interviews with those affected “to gain a better understanding of the infant or fetal loss,” Fetal-Infant Mortality Programs Director Linzi Horsley said. “These interviews allow a personal side of the loss to be told and allow the mother time to tell her own story.”

Working within the division of [Fatality Review & Prevention](#), Horsley and Maternal Mortality Programs Director Cameron Willett have spent more than a year developing “Lactation After Loss,” and they said they’re “thrilled to see it finally come to fruition.”

With heart, understanding and empathy as their guides, Horsley and Willett led the way as members of the divisions of [Maternal and Child Health](#) and [Nutrition and Physical Activity](#) joined together and with the not-for-profit [Milk Bank](#) to create a tangible testament to the physical and emotional aspects of the experiences these mothers were facing, and put together approximately 2,700 bereavement kits that, perhaps, said much more

than words alone ever could.

Each bereavement kit contains a breast pump, an encouraging note, information about lactation options, and resources for mothers that choose to donate milk in their child’s honor.

The kits will be distributed to birthing centers and birthing hospitals throughout the state to mothers who experience a fetal loss at 16 weeks gestation or greater, or an infant death.

Willett explained that Lactation After Loss is a threefold project that offers education to health care providers, mothers and families, in addition to the items in the bereavement kits.

The educational aspect is vital as Willett explained that mothers experiencing a fetal or infant loss may not be aware that their bodies will continue to produce milk during this time, which can be unexpected and emotionally trying.

“A mom deserves to know what will happen to her body and to know all the options she may have,” Willett said. “This will allow a mother autonomy in a situation where she may feel she has no control. This will assist in

the mental health of the mother as well.”

The free breast pump is especially important as mothers are unable to receive one through their insurance until 36 weeks gestation or the event of giving birth to a live, pre-term infant.

“This leaves our most vulnerable population of moms on their own to find and buy a pump,” Willett noted. The free breast pumps help rectify that issue.

Mothers who choose not to donate their milk may also use The Milk Bank’s resources. Willett said milk donation is not a main goal of Lactation After Loss, but described it as “an incredibly beneficial bonus.”

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Members of IDOH’s divisions of Nutrition and Physical Activity, Fatality Review and Prevention, and Maternal and Child Health joined together to create 2,700 bereavement kits for mothers who have experienced fetal or infant loss. Seen here are (front row, left to right) Jessica Morse, Cameron Willett, Olivia Gonzalez and Melanie Pote; (second row, left to right) Alexandra Crawford and Allison Houston; (third row, left to right) Kayleigh Holsapple, Chelsie Irwin and Linzi Horsley; and (back row, left to right) Ann Marie Neely, Olivia Clark and Mallory Lown.

Governor acknowledges six Hoosiers at Indiana Black Expo Summer Celebration

The Indiana Civil Rights Commission (ICRC), in partnership with Indiana Black Expo (IBE) and Indiana Department of Administration (IDOA), will host the Governor's Reception at the Indiana Black Expo Summer Celebration on Tuesday, June 25, at 2:30 pm in the 500 Ballroom of the Indiana Convention Center.

On behalf of Governor Eric J. Holcomb, five African-American Hoosiers and an ICRC employee will be honored for their exceptional efforts across diverse fields—including education, entrepreneurship and community leadership.

The celebration acknowledges the outstanding achievements of unsung African-American heroes who work tirelessly for the advancement of all Hoosiers in the State of Indiana.

Join ICRC, IBE and IDOA to commemorate the winners of the 2024 Governor's Awards. The event is free and open to the public.



Additional upcoming ICRC June Events

ICRC hosts Negro Leagues Night with the Indianapolis Indians

On June 22, 7:05 p.m. ICRC will host Negro Leagues Night at Victory Field in partnership with the Indianapolis Indians. Join us as we pay tribute to the rich history of the Negro Leagues in Indianapolis and commit ourselves to ensuring equal opportunity for all Hoosiers and visitors to the State of Indiana through a partnership with the Indianapolis Indians.

\$4 off ticket discount code: ICRC

Community Outreach and Education Resources (C.O.R.E.) program

This month C.O.R.E. will take place at the West Indianapolis Branch located at 1216 Kappes Street in Indianapolis from June 12-15, 10 a.m. – 6 p.m. This program is an opportunity for community members to ask questions, gather resources and file formal complaints for unlawful discrimination on the spot with our ICRC intake specialists, free of cost.

ICRC participates in Indiana Black Expo Summer Celebration (IBE)

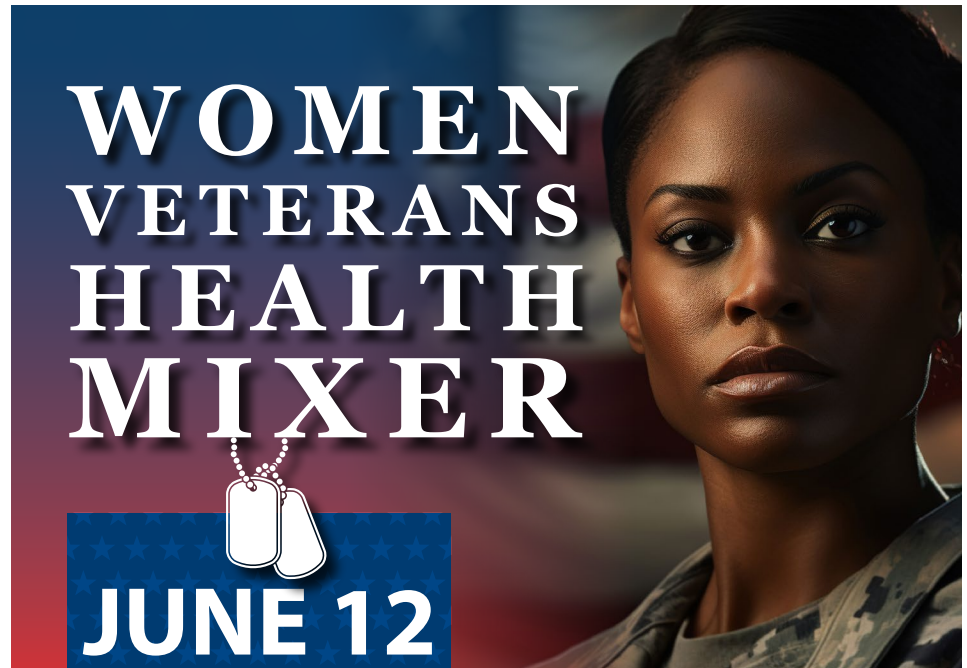
- June 25: ICRC will host the 2024 Annual Governor's Reception in partnership with IBE and IDOA
- June 27: ICRC's Cultural Commissions will panel a discussion during IBE's Education Conference
- June 28-30: ICRC will conduct outreach during IBE's booth exhibition

Women Veterans Health Mixer

Have you ever parked in a spot designated for a veteran and been told your husband had to be with you to legally park there? Have you ever visited a Veterans Affairs hospital or clinic with your spouse and been told your appointment cannot be verified because the front desk staff are looking for your spouse's name? Have you ever attended a conference for the American Legion, Veterans of Foreign Wars, Disabled American Veterans or American Veterans and been told you were not registered, because they were looking for your name under the Women's Auxiliary? Many women veterans have dealt with these scenarios and more.

There was a time when women were forbidden to serve in the military. Prior to 1917, if a woman wanted to serve, she had to disguise herself as a man, change her name and risk being thrown in jail. During World War I, women were finally granted legal permission to enlist in the armed forces reserve. They facilitated the replacement of men who were trained in office, managerial and clerical work. During World War II, women could enlist in the military in emergency capacities and fill non-combat positions.

Once the war was over, they were released of their military duties. Although women served bravely, they found themselves jobless and unrecognized when the war ended. They were expected to walk away as if they had never worn the uniform and rejoin civilian life. It wasn't until June 12, 1948, when President Harry Truman signed the Women's Armed Services Integration Act, stating women could serve as full, permanent members of all branches of the military. Women



JUNE 12
1:00 PM - 6:00 PM

David Hefner Pavilion
Fort Wayne Parks and Recreation
1908 St. Mary's Avenue
Fort Wayne, IN 46808

Join us for our 2nd Women Veterans Health Mixer to celebrate Women's Veteran Recognition Day! Veterans are invited to socialize and enjoy refreshments and learn about the Women Veterans Health program and how to enroll for VA healthcare.

Women Veteran inductees of the Indiana Military Veteran Hall of Fame will be recognized during the event.

For questions:
Call 260-426-5431, extension 62969

fought for so long for the right to serve in the military and when they became veterans, they discovered a new struggle. The Veteran Administration (VA) health care and benefits, traditionally designed for male veterans, did not take into account the unique needs of women veterans. Additionally, women often felt isolated, unacknowledged and invisible after returning as a civilian.

The number of women veterans continues to grow and efforts are being made to ensure they have



equal access to resources, benefits and health care. The Indiana Department of Veterans Affairs is working to address the needs of women veterans. In 2015, IDVA hired Laura McKee as the first full-time women veteran coordinator. In fall 2019, the IDVA partnered with the U.S. Department of Veterans Affairs to host a photoshoot for female veterans. The "I Am Not Invisible" photoshoot was a national campaign and photo exhibit

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Pre-Retirement Planning Seminar Recordings

If you are serious about retiring from state employment but could not attend the recent Pre-Retirement Planning Seminar, sponsored by the Indiana State Personnel Department (INSPD), please find the recordings below.

This day-long workshop was designed to assist state employees with advance retirement planning by providing information useful in making informed decisions. If you plan to retire in the next year, we recommend you watch the recording of this seminar to help plan ahead for various aspects of your retirement.

The seminar recording is broken into 4 segments:

1. <https://youtube.com/live/dNQnxpTJz4E>
2. <https://youtube.com/live/vmdqwJ075JA>
3. <https://youtube.com/live/NfBb72mCBas>
4. <https://youtube.com/live/htivWfZlZno>

Please know that you may not watch the recording of this seminar on state time. To access the YouTube recording, please watch on a personal device.



Artwork by Heidi Gross (Indiana Family and Social Services Administration)



Have you completed the Interim Review Self-Assessment?

The Interim Review process is available in your to-do tile to complete the Self-Assessment Step. This is an opportunity for employees to highlight their progress, achievements and challenges for the manager's review.



Use the [Interim Review Process Overview & Action Checklist](#) to review the timeline, recommended actions, training opportunities and resources to engage with this process. Learn more about the [Performance Review Cycle here](#).

Managers can use the Working Test Appraisal Form instead of the Interim Review Form to document mid-year discussions for employees still in their Working Test Period. Managers can email performancemanagement@spd.in.gov to request Interim Review Forms for these employees be deleted.

Vintage camper rallies coming to Clifty Falls and Spring Mill state parks this summer

Hoosiers can step back in time at the two different vintage camper rallies at Clifty Falls and Spring Mill state parks this summer.

Clifty Falls' campground and the vintage campers in them will be open to guests on June 29, 1–4 p.m., Spring Mill's campground on Aug. 17, 2–6 p.m. Check out these photos from last summer for a glimpse of the type of fun that awaits.

Brenda Burke of Greenfield brought her 1961 Shasta to Clifty and displayed her period lawn darts. The Shasta Trailer Company started in 1941, building mobile homes for the country's armed forces in a Los Angeles factory. The consumer brand first rolled off the assembly line in Van Nuys, California, in 1952. From the late 1950s to the early 1980s, Shasta was the best-selling camper brand in the country. In April of 1958, Shasta opened a plant in Goshen to keep up with heavy demand for the brand. For more camper history, see tincantourists.com.

Barry and Gale LeCount of Nappanee brought their bright red 1937 Kozy Coach to Spring Mill. Its solid wood interior shows the comfort and style of retro camping done right.

Jack and Jamie Knichel brought their 1976 Volkswagen van, painted to look like the Mystery Machine of Scooby Doo cartoon fame, and their 1977 Winnebago to Spring Mill.

Falls event and other attractions and activities at the state park on the doorstep of Madison, see on.IN.gov/cliftyfalls. For more information pertaining to Spring Mill, which is near Mitchell, see on.IN.gov/springmill.

Article by the Indiana Department of Natural Resources

For more information on the Clifty



June is Men's Health Month

Men's Health Month is an important time to bring awareness to ways that men can improve their health outcomes. Did you know that only 35% of adult males on the State Employee Health Plan had a claim for an annual physical in 2023? And according to the U.S. Department of Health and Human Services, men die an average of five years sooner than women. Men are also more likely than women to [engage in behaviors](#) like getting too much sun exposure, using tobacco products, and drinking too much alcohol that put them at risk for conditions like heart disease and cancer.

With these statistics in mind, there are some small changes that can make an impact on men's health outcomes. Follow these tips to start building a healthier lifestyle:

Check off preventive care visits.

Cancer screenings can help find disease in its early stages and improve treatment outcomes. Plus, members of the State Employee Health Plan receive \$50 in Wellness Rewards for completing each eligible cancer screening. You can also receive \$25 for each eligible vaccine you receive, \$50 for successfully completing a dental cleaning, \$200 for completing an annual physical and submitting the [Annual Physical Results Form](#), and more. You can find more details on these and other rewards on the [ActiveHealth portal](#). Get started today to earn up to \$500 in gift card rewards in 2024 (eligible spouses can also earn up to \$500 in gift card rewards).

Protect yourself from the sun. Wear sunscreen every day—not just when



you're out in the sun. When you do spend prolonged periods in the sun, reapply your sunscreen every two hours to help protect your skin from damage. UV rays tend to be strongest between 10 a.m. and 4 p.m. in the U.S., so be especially vigilant during those hours. You can also protect yourself with wide-brimmed hats and clothing that covers your arms and legs.

Make healthy diet choices. Eating a diet with plenty of lean protein, fruits and vegetables, and high-fiber foods while limiting processed sugar, alcohol and saturated fats can help you to maintain a healthy weight. Your brain also needs carbohydrates as fuel—try options like sweet potatoes, oats, fresh fruit, beans and more to add to your diet. If it feels overwhelming to change your whole diet at once, start small by adding an extra serving of vegetables to dinner or making a goal to switch soda for water at your next meal. You can build your way up from there and visit the [MyPlate Kitchen](#) website for

recipe ideas.

Find time to exercise. The CDC recommends that adults get at least two and a half hours of moderate to intense exercise every week. This exercise can be split into smaller segments and could include activities like brisk walking, swimming laps, playing tennis, riding a bike, playing basketball and more. They also recommend pairing two sessions of strength activities like yoga or lifting weights. It's a great time of year to get outside for this exercise and the [2024 Indiana Recreation Guide](#) can help you find the best places to be active.

Do you need more guidance on updating your diet and exercise routines? Meet with an [ActiveHealth health coach](#) and work towards your goals while earning \$20 in Wellness Rewards for each completed coaching session (up to \$100 in gift card rewards per year for eligible employees and spouses).

Join the Run the State Series

The 2024 Run the State 5K and Hike Series is underway! Invest In Your Health and our partners at Anthem and the Indiana Department of Natural Resources are excited to host this annual series for state employees and family members.

There's no cost to register for these events (which you can do at the links below), but there is a \$7 per vehicle entry fee that will be collected at the entrance for each state park.

All Run the State 5K & Hike participants will also receive a free Run the State t-shirt and medal. T-shirts will be handed out during check-in and medals will be given at the end of each 5K or hike—be sure to select your preferred t-shirt size when registering.

Anthem will also be giving away \$25 gift cards to lucky participants at each event! Check in before the 5k or hike to be entered into the drawing.

Our upcoming events are:

- June 8: Hike at Spring Mill State Park (Registration full)
- June 22: 5K at [Clifty Falls State Park](#)
- July 13: 5K at [Fort Harrison State Park](#)
- August 10: 5K at [Ouabache State Park](#)



[Learn More >](#)

Share your health journey!

Next month we'll be celebrating health and wellness week and we want to spotlight state employees and their health journeys. With the form below, tell us your story or nominate someone else that works for the State of Indiana. We'd love to hear about sports leagues you've joined, your journey fighting an illness, races you've run or another story related to health and wellness. Your submission may be featured in the Torch or on the State of Indiana's social media accounts.

[Submit a Story Here >](#)

9amHealth, a new diabetes care program for employees

We are excited to announce the launch of [9amHealth](#), a new diabetes management program for employees and family members (18+) enrolled in the State Employee Health Plan and diagnosed with diabetes.

What do you get with 9amHealth?

9amHealth is a diabetes management program that provides you with the tools, information and support you need to live a healthier life. 9amHealth can work alongside your current providers, or you can see a 9amHealth endocrinologist virtually. By enrolling in 9amHealth, here's what you get:

- **Easy-to-Use App:** Track, monitor and visualize your glucose trends with a user-friendly app. Use this data to gain valuable insights into your diabetes and make informed decisions about your health.
- **Personalized Support:** Receive a tailored care plan based on your individual data, helping you effectively manage your condition.
- **Direct Access to Endocrinologists:** Connect with a real endocrinologist who can prescribe medications – all within the app, saving you valuable time.* This saves you the weeks or even months it can take to schedule an appointment with an endocrinologist.
- **24/7 Care Team:** Chat with medical doctors, dieticians, pharmacists and other specialists anytime, anywhere, for free. Get expert advice and support whenever you need it.

- **Convenient Resources:** Enjoy the benefits of online prescriptions, lab testing with expert reviews, and access to free tools like blood glucose meters, strips, blood pressure monitors, weight scales, and personalized coaching on nutrition and fitness.

[Enroll Now >](#)

Overall Benefits

- **Improved Diabetes Management:** Improve your blood sugar levels and overall health.
- **Increased Convenience:** Access care and resources 24/7, directly from your phone.
- **Empowerment and Knowledge:** Learn more about your health and make informed decisions about your well-being.
- **Cost Savings:** Take advantage of free tools, resources and consultations to help manage your health expenses. There is no cost to you for the app, care team consultations or equipment care team sends to you. Virtual endocrinologist visits, lab tests and medications prescribed by a 9amHealth provider are subject to deductible and co-insurance.



Proven Results

9amHealth's approach leads to significant improvements in health outcomes:

- A1c reduction of 2.8%
- Blood pressure reduction of 17.7mmHg
- Weight loss of more than 14.5%

Enroll now

Enroll by June 15, 2024, and receive a \$25 Instacart gift code from 9amHealth!

[Enroll Now >](#)

**Available to all eligible employees and dependents (18+) living with diabetes. Out-of-pocket costs vary based on your insurance plan, co-pays, co-insurance and deductible. These expenses are HSA/FSA eligible. For questions, please call the number on your insurance card.*

Reid Health Joins HealthSync Network as Tier 1 Provider

We have exciting news for employees enrolled in the State Employee Health Plan (SEHP)! Reid Health has joined the HealthSync network as a Tier 1 provider, effective retroactively to May 1, 2024. This means that if you have received care from Reid Health since May 1, those services will be covered at the in-network, Tier 1 rate.

What is Anthem's Tier 1 HealthSync Provider Network?

Anthem's Tier 1 HealthSync is a network of healthcare providers that offer high-quality care at affordable rates to SEHP members. Tier 1 providers are those within the HealthSync network that offer the lowest out-of-pocket costs for covered services. This means that when you choose a Tier 1 provider like Reid Health, you'll typically pay less for your healthcare needs compared to using a provider outside of the HealthSync network.

Why is this great news, especially for those in the Eastern part of Indiana?

For employees living near Richmond, IN, or the eastern part of the state, this addition is particularly beneficial. Reid Health is a leading healthcare provider in the region, offering a wide range of services and specialties. By joining the HealthSync network as a Tier 1 provider, Reid Health is now even more accessible and affordable for State of Indiana employees.

Interested in learning more about Reid Health?

To find a Reid Health provider near you or learn more about their services, please visit their website [Location | Reid Health](#).

We encourage all State of Indiana employees to take advantage of the high-quality and affordable care offered by Reid Health and the entire HealthSync network. By choosing a Tier 1 provider, you can ensure that you're getting the best possible value for your healthcare dollars.

To learn more about the Anthem HealthSync network visit [SPD: Benefits](#).

BMV Night with the Indy Eleven

Saturday, June 15
7 p.m.
Carroll Stadium

You're invited to BMV night with the Indy Eleven on Saturday, June 15 at 7 p.m. at Carroll Stadium. Purchase \$7 tickets (minimum of \$13 off single game price) exclusively via [this link](#). This deal is only available online ahead of the match. Limited inventory. Get your tickets now!

Get your Tickets Now! >



Governor Holcomb announces all 92 Indiana counties opt in for second year of historic public health initiative

Governor Eric J. Holcomb announced on May 22 that all 92 Indiana counties have opted in to [Health First Indiana](#) (HFI) funding for 2025. HFI was established by legislation passed in the 2023 legislative session that transforms public health, and Gov. Holcomb has made public health a priority of his administration.

In January 2025, \$150 million in Health First Indiana funding will be distributed among the 92 counties. New counties opting in to HFI for next year are Crawford, Fountain, Harrison, Johnson, Wells and Whitley. Historically, Indiana's counties shared \$6.9 million in public health funding annually from the state. In 2024, the first year of the new legislation, 86 counties opted-in and received a total of \$75 million.

"This historic investment promises to help improve the health of Hoosiers," Gov. Holcomb said. "I'm beyond grateful for all the local officials, health departments and legislative leaders who are embracing HFI and implementing new health strategies that will now ultimately be available to every Hoosier. It took a combination of courage and collaboration to significantly increase our commitment to help those who seek the means to help themselves, and for that, I'll forever feel indebted."



Counties determine how the funding will help provide access to core public health services that address issues such as childhood lead poisoning, heart disease, tobacco cessation, obesity, and maternal and infant mortality to improve Indiana's health outcomes.

"Local health departments across the state are working to create new partnerships and programs to enhance their public health services," State Health Commissioner Lindsay Weaver, M.D., FACEP said. "I continue to be impressed by the level of engagement from Hoosier communities, including businesses and hospitals that have pledged their support."

Visit www.healthfirstindiana.in.gov to see information about Health First Indiana, including a description of core public health services, county-level health metrics and funding details.

Article by the Indiana Department of Health

7th Annual Auditor & Investigator Conference

Hosted by the Office of Inspector General

**June 20, 2024 | 1 - 4:30 p.m.
Indiana Government Center
South Auditorium**

The conference will have content geared toward Indiana state government auditors and investigators, and there is not cost. This year's speakers are from the multiple federal Office of Inspector Generals, Indiana Gaming Commission and Indiana State Board of Accounts. Continuing Professional Education credit forms will be provided, as well as information to apply for law enforcement credit.

Seating is limited, so see complete details and registration information here: [IG: 2024 Auditor & Investigator Conference](#)

[View the Agenda >](#)

[View the Presenter Bios >](#)

[Register Now >](#)

Summit reveals public health workforce opportunities

The future of Indiana's health workforce looks bright as combined efforts by the [Indiana Department of Health](#) (IDOH), [Family and Social Services Administration](#) (FSSA) and numerous other state agencies are laying the groundwork for a healthier future for all Hoosiers.

Much of this success was detailed at the 2024 Indiana Health Workforce Summit on April 15, which brought representatives from IDOH, FSSA, the [Indiana Department of Workforce Development](#) (DWD), [Indiana Department of Homeland Security](#) (IDHS), [Indiana Commission for Higher Education](#) (CHE) and [Indiana Professional Licensing Agency](#) (PLA) to the Indiana Government Center for a deep dive into the current state of things as well as a peer into the crystal ball of what's to come.

Or maybe it's a Magic 8 Ball, because if one's prediction for the future of the health workforce in Indiana is particularly rosy, the answer from the prognosticating billiard ball might be "yes, definitely!"

IDOH's Executive Director of Health Workforce Brooke Mullen outlined how past is precedent, citing accomplishments of the Governor's Health Workforce Council (GHWC) during its first five years of existence.

A report created in conjunction with an ongoing partnership with the Indiana University School of Medicine [Bowen Center for Health Workforce Research and Policy](#) revealed developments such as broader occupational licensure questions that are bolstered by a streamlined data collection and



The Indiana Department of Health gathered with stakeholders from throughout the state and multiple other government agencies for the 2024 Indiana Health Workforce Summit on April 15. The goal is to pave the way to a healthier future for all Hoosiers.

analysis process that allows for a better understanding of how and where the Hoosier health workforce is practicing. Additionally, a partnership with Ivy Tech led to a CNA bridge pathway program while advances and expansion in telehealth made through the state legislature have helped increase workforce capacity.

Perhaps the most exciting development, however, is the GHWC, realized as a new health workforce council that is being established as a leadership partnership between IDOH and FSSA. It "recognizes the many stakeholders in the success of our state's health workforce," Mullen said.

More details about the council will be made available in the future, but presentations at the summit revealed that council members will bring unique subject matter experts to the council that will

focus on "data-driven actions with sustainable results."

The summit also devoted time to addressing healthcare challenges. At the top of the list (based on a survey of stakeholders) was behavioral health, followed by rural health shortages. Summit guests worked to address these matters as well as two major facets of primary care—maternal and child health and adult and older adult health—in breakout sessions.

The health workforce council was one of the recommendations stemming from the Governor's Public Health Commission which studied Indiana's public health system and led to the creation of [Health First Indiana](#) (HFI).

Article by the Indiana Department of Health

Breath of fresh air: TPC pilot program helps communities focus on local tobacco issues, dangers of smoking/vaping

A [Tobacco Prevention and Cessation](#) pilot program is helping raise awareness of the dangers of exposure to vape aerosol and secondhand smoke in Hoosier communities, and for one of the architects behind it, the initiative is a literal breath of fresh air.

Sally Petty grew up in Shoals in Martin County and saw firsthand the prevalence of tobacco use in rural communities. She learned at a young age that this was a way of life for many people in her town and others like it – the kinds of places where a yellow light still means “slow down” – but she also knew it didn’t *have* to be that way.

Petty became a journalist and through her newspaper work began a relationship with local coalitions supporting smoke-free air initiatives. Later, she left the newsbeat behind to pursue a new career in public health, one that would allow her to affect the change she’d hoped to see by helping others live tobacco-free lives.

“One of the things that drew me to this work is that tobacco use is very, very prevalent, especially in rural communities,” said Petty, who is working on her master’s degree in public health. “That’s one reason I enjoy this work.”

Petty also cited fairness as another key element that drew her to this work, noting that tobacco companies target vulnerable communities.

She also experienced some of the tragic outcomes of tobacco use,

losing two grandparents – both of whom smoked for years – to smoking-related diseases.

“Coming from that kind of background, I don’t want other families to experience that,” she said.

Now, with a decade of service at the Indiana Department of Health and going on 16 total years of tobacco prevention efforts under her belt, Petty is among those at the helm of a pilot program that is helping three communities tackle tobacco issues in ways that are as distinct to each as the catfish at the famed Velma’s Diner is to the tiny town of Shoals.

Petty is one of three regional directors, heading up the southern region alongside her counterparts, Shirley Dubois (northern) and Diana Ford (central). Collectively, they’re working to support Hoosier communities in changing the story about smoking and vaping. They’re putting the dangers of tobacco use and secondhand smoke front and center both in places where stringent state or local laws have all but butted out smoking in public settings as well as those in which tobacco use is still a prominent part of everyday life.

“Forty local tobacco control coalitions cross the state are working on protecting more people from exposure to secondhand smoke and vape aerosol, but they needed a better way to measure their community’s understanding of secondhand smoke and readiness to change,” Petty said.



Sally Petty, one of three regional directors heading up the Tobacco Prevention and Cessation pilot program in the southern region.

In much the way a tobacco user must be ready and committed to quit, Hoosier communities are unique in just how ready they may be for implementation of policies. The unfortunate truth of the matter is that the long history of tobacco’s acceptance in certain locations and workplaces is perhaps as tough a habit to break as tobacco use itself.

Fittingly, the prospective change begins with a look inward, and that’s where the first step, a community assessment, comes in.

“We thought we could do better and provide [local communities] a better tool,” Petty said. “That’s where we came across the community readiness assessment tool at Colorado State University.”

continued on page 23

June 8, 2024

Rock and Mineral Fest | Brown County State Park

Join the Brown County Rock and Mineral Club for an eventful day of geology. Learn about geodes, fossils, bedrock and more! View demonstrations of craftsmanship and artistry. Participate in gold panning, arts, and crafts.

[More Information >](#)

June 15, 2024

Poker Paddle | Chain O'Lakes State Park

This is a fun, friendly and free way to play poker while enjoying the beautiful outdoors at the same time. We will have 5 stations placed around Sand Lake or in the channels. Pick up a card from each station and bring them back to the boat rental dock.

[More Information >](#)

National Photo Day | Salamonie Lake

Bring your camera or cellphone for an afternoon of wildlife photography! Workshop, guided wildlife photography hike, scavenger hunt, hotdogs and s'mores!

[More Information >](#)

June 22, 2024

Fireworks Over Mississinewa | Mississinewa Lake

More details to come.

[More Information >](#)

Smokey Bear Celebration | Brown County State Park

Smokey Bear is celebrating at Brown County State Park! Join us

throughout the day for a variety of Smokey and Wildfire themed activities. Smokey's celebration is free with park admission. Please join Brown County State Park in celebrating his 80th birthday! Smokey himself will make appearances throughout the day.

[More Information >](#)

Floating Campfire | Chain O'Lakes State Park

Meet at the beach and be prepared to wade out to the fire in the water and roast your s'mores. We will provide s'mores fixings and roasting sticks as supplies last, but feel free to bring your own goodies to cook. This is a fun time for all ages!

[More Information >](#)

Summer Solstice Celebration | Mounds State Park

Celebrate the first day of summer by joining members of the Miami Nation of Indiana as they drum the sundown. The event will be at Mounds State Park's Circle Mound in the north end of the park by Woodland Shelter House. Bring a blanket or lawn chair and help us welcome the long summer days!

[More Information >](#)

June 25-27, 2024

Field Paleontology Institute | Falls of the Ohio State Park

Educators are invited to the Falls of the Ohio state Park's annual professional development workshop called the Field Paleontology Institute. Geared for science educators, especially those focusing on earth and life science,

it offers hands on with activities for the classroom as well as personal and professional growth.

[More Information >](#)

June 26, 2024

Fort Wayne Philharmonic Patriotic Pops Concert | Pokagon State Park

More information to come!

[More Information >](#)

June 29, 2024

Mammoth March | Versailles State Park

MammothMarch is coming to Versailles State Park, Indiana! Our 20-mile, single-circuit hiking route will put the beautiful rolling hills of southeastern Indiana on display and will welcome you for an unforgettable adventure in Indiana's second-largest State Park. Master the challenge and spend a beautiful day hiking 20 miles in 8 hours. Getting your finisher medal, you will be exhausted, but proud and happy... as well as part of our amazing community of nature-lovers, hikers and MammothMarch addicts!

[More Information >](#)

National Canoe Day | Mississinewa Lake

More details to come!

[More Information >](#)

[View all DNR special events >](#)

This Month WITH



June 8, 2024

Build a Boat | Whitewater Canal

There have been many different types of boats, both on Whitewater Canal and throughout the world. Discover the history and engineering of boats by first building a tinfoil boat to float, then using a packet of household materials to create your own boat.

[More Information >](#)

June 15, 2024

Juneteenth Celebration: History, Health & The Arts | Indiana State Museum

Join us for our Juneteenth Celebration with free admission and special activities focusing on this year's theme, "History, Health and the Arts." Chat with our curators, get up close with amazing artifacts that share the stories of Indiana's past, engage with local partners and watch live performances by community artists.

[More Information >](#)

Celebrate Juneteenth: Earlham Jazz Band Performances | Levi and Catharine Coffin State Historic Site

Celebrate Juneteenth with high-spirited live music from the Earlham Jazz Band.

[More Information >](#)

Painting Selma's Garden | T.C. Steele State Historic Site

Indiana's top artists are gathering at T.C. Steele State Historic Site for the annual Painting Selma's Garden. Come watch several painters in action as they work "en plein air" (outdoors) to create art inspired by the natural beauty of the site and, in particular, the formal gardens that

were once nurtured by Selma Steele, T.C.'s second wife.

[More Information >](#)

June 20, 2024

Summer Solstice Event | Angel Mounds State Historic Site

Join us for our first Summer Solstice at Angel Mounds! This exciting day will include a special viewing of the summer solstice alignment over the mounds and a presentation about the recent discovery.

[More Information >](#)

June 22, 2024

Wildflower Woods Scavenger Hunt | Gene Stratton-Porter State Historic Site

Embark on a site-wide scavenger hunt through Gene's beloved Wildflower Woods in Rome City! Start at the Carriage House Visitor's Center, where you'll receive a list of each item you need to find. Then, you'll search the site and take photos of each scavenger hunt item as you find them.

[More Information >](#)

Ice Cream Social | Culbertson Mansion State Historic Site

You're cordially invited to Culbertson Mansion's ice cream social! Enjoy a sweet treat while you play lawn games, listen to music and take a self-guided tour of the mansion.

[More Information >](#)

African American Cemetery Tour | Levi and Catharine Coffin State Historic Site

Willow Grove Cemetery was the community's first integrated cemetery. Assisted by Levi Coffin House Association volunteer Shari

Petersime, we will explore the stories of many African Americans who called Fountain City home, from early freedom-seekers, business owners, soldiers and others.

[More Information >](#)

June 26, 2024

Canal Nights: Summer Celebration | Indiana State Museum

Enjoy a summer evening of family fun on the downtown Canal Walk at our first Canal Nights of the season! Stop by to play games, decorate your very own solar oven, make beaded UV bracelets, paint with water and explore a water sensory table.

[More Information >](#)

June 28-29, 2024

Friends of Culbertson Mansion Present: A Murder Mystery Dinner | Culbertson Mansion State Historic Site

Step back in time to 1892 as the family of William Culbertson gathers to mourn his recent passing. Tempers flare as his will is read, and the patriarch isn't the only one to end up in a coffin. Uncover the mystery of who murdered their own family member in cold blood. Over the course of the night, you will interact with a colorful cast of characters, enjoy a seated dinner, and vote on who you suspect did it.

[More Information >](#)

[View all Indiana State Museum and Historic Sites events >](#)

INDOT's Commissioner's Excellence in Public Service Award ceremony honors three outstanding employees

Zaheer has championed automated pile-driving data acquisition devices for bridge piling on all construction contracts. Also, he advocated for thermal integrity profiling (TIP) for drilled shafts. As a result, INDOT became the first state DOT to perform or collect TIP-testing data. Soon, the Federal Highway Administration and Illinois DOT came to our jobsite to learn our methods.

Zaheer thanked Smith, Brummett, Geotechnical Engineering Director Athar Khan and the entire division, and his family. He said that after he and his wife moved to Indiana 30 years ago, "We have become true Hoosiers."

Marty Blake, Multimodal Director

Blake, who joined INDOT in 2005, was honored for Distinguished Customer Service and Personal Interactions.

"I'm going to ditch my prepared talking points," said Smith, looking at Blake. "When I think of you, I think of the word advocate — for aviation and now multimodal."

Blake, the former director of the INDOT Office of Aviation, was recently promoted to multimodal director. New INDOT Aviation Director Marcus Dial and his teammates nominated Blake.

Dial praised Blake for getting the aviation office more involved with industry committees, new technology, team-building exercises, and mentoring aviation-minded high

school and college students. He said Blake's super strength is building relationships, in part because of his approachable nature and his "gift of gab."

Blake, who has logged more than 3,000 hours of flight instruction time, was fascinated by NASA's space program as a child. After attending space camp in Huntsville, Ala., as an eighth-grade student, his parents and his mom's best friend, Jane, drove down to pick him up. They inquired about the camp, and Blake replied, "It's really hard, I think I'll just be a pilot."

Blake thanked his INDOT coworkers and family, including an aunt who drove from Niles, Mich., to attend the ceremony. Many in the audience became teary-eyed when Blake mentioned Jane again. Jane was at the ceremony; she has filled a void in Blake's life since his mom passed away in 1999.

"I stand before you today because I am a person of motivation, determination, and grit, and most of that comes from my mother," said Blake. "She instilled that in me."

Mike Eubank, Crawfordsville District Technical Services System Asset Manager

Eubank, who joined INDOT in 1993, won for Outstanding Creativity in Process or System Improvement.

"Handing out this particular award to Mike Eubank is near and dear to my heart," said Smith. "What can I say, a big part of my background is in

Operations."

Eubank created the roadway estimator cost estimation tool, which uses sophisticated formulas to pull bid data from INDOT contract awards, enabling creation of cost estimates and automatically computing pay-item quantities based on our calculation requirements.

On behalf of INDOT Senior Scoping Engineer Stephen Rayl, who nominated Eubank but couldn't attend the ceremony, Crawfordsville District Deputy Commissioner Debbie Calder praised Eubank for being a team player, providing a voice of reason in deliberations, and communicating complex issues in ways that non-engineers can quickly understand.

Eubank said he is privileged to work with those who make a difference. Besides his family and current coworkers, he saluted the veteran INDOT workers when he first started in 1993. Some of those employees built Indiana's first interstates.

"Their advice stuck with me," said Eubank. "Never underestimate the potential to have a positive impact on someone's career or their life. It may seem insignificant at the time, but it really could have an impact. I hope that I've had as much of a positive impact on others as they've had on me."

Article by the Indiana Department of Transportation

continued from page 7

Multiple divisions, Milk Bank work together for ‘Lactation After Loss’ program

“We hope to allow these moms to make the decision that will best support them during this difficult time,” Willett said.

The Milk Bank receives human milk from screened donors, which is pasteurized, frozen and distributed throughout the country, [according to its website](#). The Milk Bank describes itself as a “community-supported entity to improve health outcomes for premature and ill babies, foster better health for children, and decrease health care expenditures.” As of late March, The Milk Bank had dispensed 12.5 million feedings of human milk since its inception in 2005.

Lactation after Loss came about through the diligence and dedication of many.

“Linzi and I would like to thank Emily Bock, the South-Central FIMR coordinator for bringing this need to our attention,” Willett said. “Without Emily and her wonderful maternal interviews, none of this would be occurring.”

Willett and Horsley also gave kudos to the DNPA team, including Ann Marie Neely, statewide breastfeeding initiatives manager, the MCH team, and their colleagues in Fatality Review and Prevention.

“We would not have been able to create 2,700 bereavement kits without [them],” Willett said.

As a whole, the concept of Lactation After Loss is a novel approach to fatality prevention that reaches out to people experiencing tragedy with one overarching message: you are not alone.

“Maternal mental health greatly matters, and we hope this program will help save the lives of mothers as well,” Willett said. “Bereavement care is innovative fatality prevention, and we want to prevent death in all Indiana populations in any way we can.”

Story by Brent Brown, Indiana Department of Health



Alexandra Crawford, Allison Houston, Chelsie Irwin, and Linzi Horsley prepare bereavement kits to be sent to birthing hospitals and birthing centers throughout the state.

continued from page 9

Women Veterans Health Mixer

that aimed at highlighting the impact of women veterans and their service. This year, Indiana joins many other states in acknowledging women veterans on June 12. This opportunity is a way to recognize the contributions and sacrifices of women who are currently serving and have served in all branches of the military. They are mothers, grandmothers, wives, aunts, sisters, daughters and friends. There are more than 33,000 women veterans in Indiana, but without a uniform they are not often recognized. If you aren’t sure if a woman has served, ask her. If she says yes, thank her for her service. Women veterans must continue to be accepted and supported by their communities so that more are inspired to serve.

Article by Laura McKee, Indiana Department of Veterans Affairs

Artwork by Jessica McCarthy (Indiana Department of Child Services)



Breath of fresh air: TPC pilot program helps communities focus on local tobacco issues, dangers of smoking/vaping

The current tool provides “a profile of the coalition’s connections and relationships in the community,” Petty said. However, it doesn’t offer what she called “a great understanding” about how aware the community is of its secondhand vape and smoke exposures.

The group worked to condense and tailor the assessment to meet each community’s needs.

Petty explained that the inventory is the profile tool communities are currently using.

“Each community had different levels of awareness and unique education needs,” Petty said.

“Now, the three pilot counties are using their assessment results to tailor their community education efforts toward increasing their communities’ readiness to decrease secondhand smoke and vape exposure.”

Increasing community knowledge about the coalition’s efforts and the need to build community partnerships were two key areas where improvement could be seen, and thanks to the assessment the work the communities need to do in there is a bit more tangible.

“It took a big, overwhelming area and made it more achievable,” Petty said.

The guidebook is the [2025 Tobacco Control Strategic Plan](#), which hones in on four key areas: decreasing tobacco use rates among Indiana youth and young adults, increasing

the proportion of Hoosiers not exposed to secondhand smoke, decreasing Indiana adult smoking rates, and maintaining state and local infrastructure necessary to eliminate tobacco addiction and exposure to commercial tobacco products.

As far as how the efforts are going, there has been a sea change in the last decade that, perhaps appropriately, has been a spark for change.

“Twenty-eight communities in Indiana have strong smoke-free air laws that provide more protections than the state smoke-free air law,” Petty said.

Protecting Hoosiers from the dangers of secondhand smoke is the purpose of the Indiana smoke-free air law, which took effect in 2012 and made virtually all public places in Indiana, including workplaces and restaurants, smoke-free indoors. The law, however, does not prohibit smoking in bars, state licensed gaming facilities and clubs that meet certain requirements, so there is still a need to remember the importance of the health and safety of the Hoosiers working there.

Petty is joined in her mission by her fellow regional directors as well as Katelin Rupp, who serves as TPC’s director of program evaluation. Petty wanted to give similar shout-outs to Traci Kennedy, Midwest states consultant with [American Nonsmokers’ Rights Foundation](#), and Taylor Williams, policy specialist with the [American Lung Association](#)

[of Indiana](#).

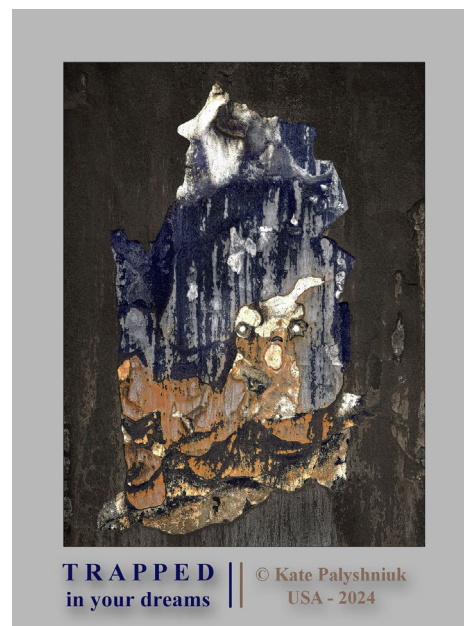
“[They] were important members of the team that developed the new readiness assessment tool in consultation with the [Indiana Clinical and Translational Sciences Institute](#),” Petty said.

As a whole, the pilot program is a novel approach to enhancing health and safety in the workplace. The hope is to make these tools available to all Hoosier counties, which is cause for enthusiasm.

“It’s kind of exciting,” Petty said. “It’s something new that we’ve not done before. I hope it results in more workers being protected.”

Article by the Indiana Department of Health

Artwork by Kateryna Palyshniuk (Indiana Department of Environmental Management)





June 2024: Tips for well-being

Focus on flavor to stay on track

Many of us work hard to stick to healthy eating goals. Boring food is a common roadblock. Don't give up and reach for the salt and butter! It's easy to add healthy flavor and texture to your favorite dishes.*

Put a new spin on the same old meals.* Top whole grain toast with sliced avocado or hummus. Add a dash of hot sauce or mushrooms to scrambled eggs. Season chicken breasts with dried herbs, garlic and lemon or lime juice.

Here are more healthy tips to make ordinary foods more flavorful:*

- Use citrus juice, pepper sauce, wasabi, salsa or mustard to add heat to bland dishes.
- Sprinkle low-fat goat or feta cheese on a bowl of pasta or slice of veggie pizza.
- Add chopped apple, nuts or fresh berries to your bowl of oatmeal or dry cereal.
- Toss canned orange wedges, artichoke hearts or sunflower seeds into a green salad.
- Bake fish filets topped with tomato sauce, dried basil and minced garlic on a sheet pan.

Wellness Webinar: Pump up the flavor*

Growing tired of healthy meals that bore your taste buds? Join our wellness coach for a no-cost webinar and get tips to add fresh flavors to ordinary dishes.

Tuesday, June 18, 2024 10:00 AM | 12:30 PM | 4:30 PM, ET



Save your spot

* The wellness webinar classes are not offered in Spanish.
* FOR HEALTHY LIVING SOURCE: Mayo Clinic. Weight loss: Choosing a diet that's right for you. Last reviewed: February 24, 2023. Accessed April 12, 2024.
* FOR ADDING FLAVOR SOURCE: Saint Luke's Health System. Adding flavor to low-fat meals. Accessed April 12, 2024.

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