



The Torch

The official newsletter for State of Indiana employees

OCT
2022

2022 SECC is in full swing!

Now one month into our 2022 State Employees' Community Campaign, state employees are raising donations with creative events across the state in support of many great local non-profit organizations.

In the last four weeks, state employees have hosted bake sales, a group paint by number activity, chili cook-offs, sporting events, friendly competitions and more! And while these events build camaraderie and raise money, we have much more to give than one-time donations.

This year, to reach our goal of \$1.5 million, we still need to raise \$266,934 in pledges! If every employee pledged to give \$2 per paycheck, we would meet our goal.

Can you contribute \$2 every two weeks? Or even \$5? \$10? Your pledge is helping nonprofit organizations create stronger, healthier communities across our state and beyond. Visit charities.org/secc to learn more.

Through SECC, you have the ability



to support the nonprofits you care about year round through payroll deductions. In less than five minutes you can give support to a cause you care about for the next 365 day and help us meet our \$1.5 million goal! Visit charities.org/secc to find out how.

Or if you have an idea for another SECC event you'd like to make happen, there's still time to plan another fundraiser. If you want to coordinate an event but still need ideas, contact your agency's SECC coordinator or email the statewide

(Continued on [page 17](#))



Set up payroll deduction

In this issue

- 2 Meet our EIO Executive Team and Equity Partners across the state
- 3 Indiana Department of Homeland Security ensures haunted house safety this Halloween season
- 4 Do you have student loans? Take advantage of this time-limited program
- 5 Complete your Wellness Visit and Dental Cleaning in October to earn gift card rewards
- 7 Cycling is my new addiction
- 7 Next badge earning opportunity coming soon from Indiana MPH
- 9 Beginning Oct. 5, 2022 how you log into PeopleSoft is changing
- 9 Planning for retirement might be easier than planning for fall break
- 10 "Indiana Waterways: The Art of Conservation"
- 18 Auditor of State confirms all automatic taxpayer refund checks are printed and mailed
- 20 ActiveHealth tips for well-being

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: spdccommunications@spd.in.gov

Twitter



LinkedIn



Instagram



Facebook



Meet our EIO Executive Team and Equity Partners across the state

Are you familiar with the Office of the Chief Equity, Inclusion and Opportunity Officer (CEIOO)?

Watch this video to get to know Chief Officer Herring's office and the work they do, both within state agencies and across our Hoosier State.



In the month of October, we'll also be sharing several more spotlights on Equity Partners across the State, working within INSPD, FSSA, INDOT, and other agencies. Keep in touch with us on our [LinkedIn Page](#), and get to know some of the folks working to build a more equitable and inclusive work culture here within the State of Indiana.

Office of the CEIOO Inaugural 2022 Climate Survey

In September, the Indiana State Personnel Department (INSPD) distributed the fall Pulse Survey to help measure employee engagement. The action plans developed from the results will help chart a course towards increasing engagement across our agency and the state. The Office of the CEIOO, after consultation with INSPD and the Governor's Office, will be conducting the State's Inaugural Climate Survey from **Oct. 31 through Nov. 11, 2022**, to take a deeper dive into our culture of inclusion and belonging at the State of Indiana.

As a state, we strive to be an employer that empowers, supports, and respects every employee, while delivering more value for our customers, clients and community. As we continue to build an inclusive culture where every employee is welcomed, valued and heard, we are asking you to **Speak Up** through the CEIOO Climate Survey. As a State of Indiana employee, you are in the best position to tell us how we are doing at creating a workplace that allows you to do your best work, lead the way for our region, model strong stewardship, and

drive for even greater results. Your participation is critical so we can learn and improve as an employer, identify problems and solve them, and maintain our focus on providing access and opportunity for all Hoosiers.

You will **Be Heard**. In August 2020, Governor Eric J. Holcomb shared his thoughts on how true equality and equity lead to opportunities for all. During his address, he committed that the State of Indiana would lead by example and take concrete steps to shape the change necessary to remove barriers to access and opportunity for all Hoosiers. The CEIOO Climate Survey is a valuable tool to help us do that.

This CEIOO Climate Survey is your next opportunity to give us your feedback so we can continue to improve. By participating, you can **Make a Difference** for all of us. After the survey results are in, you will hear how your responses influence action plans that will improve our workplace and services. We will use the survey data to further hone our equity, inclusion and opportunity strategies.

The survey should take about 10 minutes to complete, and you will have the opportunity to take the survey during working hours. Please complete your survey no later than **Nov. 11, 2022**.

Your answers cannot be traced back to you.

Thank you in advance for taking the time to complete the survey. We look forward to your feedback!



Artwork by
Jerry Williams

Indiana Department of Homeland Security ensures haunted house safety this Halloween season

October is synonymous with Halloween, which means people will be searching for their favorite kinds of haunts and scares. Thrill seekers planning on visiting a haunted house this month can scream their hearts out knowing the Indiana Department of Homeland Security (IDHS) has their backs.

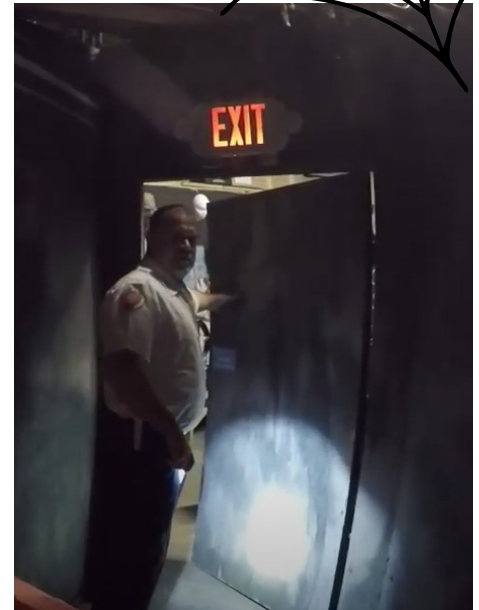
The IDHS Code Enforcement Section inspects around a hundred haunted houses statewide each year to make sure people stay safe during Halloween. Field inspectors go through every corridor of the building, not just the parts visitors will see. They are going behind the scenes to make sure every part of the experience is safe for visitors and employees.



Field inspectors check a variety of safety measures. Below are several of the Code Enforcement Section's requirements:

- Exit signs must be installed at all exits/exit-access doorways.
- Marked exits must be located every 50 feet.
- No dead-end corridors.
- Flame-resistant or flame-retardant materials are used.
- Maze areas must be at least three feet wide and five feet high. One 4x2x2 section is allowed every 50 feet.
- No open flames.
- Automatic smoke detectors are required and must be interconnected.

Once inspectors have gone through each section of a haunted house, they issue an operating permit. Haunted houses should have their operating permit displayed. If you visit one and don't see a permit, you can ask a staff member to see it. If you have any concerns about a haunted house, you can contact IDHS at codequestions@dhs.in.gov.



IDHS Code Enforcement Section field inspectors checking emergency exits in a haunted house.



Do you have student loans? Take advantage of this time-limited program.

Federal Student Loan Forgiveness

On Aug. 24, the U.S. Department of Education announced a plan to help student loan borrowers working in the public sector. This plan includes:

1. An extension of the student loan repayment pause (through Dec. 31, 2022)
2. A limited Public Student Loan (PSLF) Waiver (ends Oct. 31, 2022)
3. One-time student loan forgiveness (available in October)

Below you will find additional information regarding the Limited PSLF Waiver and the one-time student loan forgiveness. **Please read this information carefully, as you may be eligible for total or partial cancellation of your student loan debt, but you must take action this October.**

[Learn more >](#)

Limited PSLF Waiver

As a state employee, you may be eligible for the Public Service Loan Forgiveness (PSLF) program, which cancels student debt completely after ten years of work as a public servant while making qualifying student loan payments.

Temporarily, a waiver for this program has been issued that loosens repayment requirements. The Limited PSLF Waiver will give many borrowers an opportunity to count previously ineligible student loan payments toward

loan forgiveness that may not have qualified in the past.

This program could save you thousands of dollars and help you get your loans forgiven much more quickly. However, this doesn't happen automatically. **You must take action now if you want to get credit for prior years of public service.**

Please take a moment to review the details of the Limited PSLF Waiver today, as **this opportunity ends on Oct. 31, 2022.** [Public Service Loan Forgiveness](#) | [Federal Student Aid](#)

[Learn more >](#)

Not yet part of the Public Service Loan Forgiveness program?

As a State of Indiana employee, you might be eligible for the Public Service Loan Forgiveness program if you meet the repayment criteria: [Public Service Loan Forgiveness](#) | [Federal Student Aid](#)

To have your status as a public servant verified on your PSLF form, please email the Indiana State Personnel Department Verification Unit at voe@spd.in.gov. ***Please note that the Verification Unit inbox is only for employment verification requests on the PSLF and TEPSLF Certification and Application forms.**

For other questions and concerns regarding federal Public Service Loan Forgiveness and the limited PSLF waiver, please visit [studentaid.gov](#) or review this PSLF Frequency Asked Questions page: [Public Service](#)

[Student Loan Forgiveness FAQs](#) | [Federal Student Aid](#).

One-time student loan forgiveness

The U.S. Department of Education will provide up to \$20,000 in debt cancellation to Pell Grant recipients with loans held by the Department of Education, and up to \$10,000 in debt cancellation to non-Pell Grant recipients.

If you qualify for debt cancellation, you can take action now to update your Federal Student Aid contact information and sign up to receive updates when forms for this program are made available in early October.

You can learn more about loan forgiveness and sign up to be notified when this information is available, here: [One-Time Student Loan Debt Relief \(studentaid.gov\)](#). Be aware that student debt forgiven will be taxable by the State of Indiana and possibly by the county you live in.

[Learn more >](#)

Complete your Wellness Visit and Dental Cleaning in October to earn gift card rewards

There's still time to earn up to \$175 in gift card rewards through ActiveHealth just by completing these important health check-ups!



Earn a \$100 gift card by completing a wellness visit

Complete [a wellness visit](#) to earn a \$100 gift card — but don't delay! It typically takes two to four weeks for results to be loaded into the ActiveHealth portal, and the results **must be visible in the portal by Nov. 30 to receive your gift card.**

A wellness visit is an excellent way to get a snapshot of your current overall health. You'll get results on key measurements such as BMI, glucose levels, blood pressure and cholesterol. Complete your 2022 wellness visit for free by getting an annual physical from your primary care provider or by visiting a CVS Minute Clinic.

Remember: To get credit for your visit, you must print and have your doctor complete the Annual Wellness Visit Results Form or print out the MinuteClinic voucher and take it to your nearest CVS MinuteClinic.

Learn more with this handy [wellness visit guide](#).



Earn a \$50 gift card by completing a dental cleaning

Complete a dental exam with cleaning to earn a \$50 gift card — but don't delay! It typically takes two to four weeks for results to be loaded into the ActiveHealth portal, and the results **must be visible in the portal by Nov. 30 to receive your gift card.**

Getting regular dental exams with cleanings can help find early warning signs of health problems and prevent dental problems. A dental exam with cleaning includes an exam by a dentist as well as scaling and polishing your teeth to remove any plaque and tartar build up.



Earn a \$25 gift card by completing a health assessment

Log in to your [ActiveHealth portal](#) and complete a health assessment by Nov. 30 to receive a \$25 gift card!

It only takes about 10 minutes, and your gift card is available to redeem immediately after completion in your [ActiveHealth Rewards Center](#). Just hit "submit," and you're good to go! Gift card rewards can be earned by employees and spouses on an Indiana State Personnel Department-sponsored health plan.

Have other benefits-related questions? Contact the Benefits Hotline Monday through Friday (7:30 a.m. to 5 p.m. ESST) at 317-232-1167 within the Indianapolis area, or at 1-877-248-0007 toll-free outside Indianapolis, or via email at SPDBenefits@spd.in.gov.

Plan to get your flu shot and COVID-19 booster this fall

The best protection against the flu is to get a flu shot every year before the flu season starts. Since influenza viruses change over time, it is important to get a shot every year.

This year, vaccine clinics for employees will be held at many state facilities. The flu vaccine as well as the new COVID-19 boosters, which provide protection against the two dominant strains that are circulating, will be available at these clinics and can be administered at the same time.

The on-site vaccination clinics are available to state employees and dependents 6 months of age and older, who are covered by state employee insurance. Contractors working for the state can also be vaccinated at these clinics if they use their own insurance.

Employees using a state insurance plan will have no cost for the flu vaccine or COVID-19 vaccines. While most insurance plans cover vaccines, individuals utilizing non-state insurance plans are encouraged to check coverage with their insurer in advance. Be sure to bring your employee badge and insurance ID card.

Employees will need to register in advance to receive their vaccinations at an on-site clinic. While walk-ins may be accepted, they cannot be guaranteed due to current safety protocols, availability of vaccines, and staffing. Registering in advance ensures that there will be enough of each vaccine for each person attending.



Register for a flu vaccine or COVID-19 booster here — enrollment code: **IN97832**

[View the list of upcoming vaccine clinic locations and dates >](#)

Please contact the Benefits Hotline at 317-232-1167 or 877-248-0007 with any questions.

ActiveHealth Learning Labs

Come join your ActiveHealth team in a virtual Learning Lab. Each lab lasts just 30 minutes. You can explore topics like healthy eating, being active, getting better sleep and being more mindful. You can also talk about lasting changes you want to make in your daily life.

Upcoming Learning Lab: Eating for energy

You're probably used to managing your money, but do you know you can think of your daily calories like a budget too? The goal is to get the most nutritional value and spend the least number of calories when you're choosing the foods you eat. Think of how you're spending them now. Are you getting the best value? In this Learning Lab, we'll talk about how balancing your calorie budget can help you achieve your healthy weight goals.

In this lab you'll:

- Review where your body gets energy
- Learn how certain foods affect your energy level
- Talk about how to spend your calorie budget wisely
- Go over ways you might spend your bonus calories

Join ActiveHealth on **Tuesday, Oct. 25 at 10:30 a.m. EST.**

[Click here to register.](#)

Join Coach Sarah for the next Learning Lab presentation.

Tuesday, October 25, 2022 from 10:30 to 11 AM ET

Invest In Your Health | ActiveHealth

* Learning labs are another way to stay engaged and focused on your health. They don't count toward completing your reward activities.

Cycling is my new addiction

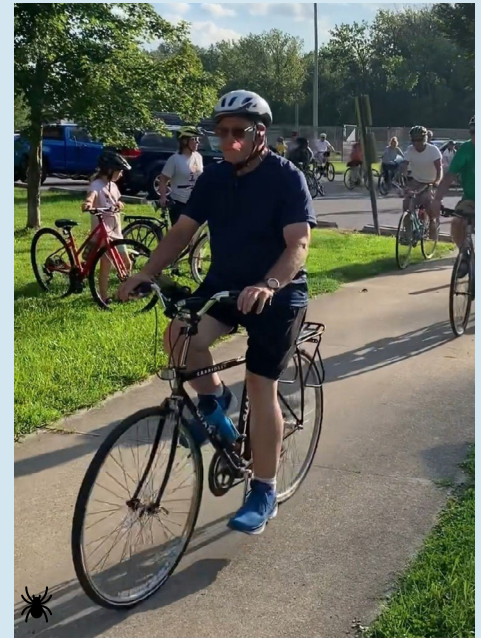
My name is David Bourgeois. I've been with INDOT for a little over 17 years. As the title says, I'm an addict. My drug of choice was food. I used it as comfort. It was always there for me. Then I decided to make a change.

I had to do something as my health was deteriorating, so I talked with my doctor about his thoughts on weight loss surgery. He said it would be very beneficial to me, so I started to do research. I found a weight loss surgeon, but my insurance denied my surgery three separate times, and the surgeon's team could not figure out why. I kept calling the surgeon and my insurance company to find out why I was denied; it took almost a year, but I got to the bottom of it. I was finally getting my surgery.

After the surgery is when I really found out how addicted to food I am.

Food is everywhere. It's not at all like alcohol and drugs. If you're addicted to alcohol or drugs, you don't go to certain places or do certain things. With food, you can't do that. It's in relationships, dating, marriage; it's there when you bring your family together. So, it's a very big part of everything, and a person of a heavy stature has to navigate through that.

Life after surgery can be very difficult because your mindset has to change quickly. After the surgery you have to choose something else as your addiction, and a lot of bariatric people will run to alcohol, which is just as bad. So, to create a positive addiction, I decided to get into cycling.



[Read the full story on the Invest In Your Health blog >](#)

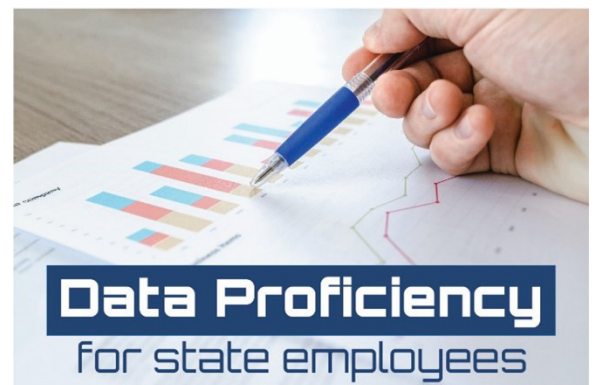
Next badge earning opportunity coming soon from Indiana MPH

Have you earned your Data Proficiency Program Badges yet? The Indiana Management Performance Hub (MPH) is helping employees across the state to skill-up and understand their role in data. That's why we've created the statewide data proficiency program that engages employees at different knowledge levels and shows how data can impact all of our jobs every day.

The tenth lesson covering social media data should arrive in your inbox during the first week of October. The email will also contain information on how to earn your next Data Proficiency Program

badge. You'll be able to complete a 10-question quiz about lessons 6-10 and earn the blue badge.

If you are new to state government or have not started your data proficiency training, there is no time like the present. You can catch up on all lessons on the Data Proficiency Program website at www.in.gov/mph/data-proficiency-program. The available lessons arrive monthly in your inbox and are always available on the MPH website. The short lessons explain data concepts with simple, real-life scenarios. Please be sure to



treat this as any other state-issued training and take the time to review the material.

If you have any questions about the Data Proficiency Program, email MPH at info@mph.in.gov.

Make the most of your Microsoft Applications through the 2022 Fall Learning Conference



Mark your calendars for the annual Microsoft Learning Conference on Oct. 19 & 20! The conference will take place in person and virtually and will have two tracks. The state of Indiana Employee Business Track is for employees who want to learn more about using tools to increase their work productivity. There is also a Technical Track for developers and architects.

The two tracks give all employees who interact with Microsoft applications as part of their day-to-day jobs the opportunity to learn more about getting the most out of the tools available to them.

[View registration information and a full schedule here >](#)



State of Indiana Employee Business Track

Who is the audience?

- All State of Indiana employees who use Microsoft applications, including Outlook, Word, OneDrive, SharePoint, Power Automate, Power BI, and Teams.

What is it?

- Live and virtual training explaining how and when to use available Microsoft applications, best practices for collaboration, and how Microsoft ensures its applications incorporate accessibility.

Why is it important?

- To improve employee understanding of tools available to them, how and when to use them, and how Microsoft apps can help streamline their daily work.

Where & when will it happen?

- Oct. 19 & 20, 9 a.m. - 5 p.m.; Indiana Government Center Conference Center and virtually in Microsoft Teams
- Stay the whole time or pick and choose specific sessions.

Technical Track for Architects, Analysts, and Developers:

Who is the audience?

- Architects and developers who want to learn more about building cloud-based applications.
- Citizen developers, business thought leaders and data analysts who want to leverage Microsoft's Power Platform to improve business processes.

What is it?

- Live technical training with hands-on application

Why is it important?

- To provide attendees with experience and exposure to these capabilities: Azure Portal, Azure AD, Power Platform, Chat Bots, and other enterprise containers in Azure. Choose your own adventure!

Where & when will it happen?

- October 19 & 20, 9 a.m. - 5 p.m.; Indiana Government Center Conference Center

If you are interested or would like to learn more, reach out to Elisa Phillips at EPhillips@iot.IN.gov or 317-234-2909.

BMV Connect Kiosks

Did you know you can find a BMV Connect Kiosk in the Indiana Government Center?

Complete over a dozen transactions at a BMV Connect Kiosk at Government Center North in the basement or on the 4th floor.

[Click here for a complete list of kiosk transactions](#)



Will you be able to sign into PeopleSoft after Oct. 5?

PeopleSoft HCM login change

Beginning Oct. 5, 2022, all employees will now be prompted to complete Multi-Factor Authentication (MFA) in order to sign in to PeopleSoft — **even if they are in the office.**

What's changing? You'll log in with your email address, which prompts the Multi-Factor Authentication (MFA) to complete the sign-in (enter the password you use to log in to your computer if asked). This is the same MFA you use today to log in to VPN or Office 365 applications, for example.

Planning for retirement might be easier than planning for fall break

While some employees will be thinking about fall break during the early days of October, it's also an important time to think about retirement. If the two topics, vacation and retirement, seem unrelated, think again. Both represent major milestones, require a significant cash outlay, and are best enjoyed after following a well-researched and thought-out plan.

This October, get inspired and join the [Indiana Public Retirement System](#) (INPRS) in celebrating National Retirement Security Month. Designated as an ideal time to review, reassess, and adjust your retirement plan, this month is your opportunity to get inspired by what's possible for your future retirement when you take the time to plan.

Why does this matter? This extra verification step is to increase security for state employees. When you require a second form of authentication, security is increased as this additional factor is more difficult for an attacker to obtain or duplicate.

How do I know if I already have MFA setup? To verify, go to on.in.gov/MFA and sign in with your existing credentials (username and password) that you use today. If you already have either the Authenticator app or phone call verification enabled, you do not have to take additional steps.

Your colleagues at INPRS are ready to help employees all month long throughout the state:

- We'll be online and in-person offering, [presentations and webinars](#) about INPRS's retirement plans, money management, investing, and how to retire.
- Our team will be at the [Statehouse Market](#) in Indianapolis on Oct. 6 from 10:30 a.m. to 1:30 p.m.
- We've launched an upgraded version of our myOrangeMoney tool — [check out our video](#) to see how it works.
- Our team has developed [posters, desktop backgrounds, and other fun materials](#) to help you get excited about planning

PeopleSoft HCM 9.2
Financial & Payroll
COMMUNICATION
provided by the Indiana Office of Technology

If you do not have either option enabled, click the "Add Method" button and follow the prompts.

How can I register for MFA? If you are not registered for MFA, visit on.in.gov/MFA to begin.

Instructions:

- [Multi-factor Authentication with Mobile Authenticator app](#)
- [Multi-factor Authentication with Phone](#)



YOU WOULDN'T SKIP PLANNING YOUR VACATIONS FOR A LIFETIME...
SO WHY WOULD YOU SKIP PLANNING FOR RETIREMENT?
BOOK WITH INPRS TODAY AND SECURE YOUR SPOT ON THE RETIREMENT JOURNEY YOU DESERVE.
INPRS INDIANA PUBLIC RETIREMENT SYSTEM



a postcard-worthy retirement.

- You can get all this and more on our campaign resources page [here](#).

INPRS and our statewide team of retirement consultants are ready to help you secure your spot on the retirement journey you deserve. Book an appointment, schedule a webinar, or learn more about your plan [here](#).

Office of Administrative Law Proceedings hosts national conference

In mid-September, Indiana Office of Administrative Law Proceedings (OALP) hosted 33 people from 17 different states during the four-day Central Panel Director's Conference. The conference covered topics ranging from using technology in the hearing room, fostering community in a remote work environment, developing quality assurance workflows, and developing intercultural competence.

Indiana speakers Jimmie McMillian (Penske Corp. and Indianapolis Motor Speedway), Professor Frank Sullivan (former Justice of the Supreme Court) and current Supreme Court Justice Geoffrey Slaughter addressed the attendees regarding diversity, constitutional law, and the practical and policy concerns facing central panels.

What does OALP do?

OALP is the state's newest agency. Launching in 2020, OALP employs just under 50 people, 34 of which are administrative law judges (ALJs).

ALJs are judges in the executive branch who listen to citizens' disagreements about state agency actions and whose mission is to provide fair, efficient and impartial hearings for citizens and agencies.

While this concept of housing ALJs under one agency instead of in many singular agencies is new for Indiana, many states across the U.S. have had an agency like OALP 30 years or more. These agencies are referred to as central panels. Over half the states in the nation have a central panel and each year these states gather to share challenges and offer success stories and knowledge to one another.

It's important to note that OALP does not review all state agency actions. Around 23 state agencies utilize an OALP ALJ for impartial review. Specific state agencies, like the Board of Tax Review and Department of Workforce Development, are exempted from having their disputed actions heard



by OALP because these agencies have set up a separate agency or group of ALJs to hear those matters. (Click [here](#) to review what actions OALP does and doesn't review.)

Learn more about OALP [here](#). This conference would not have been successful without the partnership of the Indiana State Museum and Department of Natural Resources.

Article submitted by the Office of Administrative Law Proceedings

Indiana Veterans Home Upcoming Events

All events will be held on the IVH Campus — 3851 N. River Rd. West Lafayette, IN 47906

Oct. 11, 2022

Long Term Care Planning & Veteran Benefits Presentation

10 a.m. | MacArthur Auditorium

Oct. 21, 2022

Library Grand Opening

1 p.m. | MacArthur Hall, Lawrie Library

Nov. 11, 2022

Veterans Day Ceremony

10 a.m. | MacArthur Auditorium

Nov. 12, 2022

Warrior Reunion Foundation Veterans 5K

9 a.m. | Starts in the inner circle of the campus

Nov. 16, 2022

U.S. Senators Veteran Event (Braun)

11 a.m. - 2 p.m. | Commandant's House

Dec. 17, 2022

Wreaths Across America

Noon | MacArthur Auditorium



October is American Archives Month

Last March, [Governor Eric J. Holcomb announced](#) that a new State Archives building would be built along the canal. Governor Holcomb noted, “The location of the archives building will bring further opportunities to showcase our state’s history and provide new partnership opportunities with the Indiana State Museum, Indiana State Library, Indiana War Memorials and other entities all in the same area.” The Indiana Department of Administration recently released a [rendering of the new building](#).

“Archivists bring the past to the present. They’re records collectors and protectors, keepers of memory. They organize unique, historical materials, making them available for current and future research.” -Lisa Lewis

Take the opportunity to learn more about the Indiana State Archives and Indiana’s county, college, and university archives during October by learning and engaging with the events below or by visiting an archive near you.

#AskAnArchivist

On Oct. 12, archivists around the country will take to Twitter to respond to questions tweeted with the hashtag **#AskAnArchivist**. Take this opportunity to tweet with the archivists at the Indiana Archives and Records Administration using [@IndianaArchives](#). Questions can vary widely, from the silly, “What is it like to work in 70°F with 30-50% humidity every day?” to the practical “What should I do to be sure that my emails won’t get lost?” or “What should I do to preserve my family letters and photographs?”. Silly or practical, each question will be an opportunity to talk about our work and our profession with the public.

Research Indiana Webinar

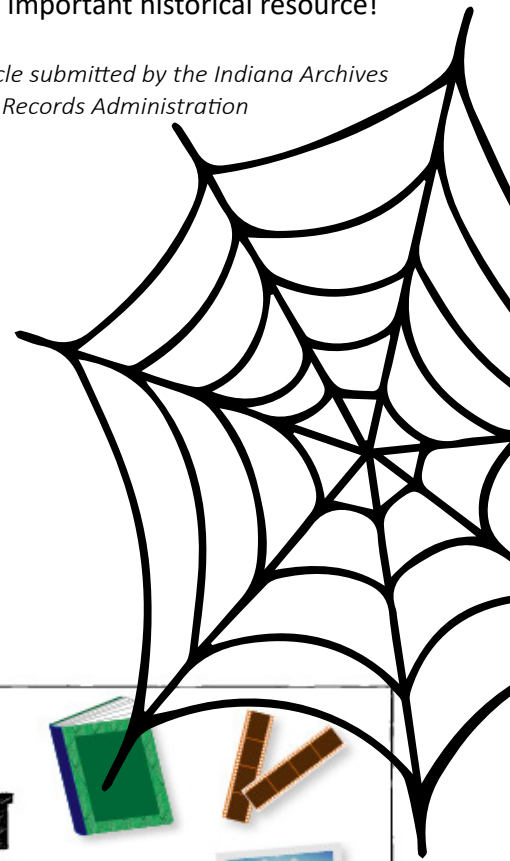
On Oct. 20, plan to attend a lunch-time webinar about how to use the [Research Indiana Indexes](#) website! IARA’s digital index site allows users to search millions of records found in the State Archives’ collections. Join us for a Teams webinar Oct. 20 at 11:30 a.m., during which IARA staff will demonstrate how to use the site to search records including historic prison files, court cases, military records, and more! Will you

find one of your ancestors in the State Archives? To register, please send an email to arc@iara.in.gov with the subject line: Research Indiana Webinar.

Volunteer with IARA

The Indiana State Archives also invites you to become a virtual volunteer! We are working on indexing Indiana’s Civil War Draft Enrollment Lists from 1862. You can find our project online here: <https://fromthepage.com/indianaarchives/indiana-draft-enrollment-lists-of-1862> and sign up to crowdsource this important historical resource!

Article submitted by the Indiana Archives and Records Administration



A gallery of 60+ paintings calls attention to our No. 1 resource: water

“Indiana Waterways: The Art of Conservation,” an exhibition of 60 paintings created by five Indiana artists to call attention to the importance of protecting the state’s water, will be on display at the Indiana State Museum from Oct. 16 to Dec. 11 in the Thomas A. King Bridge Gallery.

The exhibit, which features stirring images of 25-30 different locations along the 62,000 miles of rivers, streams and tributaries in Indiana, is free with admission to the museum. Tickets are \$17 for adults, \$16 for seniors, \$12 for children and \$5 for current college students. More information is at indianamuseum.org.

“Indiana Waterways” is a result of the combined efforts of artists [Avon Waters](#) (Converse, IN, pastels), [John Kelty](#) (Fort Wayne, IN, watercolors), [Curt Stanfield](#) (Rosedale, IN, oils) and brothers [Dan and Tom Woodson](#) (Muncie, IN, oils). In August 2020, the five painters – all members of the Indiana Plein Art Painters Association – got together for a barbecue after the organization canceled several outdoor painting events due to COVID-19. (Examples of their work and photos of each artist can be found [here](#).)

They initially decided they would all paint scenes from the top 20 largest Indiana rivers, but by October, they noticed that many of the paintings looked alike. They decided to open up their options to other locations, like the Seven Pillars near Peru along the Mississinewa River, two Raccoon Creeks (near Terre Haute and in Parke County), and a stone bridge on the Rapid Creek near Orleans in Ripley County.

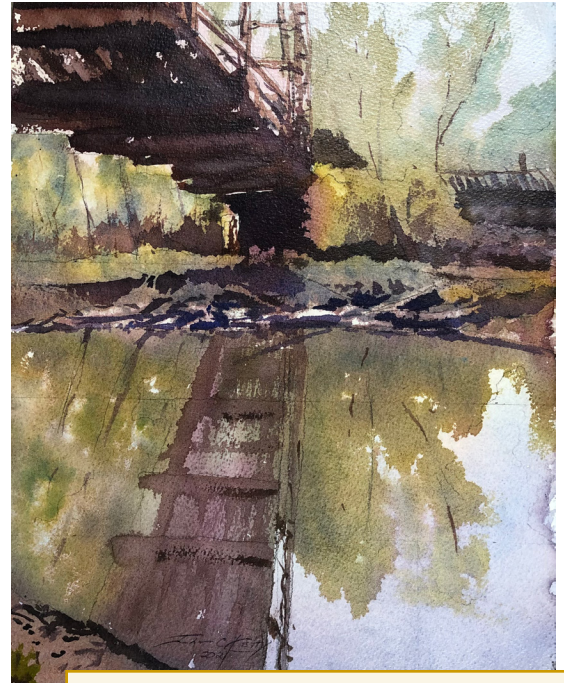
“There’s a sign that says Ripley County has 11 stone bridges remaining,” Waters said. “You hear about Parke County and the covered bridges, but who knew there were that many stone bridges in one county still surviving?”

Waters said each artist has a different technique and used different materials for the viewer “to see the different artistic interpretations of the same waterway. Because they turned out very different.”

The artists had planned to finish 100 paintings and find a place to exhibit the work, which would have been the extent of the project. But when they sent emails seeking sponsors, they found an enthusiastic partner in the Izaak Walton League, a national conservation organization, which came through with a \$5,000 grant.

The artists had been considering putting out a 100-page picture catalog of the exhibit. With the Walton League grant, that became a 227-page hardbound book containing pictures of 100 paintings along with three essays on water conservation. The essays were written by Jason Goldsmith (a creative non-fiction story on the White River), Carson Gerber (an essay on the history of the Izaak Walton League in Indiana and their conservation programs), and Jerry Sweeten (an essay on the 20-year-plus effort to restore the Eel River).

“As this grew and we included the essayists, the purpose of this exhibit became to bring awareness



Black River Reflections, John Kelty, watercolor

of the need for conservation of our waterways,” Waters said. “Conservation is our goal – using pretty pictures to make people aware of the underlying need for conservation and restoration of our waterways.”

The artists then began applying for more funding, and what might have been a one-time exhibit became a traveling exhibition that wraps up at the end of 2023. After “Indiana Waterways” leaves the Indiana State Museum, it will travel to the Fort Wayne Museum of Art from January to March, the Oakhurst house at Minnetrista in Muncie from April through Labor Day and the Hoosier Salon in New Harmony from September through December.

“It started as a simple little project,” Waters said, “and turned into something way more than we thought it would be.”

Article submitted by the Indiana State Museum and Historic Sites

Oct. 7, 2022

Bat Buddies | Paynetown State Recreation Area

Drop by to make a bat-shaped paper airplane and learn why real bats are important to humans!

[More information >](#)

Oct. 8, 2022

Pioneer Day | Mounds State Park

Activities for all ages will be located on the Bronnenberg Home Lawn. See food cooked over an open fire, try your hand at making butter, learn how to sew a button, pet a goat, and more!

[More information >](#)

Oct. 8, 2022

1800's Music Weekend | Spring Mill State Park

Enjoy the music that Spring Mill residents would have listened to in the 1800s. Get this event on your calendar so you can come be serenaded by fiddles, banjos, guitars and more!

[More information >](#)

Oct. 8, 2022

Fall Fun Fest | Lincoln State Park

Meet us at the Campground Shelter for hay rides and fall activities.

[More information >](#)

Oct. 8, 2022

Fall Colors Kayak Tour | Lieber State Recreation Area

We'll see the lake surrounded by beautiful fall trees. Tucked into one is an Eagle nest we'll paddle to see, and then we'll head over

for a glimpse of the dam before returning to shore.

[More information >](#)

Oct. 9, 2022

Amazing Maize | Lieber State Recreation Area

It's time for corn mazes and grilled corn on the cob. Come learn how the Native Americans in the Cagles Mill Lake area lived and how they grew corn, beans and squash near Cataract Falls.

[More information >](#)

Oct. 10, 2022

Monroe Lake Geology Driving Tour | Monroe Lake

This tour will explore some of the core concepts in geological sciences, as well as many of the "little" ideas behind them. We'll accomplish this through an in-depth look at the local geology in the lake area and interpreting the story that it tells of our past.

[More information >](#)

Oct. 12, 2022

Earth Science "Quiz Show" | Paynetown State Recreation Area

Drop by to play a game that tests your knowledge about items you use every day! You may be surprised to learn how many things are made from minerals mined from the ground... or were they made from things that grew in the soil? Can you figure it out? Find out – and see how high you can score!

[More information >](#)

Oct. 14-21, 2022

Parke County Covered Bridge Festival | Raccoon State Recreation Area

The Historic Mansfield Roller Mill will once again be open for the Covered Bridge Festival in Mansfield, Indiana. The Mill historian will be on hand to answer questions and lead tours.

[More information >](#)

Oct. 15, 2022

Star Gazing Made Easy | Potato Creek State Park

Discover how easy it is to find this season's stars, constellations and planets with special guest astronomer Linda Marks, and then do some sun-gazing outdoors.

[More information >](#)

Oct. 15, 2022

Live Raptor Show | Brown County State Park

Join Brown County State Park and the Indiana Raptor Center for an exciting evening with some of Indiana's predatory birds! See multiple live raptors, hear what threats they face and learn about how you can help and appreciate these incredible animals!

[More information >](#)

[View all DNR special events >](#)

Celebrate Halloween with DNR

Looking for a little something spooky to add to your calendar this October? Check out this month's Haunted Halloween happenings.

Oct. 8, 2022

Fall Fun Fest | Lincoln State Park

[More information >](#)

Oct. 14, 2022

Salamonie Fall Fest | Salamonie Lake

[More information >](#)

NWI Storytelling Festival and Ghost Stories! | Indiana Dunes State Park

[More information >](#)

Oct. 14-15, 2022

Fall Festival | Shakamak State Park

[More information >](#)

Oct. 14-16, 2022

Fall Fest | Prophetstown State Park

[More information >](#)

Oct. 15, 2022

Goblin's Weekend | Lieber State Recreation Area

[More information >](#)

Halloween Spectacular | Dream Lake

[More information >](#)

Fall Fest Jeep Show and Parade | Ouabache State Park

[More information >](#)

Friends Fall Frolic | Lincoln State Park

[More information >](#)

Hocus Pocus Women's Group Hike | Pokagon State Park

[More information >](#)

Haunted Village | Spring Mill State Park

[More information >](#)

Oct. 15-16, 2022

Scarecrow Weekend | Spring Mill State Park

[More information >](#)

Oct. 16, 2022

Goblin's Pumpkin Craft | Lieber State Recreation Area

[More information >](#)

Oct. 21, 2022

Hoots and Howls Weekend | Mounds State Park

[More information >](#)

Oct. 22, 2022

Hamer Cemetery Tour | Spring Mill State Park

[More information >](#)

Shades of Death | Shades State Park

[More information >](#)

Fall Family Fun Days | Hardy Lake

[More information >](#)

Fall Festival | Ouabache State Park

[More information >](#)

Graceyard Peddle | Lieber State Recreation Area

[More information >](#)

Haunted Harmonie | Harmonie State Park

[More information >](#)

Spooktacular 5K and Trick-or-Treating | Summit Lake State Park

[More information >](#)

Oct. 27-29, 2022

All Hallows Eve Weekend | Chain O'Lakes State Park

[More information >](#)

Oct. 28-29, 2022

Halloween Camping Weekend | Turkey Run State Park

[More information >](#)

Fall-o-Ween Kick-off | McCormick's Creek State Park

[More information >](#)

Oct. 29, 2022

Halloween Campsite Walking Tour | Tippecanoe River State Park

[More information >](#)

Scream for Snakes! | Fort Harrison State Park

[More information >](#)

Pumpkin Drop Obstacle Race | Paynetown State Recreation Area

[More information >](#)

Trick-or-Treating with the Farm Animals | Prophetstown State Park

[More information >](#)

"Howl"oween in the Dunes | Indiana Dunes State Park

[More information >](#)

Campsite Decorating Contest Judging | Paynestown State Recreation Area

[More information >](#)

Trick-or-Treating | Paynestown State Recreation Area

[More information >](#)



Oct. 7, 2022

Fright Night | Indiana State Museum

Get ready for a night of spooky and magical fun! Conduct experiments that look like magic, but are all science, and see the astonishing science show. Search for hidden clues while exploring creepy creatures of Indiana's past, and wind your way through our chilling galleries by flashlight.

[More information >](#)

Oct. 7-8, 2022

Oct. 14-15, 2022

Literally, a Haunted House | Culbertson Mansion State Historic Site

The Culbertson Mansion's annual haunted house – which has been scaring visitors since 1985 – returns with spooky thrills and terrifying chills in the mansion's Carriage House. Are you brave enough to enter? Come – only if you dare!

[More information >](#)

Oct. 8, 2022

Guided Tour of the Limberlost Swamp Nature Preserve

Hike along the Deacon's Trail in the Limberlost Swamp Nature Preserve and discover the native flora and fauna of the largest Limberlost Conservation Area Nature Preserves.

[More information >](#)

Oct. 8, 2022

Young Explorers: Falling Leaves | Indiana State Museum

Experience the changing seasons by creating leaf-based art projects and Halloween-inspired creations. Plus, get ready for some spooky science experiments!

[More information >](#)

Oct. 10, 2022

Messy Mondays | Indiana State Museum

Discover STEAM topics through messy – and fun – activities. Explore several hands-on stations and learn while playing.

[More information >](#)

Oct. 14, 2022

Downtown Vincennes Ghost Walk | Vincennes, Indiana

Hear local ghost stories and other spooktacular tales from costumed storytellers at various locations during an evening walk through downtown Vincennes.

[More information >](#)

Oct. 15, 2022

Guided Tour of the Music of the Wild Nature Preserve | Limberlost State Historic Site

Explore the plants and animals living in the Music of the Wild Nature Preserve and Bird Sanctuary, plus discover the history of the area.

[More information >](#)

Oct. 15, 2022

Whitewater Canal Guided Tour | Whitewater Canal State Historic Site

Explore the historic Whitewater Canal in Metamora during a 30-minute walking tour, and discover how canals served as an early mode of transportation for people and goods. Take a closer look at the Duck Creek Aqueduct – the only one of its kind in the United States!

[More information >](#)

Oct. 15, 2022

Owl-oween | Gene Stratton-Porter State Historic Site

Learn all about owls, bats, raccoons, snakes and other creatures of the night during this annual Halloween event where there will be more treats than tricks!

[More information >](#)

Oct. 19, 2022

Twilight Tales | Indiana State Museum

Twilight brings out all the things that go bump in the night! Venture through the museum on this flashlight-led tour to visit some of the creepiest artifacts in our collection. Staff will share how these pieces are connected to supernatural rumors and Indiana folklore.

[More information >](#)

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



This Month WITH



WHITE RIVER STATE PARK
INDY'S URBAN ESCAPE

Oct. 8, 2022

Komen Indianapolis More Than Pink Walk | Celebration Plaza

The MORE THAN PINK Walk is Komen's signature fundraising event. It's a day where we can put aside everything else in our lives and share our stories, our laughter and our tears to raise money that saves lives while we celebrate survivors and those living with breast cancer, while we honor loved ones lost.

[More information >](#)

Oct. 8, 2022

Indiana Donor Network Indy Walk | IU Fairbanks Hall

Join Indiana Donor Network Foundation as we celebrate life, honor organ, tissue and eye donors and support those waiting for a lifesaving transplant. Create a team or sign up as an individual to walk along the downtown Indianapolis canal. This family-friendly event will highlight donor and transplant recipient stories and provide space for attendees to reflect on the gift of life.

[More information >](#)

Oct. 8, 2022

Walk to End Lupus Now | Military Park

Walk to End Lupus Now events provide all people affected by lupus and their families the opportunity to come together for one unified purpose — to end lupus.

[More information >](#)

Oct. 15, 2022

Light the Night | Military Park

At The Leukemia & Lymphoma Society's Light The Night, we gather as a community to celebrate, honor and remember those touched by blood cancers. Friends, families, schools, corporate teams and sponsors join together to bring light to the darkness of cancer. [More information >](#)

Oct. 22, 2022

Gourdy's Pumpkin Run | Military Park

By now, you know that Gourdy's Pumpkin Run is a race that celebrates our favorite season. Over the last decade, 320,000+

fall-natics have helped shape the race to what it is today. Everyone has their own reason for showing up on race morning. Ours? It's a great excuse to get outdoors, enjoy some apple cider, all with a healthy dose of exercise in the autumn air!

[More information >](#)

Oct. 29, 2022

Brew HaHa Halloween 5K | Military Park

Treat yourself to the ultimate 5K Run/Walk — Join us at Military Park in downtown Indianapolis on Saturday, October 29th Enjoy the beautiful 5k course along the canal and finish in style with one of the biggest and most unique finisher medals in the country!

[More information >](#)

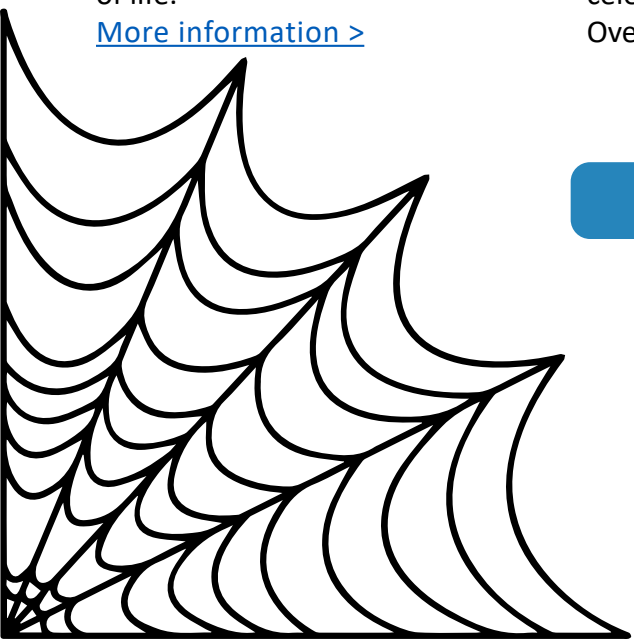
Oct. 29, 2022

Yappy Hour | Military Park

Back by popular demand, Yappy Hour will be October 29 from 6-8 p.m. in Military Park at White River State Park. This FREE pup and family friendly outdoor happy hour is focused on bringing the Indianapolis community together.

[More information >](#)

[View all White River State Park events](#)



(Continued from [page 1](#))

2022 SECC is in full swing!

SECC team at spdcommunications@spd.in.gov.

Here's a quick recap of some of the events we've hosted so far.

State employees came out of the woodwork to support their agencies' Paddle Battle teams.

On Sept. 9, hundreds of state employees gathered on the White River Canal in downtown Indianapolis for our sixteenth annual Paddle Battle competition!



2022 Paddle Battle champions Indiana Department of Transportation.

Indiana Department of Transportation (INDOT) battled hard against teams from the Department of Child Services, Department of Environmental Management, and many more state agencies. Once again, INDOT pulled ahead and took home the Paddle Battle Oar for their third consecutive year.

INDOT will donate the proceeds from this event to [Indiana State Transportation Workers Foundation](#).



Indiana Senate team "Canal Caucus" (left) paddling hard against Indiana Department of Natural Resources team "Boat Ramrod" (right) in the 2022 Paddle Battle.

Congratulations to all the teams that came out in support of causes they care about, and thanks to all the state employees who came out to watch the fun and cheer on their teammates.

For more photos and videos of this year's race, visit our Twitter page: [INPaddleBattleOAR \(@PaddleBattleOAR\) / Twitter](#)

[View photos from the 2022 Paddle Battle >](#)

Teams from six state agencies competed in the annual State Employees' Tug of War.

After a tough battle, team Brawny Lads from the Indiana Office of Technology (IOT) defended their title and took home the championship. Congratulations again to the teams from Indiana Department of Administration (IDOA), State Board of Accounts (SBOA), Indiana Gaming Commission (IGC), Family and Social Services Administration's Office of Medicaid Policy & Planning (OMPP), Bureau of Motor Vehicles (BMV), and IOT who came out to compete for the top prize!



2022 Tug of War champions Indiana Office of Technology "Brawny Lads".

This year's Tug of War competition was hosted by the BMV as a fundraiser for their 501 (c) (3) charity of choice: Mighty Mason Fund for Palliative Care.

Thank you to all who came out in support of your teams last week,

and congratulations to IOT for bringing the heat and taking home the title!



Indiana Bureau of Motor Vehicles team "License to Tug" holding strong during the 2022 Tug of War Competition.

[View photos from the 2022 Tug of War Competition >](#)

Twenty teams competed in this year's annual Cornhole Tournament for SECC.

Team Vincennes Traffic from INDOT took home first prize at this year's Cornhole Tournament, hosted by Indiana Department of Homeland Security (IDHS) on Sept. 22. The duo from INDOT competed against last year's returning champs, also from INDOT, as well as 18 other well-practiced cornhole teams from various state agencies.



The 2022 Cornhole Tournament champions, Indiana Department of Transportation team "Vincennes Traffic".

With Vincennes Traffic in the final four were teams Healthy Homies from Indiana Department of Health, Internal CORNtroll Freaks from State Board of Accounts, and Indiana State Police.

(Continued on [page 18](#))

(Continued from [page 17](#))

2022 SECC is in full swing!

[View photos from the 2022 Cornhole Tournament >](#)



Teams competing during the 2022 SECC Cornhole Tournament.

IOT defeats reigning champions in 3-on-3 basketball tournament

“Not Your Average Nerds” from the Indiana Office of Technology (IOT) came out victorious in our 3-on-3 Basketball Tournament.

This year, seven state agencies formed three-player teams to compete in the 2022 3-on-3 Basketball Tournament for SECC.



The 2022 3-on-3 Basketball Tournament champs “Not Your Average Nerds” from the Indiana Office of Technology.

Round One winners included IOT, Indiana Department of Environmental Management (IDEM), Indiana Utility Regulatory Commission (IURC), and State Board of Accounts (SBOA). Then of those teams, IOT and SBOA went on to compete in the final round.

[View photos of the 2022 3-on-3 Basketball Tournament >](#)



Indiana Department of Workforce Development go head to head with Indiana Department of Environmental Management in the 2022 3-on-3 Basketball Tournament.

Upcoming SECC events:

Wednesday, Oct. 12 | Silent Auction (virtual) hosted by DWD

Thursday, Oct. 20 | Lip Sync Battle (virtual) hosted by DOC

Thursday, Oct. 27 | Hazmat Haunted House hosted by IDEM

Auditor of State confirms all automatic taxpayer refund checks are printed and mailed

More than 1.5 million automatic taxpayer refund (ATR) checks have been printed and mailed, confirmed State Auditor Tera Klutz, CPA Thursday, Sept. 29.

“We successfully completed printing on September 21 and sent the last batch of automatic taxpayer refund checks to the postal service on September 22,” stated Auditor Klutz. “Most Hoosiers who filed a 2020 tax return in 2021, should have received their automatic taxpayer refund via direct deposit or mailed check by now.”

Klutz continued, “While most eligible recipients have received their refunds, we are aware that many need further assistance to claim it. Due to the checks being issued from the 2020 Indiana tax return some recipients have passed away or moved and we are working to get those checks reissued to the proper name and address.”



[View the full press release here >](#)

[View the automatic taxpayer refund webpage >](#)



State of Indiana
Deferred Compensation Plan
Sponsored by the Indiana Auditor of State



Join us in the courtyard

Take advantage of the State of Indiana Hoosier START's new Financial Wellness Virtual Courtyard. Explore retirement planning resources and tools, and discover how we support you at every step along your retirement path — whether you're just beginning your career or you've already retired.



The Investment Smoothie Shack helps you stir up an investment approach that best suits your taste



Access live and on-demand webinars to help you cultivate financial wellness



Grab a coffee with a Retirement Specialist who can help review and manage your account



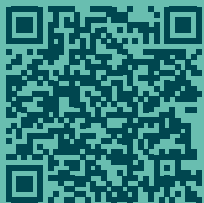
In the Interactive Gardening Video, build an investment garden to learn how asset allocation can grow your retirement savings



Map your retirement path with resources and tools at the Resource Directory



Get inspired by Plan Benefits that offer long-term retirement savings



Visit the State of Indiana Hoosier START Financial Wellness Virtual Courtyard today.
bit.ly/3TQ6xNK

Investing involves market risk, including possible loss of principal. No investment strategy or program can guarantee to make a profit or avoid loss. Actual results will vary depending on your investment and market experience.

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NRM-21863IN-IN (09/22)



Smart Snacking for Teeth and Gums

Snacking between meals steadies your energy levels and blood sugar¹. Did you know that certain snacks and drinks are also good for your oral health? Go for snacks lower in sugar and high in nutrients to prevent tooth decay and gum disease². Below are a few snack ideas for fresher breath, strong teeth and healthy gums:

- Celery or apples: crunching makes saliva to rinse off acids
- Yogurt, soymilk or almonds: calcium and protein to strengthen teeth
- Strawberries or kiwi: vitamin C to help prevent gum disease
- String cheese or a boiled egg: phosphate to protect tooth enamel
- Plain or sparkling water over sugary sodas or energy drinks
- Chew sugar-free gum to freshen breath and ease dry mouth
- Avoid candy or sugary coffee drinks for midday energy jolts³



Wellness Webinar Series

Oral health for life: Good oral health starts with a daily routine to protect your teeth and gums. We'll go over dental care basics, including routine checkups and how to prevent gum disease. And we'll explore how oral health may affect your overall health.

October 18, 2022 | 10:00 AM, 12:30 PM and 4:30 PM, ET
<http://go.activehealth.com/wellness-webinars>

1. Harvard T.H. Chan School of Public Health, "The Science of Snacking," 2022.
<https://www.hsph.harvard.edu/nutritionsource/snacking/#:~:text=Benefits,like%20fresh%20fruit%20or%20nuts.>

2. American Dental Association, "Nutrition: What You Eat Affects Your Teeth."
<https://www.mouthhealthy.org/en/nutrition/food-tips/>

3. EatRight.org, "Healthy Nutrition for Healthy Teeth," Feb. 2, 2021.
<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/healthy-nutrition-for-healthy-teeth>



Coach's corner

with **Coach Denise, CHS, RN**

As an ActiveHealth wellness coach, Denise likes to encourage people by telling them to 'stop being ashamed of how many times you have fallen and be proud of how many times you have gotten up!'

Denise's well-being tip:

When life gets hectic, you may skip brushing and flossing. But good oral care helps prevent gum disease, which can raise your risk of chronic health conditions like diabetes and cognitive impairment⁴. Here are a few tips to help you remember to brush and floss:

- Set twice-daily reminders on your phone to brush and floss.
- Brush and floss with your children at their bedtime each night.
- Heading out for the day? Toss a toothbrush and travel-size toothpaste in your bag.
- Keep toiletries at your desk to freshen up after lunch



Cottage Cheese & Pear Parfait

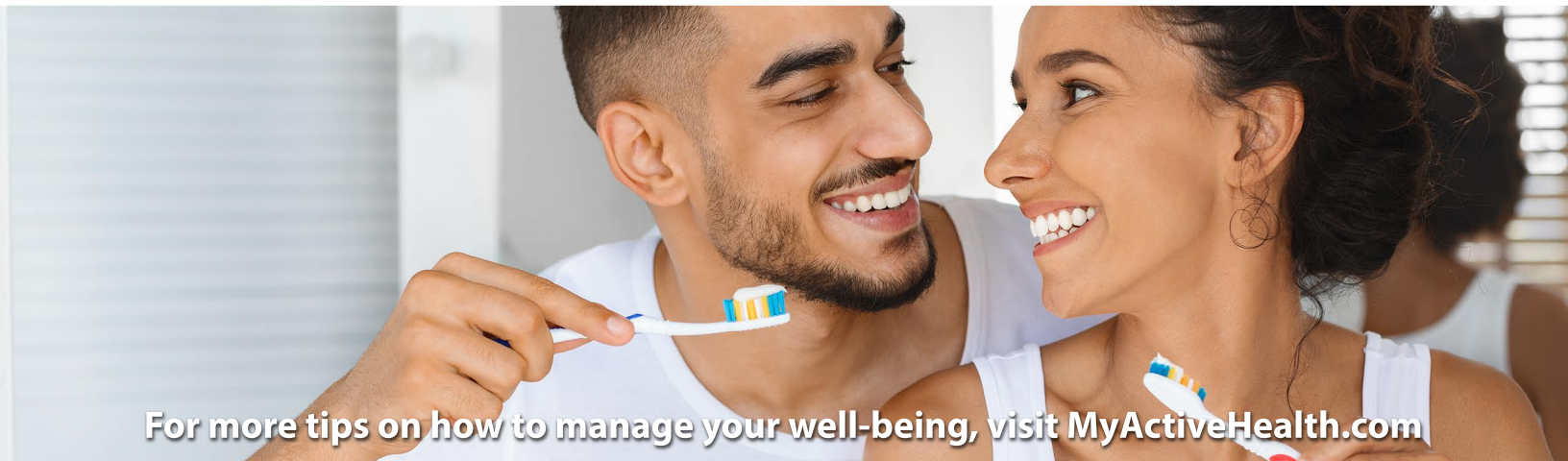
Here's a filling afternoon snack for good oral health. Cottage cheese, pears and nuts give you a dose of calcium, fiber and phosphorus. Protein keeps you satisfied until dinnertime.

MyActiveHealth.com > Resources > Learning Center.

Toothbrush tips for oral health

Brushing and flossing after eating is the best way to prevent tooth decay and gum disease. Try these tips to get the most out of your toothbrush:

- Use a soft-bristle toothbrush. Harder bristles can damage enamel and gums.
- After each use, rinse your toothbrush well in clean tap water, not mouthwash.
- Let your toothbrush air dry standing up straight, not lying on a counter or in a drawer.
- Replace your toothbrush about every three to four months.
- Don't share toothbrushes, even with your spouse. You may swap germs that cause infections⁵.



For more tips on how to manage your well-being, visit [MyActiveHealth.com](https://www.MyActiveHealth.com)

4. BDJ Team, "Periodontitis and systemic disease," Nov. 27, 2015. <https://www.nature.com/articles/bdjteam2015163#:~:text=Periodontitis%20has%20been%20an%20associated,obesity%2C%20metabolic%20syndrome%20and%20cancer.>

5. CDC, "Use and Handling of Toothbrushes," March 25, 2016. <https://www.cdc.gov/oralhealth/infectioncontrol/faqs/toothbrush-handling.html>

