



The Torch

The official newsletter for State of Indiana employees

OCT
2023

SECC is in full swing

We're already a few weeks into the 2023 State Employees' Community Campaign and our state employees have been hard at work raising money for the non-profit organizations that are near and dear to their hearts. This year, our goal is to raise \$1.5 million in donations and we're off to a great start with many employees rolling over their payroll deductions from last year. But we still need your help to make that goal a reality! You can help by taking part in our events, but also by setting up or increasing a payroll deduction to help the nonprofits of your choice. This is also the only time of the year you can set up a payroll deduction!



[Set up a payroll deduction here](#)

Our events have also helped contribute to this donation goal. Here's a quick recap of the events we've hosted so far:

Charity Fair & Final Statehouse Market of the Season

On September 14, over 30 charities had tables at the event and employees were able to learn more about their fantastic causes. We also raised over \$700 from our Statehouse Market vendors and food trucks. Those donations were split amongst the featured SECC charities (Hoosier Burn Camp, Gleaners Food Bank, Mighty Mason Fund, HVAF of Indiana and the Correctional Professionals Assistance Fund of Indiana).



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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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SECC is in full swing

17th Annual Paddle Battle

On September 15, we saw 25 teams battle it out to win the coveted Paddle Battle Oar. Our five winning teams in the first round were:

- **Heat 1:** In Deep Ship (ICI)
- **Heat 2:** The Number Ninjas (SBOA) (who unseated the reigning champions from INDOT in a nail biter of a race)
- **Heat 3:** Flock of Flamingos (IDOH)
- **Heat 4:** Paddle Security (IDHS)
- **Heat 5:** Paddle Guard (AGO)



Left: Winning Paddle Battle team, The Number Ninjas from State Board of Accounts

Right: Winning Cornhole team, Indiana State Police

In the final showdown, The Number Ninjas from State Board of Accounts were victorious! Cody Morgan, Ashley Engle, Samantha Nance and Dustin Nordholt have chosen to donate the funds collected from Paddle Battle (\$1,000) to the Cystic Fibrosis Foundation.

Cornhole Tournament

On September 21, there were 20 teams vying for the cornhole champion title and State Police, Vincennes Traffic (INDOT), DNR and the Health Department Wizards ended up in the top four. The Health Department Wizards beat out DNR to make it into the top two and State Police defeated Vincennes Traffic for the final spot.

The two teams battled it out in the championship round and **ultimately, the Indiana State Police team was victorious.** All proceeds from this event (\$400) were donated to the Indiana Department of Homeland Security's 501(c)(3) charity of choice for SECC, Hoosier Burn Camp.

Virtual Trivia

On September 28, we hosted the first SECC virtual trivia event with 146 state employees playing along to be crowned the trivia champion. The event raised \$865 for charity and **our winner was Keenan Salla from the Indiana Archives and Records Administration.** The funds from this event were donated to INSPD's charity of choice for SECC, Gleaners Food Bank.

Upcoming SECC events:

Tug of War

Wednesday, Oct. 4 at 11:30 a.m. in the grassy area north of the Washington Street Parking Garage

3-on-3 Basketball Round 1

Thursday, Oct. 12 at 11:30 a.m. on Robert D. Orr Plaza. Food trucks will be available from 10:30 a.m. to 1:30 p.m.

3-on-3 Basketball Round 2

Thursday, Oct. 19 at 11:30 a.m. on Robert D. Orr Plaza. Food trucks will be available from 10:30 a.m. to 1:30 p.m.

Virtual Silent Auction

Wednesday, Oct. 25 at 8 a.m. until Friday, Oct. 27 at 3 p.m.

Lip Sync Battle | [Register now](#)

Live stream on Wednesday, Nov. 1 via Microsoft Teams. There is no fee to participate. The winning team is determined by who gets the most votes via SECC donations.

DOR Commissioner, Bob Grennes, appointed to Electronic Tax Administration Committee

Bob Grennes is one of eight new members that has been appointed to the Electronic Tax Administration Committee. Originally established by Congress in 1998, the ETAAC “provides an organized public forum for discussion of issues such as prevention of identity theft and refund fraud in support of the overriding goal that paperless filing should be the preferred and most convenient method of filing tax and information returns.”

The members were announced at the ETAAC’s annual orientation meeting on September 19 and will each serve three-year terms on the committee. Other members were chosen from across the country, working in both the public and private sectors and together the members will provide an annual

report to congress. This report will detail progress toward the goals set forth by the Restructuring and Reform Act of 1998 such as filing 80% of tax returns electronically. Their hope is to improve the taxpayer experience.

Grennes has been with the Indiana Department of Revenue since 2017 when he joined the team as the Chief Operating Officer and in 2020, he was appointed as Commissioner of DOR by Governor Eric J. Holcomb. Before that, Grennes enjoyed a successful career working with information technology and financial services organizations in the private sector. We congratulate him on this committee appointment and look forward to seeing the excellent work they do moving forward!



DOR Commissioner Bob Grennes

Serve Indiana introduces Days of Service Mini-Grants

Serve Indiana is a division of the Department of Workforce Development and its goal is to advance service and volunteerism throughout the state. As part of achieving that goal, they’re excited to announce their new program offering mini-grants to aid volunteer projects. These Days of Service Mini-Grants will provide necessary resources for Indiana communities and support projects that build community connections, utilize local resources, expand existing service programs, and increase understanding and commitment to volunteerism.

These mini grants are available to non-profits and will be awarded based upon project needs in sums of \$500, \$1,000, \$2,500 and \$5,000. The award amount will be determined based upon the strength of the application, the financial needs of the project and evidence of collaboration among various organizations. All grant awards will be in the form of reimbursement and dollar-for-dollar matching is required for Days of Service Mini-Grants.

For more information about these grants and to learn more about applying, please visit [in.gov/serveindiana/Mini-Grants/](https://www.in.gov/serveindiana/Mini-Grants/).

Department of Agriculture shares tips to stay safe around farm equipment on roads during fall harvest

Harvest season is officially underway for Indiana's 94,000 farmers, which means more slow-moving farm equipment will be on Indiana's rural roads and highways. To keep Hoosiers safe this year, state agencies are asking motorists to be alert and patient, as they share the road with farm equipment this fall.

"At least once each fall as I am traveling through rural Indiana, I find myself behind or crossing paths with large agricultural equipment," said Lt. Gov. Suzanne Crouch, Indiana's Secretary of Agriculture and Rural Development. "It is important to remain alert this fall and keep an eye out for these slow-moving farm vehicles, and if the opportunity allows, to safely navigate around them."

In 2020, three vehicles were involved in crashes with farm equipment in Indiana which resulted in two deaths, according to the National Highway Traffic Safety Administration.

"The fall harvest season is certainly an exciting and busy time for farmers and motorists," said Don Lamb, director of the Indiana State Department of Agriculture. "By working together to practice alert driving, we can all make it home safely to our families each night."

Farm equipment during harvest season could include tractors, combines, grain carts, grain wagons and large trucks hauling agricultural products. These vehicles are wide, sometimes taking up most of the road, and often travel at speeds no greater than 25 mph.



The following list includes several safety tips for motorists approaching large farm equipment:

- Farmers will pull over when they are able to let motorists pass, but it may take time for them to get to a safe place to do so.
- Be alert. Farm equipment is wide, sometimes taking up most of the road.
- Be careful when passing. Do not pass in a designated "No Passing Zone" or within 100 feet of any intersection, railroad grade crossing, bridge, elevation structure or tunnel.
- Do not try to pass a slow-moving vehicle on the left without ensuring that the vehicle is not planning a left turn. It may appear that the driver is pulling over for you to pass when it is actually preparing to turn. You will drive right into its path, endangering yourself and the farmer.
- Avoid tailgating, as some farm equipment might have to make

sudden stops along the road.

- Allow plenty of time to get to a destination, be aware of alternate routes and avoid distractions.

"When you see farmers out working and moving from field to field, please be patient as they work to harvest their crops which are needed to help feed our communities and the world," said Doug Carter, Indiana State Police Superintendent. "Let's all work together to help ensure everyone's safety on our roadways."

For a list of safety tips, click [here](#) or visit isda.in.gov. The following organizations will be working together to share this important safety message during planting season: [Hoosier Ag Today](#), [Indiana Department of Homeland Security](#), [Indiana Department of Transportation](#) and [Indiana State Police](#).

Article submitted by the Indiana Department of Agriculture

New archives building update

TUNNEL CLOSURE STARTING MONDAY, OCTOBER 9: Land movement will begin on the Indiana State Archives site next week. To ensure public safety during the initial earthwork, the tunnel connecting the Senate Avenue Parking Garage with the Indiana Government Center North building will be closed starting Monday, October 9. Work around the tunnel will continue through early December but the tunnel will be reopened intermittently during this period. Updates will be sent as changes occur. Consider alternative paths during this period, such as the new Ohio Street crosswalks.

Background

In 2021, Governor Eric J. Holcomb and the Indiana State Legislature approved the construction of a new Indiana State Archives building that will house priceless documents and artifacts and make Indiana history accessible to everyone. Look for the new technology Pepper Construction will introduce that allows a person to hold up their phone by the site on the canal and see the renderings with a 30-second recorded message. Some reminders:

- There are sidewalk and lane closures on Ohio and New York Streets (areas marked in red).
- New crosswalks with ramps, signage and beacons are in place to allow safe pedestrian passage around the closures (areas marked in green). Press the activation button on the crosswalk signs to activate the beacons.
- The east side of the canal between Ohio and New York Streets is closed. Use canal bridges to crossover to the west side.
- Construction will progress through 2025.
- Follow Progress at on.in.gov/archivesbuilding



State employees gave back to their community in honor of Dr. Martin Luther King, Jr.



of Public Works and the Indy Parks Department to identify a variety of community beautification projects.

Volunteers worked on projects around

The Indiana Civil Rights Commission (ICRC) together with the Dr. Martin Luther King, Jr. Indiana Holiday Commission (MLKIHC), and Indiana Black Expo, Inc., hosted their Annual Dr. Martin Luther King, Jr. Days of Service on Tuesday, September 19, and Wednesday, September 20 in the Northwest Landing Neighborhood of Indianapolis, IN. The two days of service honored Dr. King's legacy and celebrated the 60th anniversary of the Indiana Civil Rights Commission through collective impact and community service.

ICRC partnered with the Northwest Landing Neighborhood Association, the City of Indianapolis Department

Watkins Park, along Dr. MLK St. and within Frank Young Park.

"Service helps us to grow as people, strengthens our communities and continues the legacy of Dr. Martin Luther King, Jr. It is essential that we join together as One Indiana to build up our community and work together for a better quality of life for all Hoosiers," said Governor Eric J. Holcomb.

Thanks to Governor Holcomb's executive order, all state employees have two days (15 hours) of community service leave per year. Volunteers from 17 different state agencies participated in the days of service and took advantage of this excellent benefit of working

for the state. The volunteers who participated not only had the opportunity to improve the quality of life for our community, but they also had the chance to build community across state agencies and come together as One Indiana. "Martin Luther King, Jr. once said, 'Make a career of humanity.' ICRC is inspired by this quote and has chosen to put humanity at the forefront of our work in 2023. As we celebrate 60 years of the Indiana Civil Rights Commission and we host our annual days of service, we hope others will be inspired to work in our communities, uplift our neighbors and create a positive of quality of life for all of humanity," said Gregory Wilson, ICRC's Executive Director. These days of service would not have been possible without the help of generous sponsors including the Office of Administrative Law Proceedings, the Indiana Housing and Community Development Authority, the Department of Child Services, Indiana Black Expo, Inc. and MDWise.

Article submitted by Indiana Civil Rights Commission

DNR's Big Tree Registry

BIG NEWS! We need your help finding big trees for the Big Tree Registry! Our website has been updated with Big Tree Champions, like this gorgeous sugar maple with a circumference of 210.5 inches and a height of 87.5 feet! We are also excited to unveil our new online nomination system, which will allow you to submit nominations for new big tree candidates year-round! To see the Big Tree Champions and review the instructions for nominating new candidates, please visit our [website](#).



Indiana Professional Licensing Agency to participate in the Drug Enforcement Administration's 25th National Prescription Drug Take Back Day

On **Saturday, Oct. 28, 2023, from 10:00 a.m. to 2:00 p.m.**, Hoosiers will have another opportunity to drop off unwanted and expired medications during the Drug Enforcement Administration's (DEA) 25th National Prescription Drug Take Back Day. The Indiana Professional Licensing Agency (IPLA) and the Indiana Board of Pharmacy are proud to partner with the DEA in this effort and will sponsor seven collection site locations across the State of Indiana. IPLA staff, along with local law enforcement partners, will be present at each of these sponsored collection site locations to help collect and later destroy any discarded medications.

The DEA's National Prescription Drug Take Back Day provides a safe and convenient opportunity for you to clean out your medicine cabinet of unwanted medications and take an active part in preventing potential drug abuse and misuse in your community. It also guarantees the medication will be disposed of in the safest and most responsible way, as alternative methods of disposal, such as throwing away or flushing, pose potential health and environmental hazards.

Below are the designated collection site locations which will be sponsored by the IPLA and the Indiana Board of Pharmacy, along with local law enforcement partners. To find other convenient collection site locations near you, please visit [DEATakeBack.com](https://www.deatakeback.com).

COLLECTION SITE LOCATIONS SPONSORED BY THE IPLA

North Vernon Fire Dept

2000 North Madison Avenue
North Vernon, Indiana 47265
Law Enforcement Partner: North Vernon City Police

Community Cancer Center North

7979 N Shadeland Avenue
Indianapolis, IN 46250
Law Enforcement Partner: Community Hospital Police

Tell City Fire Department

702 12th Street
Tell City IN 47586
Law Enforcement Partner: Tell City Police Department

Community Hospital Anderson

1515 N. Madison Avenue
Anderson, IN 46011
Law Enforcement Partner: Community Hospital Anderson Police

Community Hospital South

1402 E County Line Road
Indianapolis, IN 46227
Law Enforcement Partner: Community Hospital Police

The Methodist Hospitals - Southlake Campus

8701 Broadway
Merrillville, IN 46410
Law Enforcement Partner: Lake County Sheriff Dept

Huntington Memorial Hospital

2001 Stults Road
Huntington, IN 46750
Law Enforcement Partner: Huntington Sheriff Dept



Cybersecurity Awareness Month

Did you know that October is designated as Cybersecurity Awareness Month in Indiana via a proclamation from Governor Eric J. Holcomb and nationally by the US Department of Homeland Security?

Be cautious! State of Indiana employees get targeted with tens of thousands of phishing emails daily. IOT blocks most of those emails before they arrive in your inbox, but some threats do get through!

This is an excellent opportunity to be aware of scams from bad actors targeting the State of Indiana

workforce and trying to steal data or money.

- Be alert to impersonators, especially through email a.k.a. "phishing."
- Don't approve multi-factor authentication (MFA) prompts if you didn't originate the request.

- Keeping Your Devices Secure.
 - [Avoid Phishing Emails.](#)
 - [Be Wise About Wi-Fi.](#)
 - Lock your computer whenever you walk away.

Article submitted by Indiana Office of Technology

October is National Retirement Security Month

Draft a retirement game plan to achieve your retirement dreams.

Kick off your retirement strategy and take advantage of the opportunities, tools and events uniquely available to you as a state employee:

- **Log on to your INPRS account at myinprsretirement.org to review your profile.**
 - *TIP:* Make sure your email is listed as your personal email. Doing so ensures you stay connected with your well-earned benefits for life!
- **Check your investment performance and allocation.**
 - *TIP:* You can change your [investments](#) as often as you like, so if your needs or goals change, you have the ultimate in flexibility. If it's been one or more years since you reviewed your investment performance, now is the time to [log in](#) and confirm if you're on track to reach your goals.
- **Confirm your years of service**

match up.

- *TIP:* You receive an [annual member statement](#) after your birth month when you're a member of our hybrid plans. Check your account and paper statement to ensure our records match. If not, reach out to us so we can ensure all your service is accounted for. Members in both our My Choice and hybrid plans receive [quarterly statements](#) that cover investment performance.
- **Learn more about how your plan works, how to invest and gain valuable knowledge about how to create the retirement of your dreams. Plus, find out how [new legislation](#) gives you more retirement options and flexibility.**
 - *TIP:* INPRS offers in-person and virtual workshops and

SECURE YOUR SPOT ON THE RETIREMENT JOURNEY YOU DESERVE



one-on-one counseling, so you're never far away from expert education and support for your unique situation. Book online for a session [here](#).

Secure your spot on the retirement journey you deserve this October with a game plan to help you get there. Check out the resources available from INPRS at bit.ly/retirementjourney to get started.

Article submitted by Indiana Public Retirement System

Join INPRS + Hoosier START TOMORROW for exclusive retirement planning information

Get the rundown on all the retirement benefits you enjoy as a state employee by attending the [2023 Retirement Rundown](#) event on Oct. 4. INPRS and Hoosier START have teamed up to present an in-person + virtual event from 11 a.m. to 2 p.m. where attendees will learn about their INPRS plans, the Retirement Medical Benefits Account, the Hoosier START 457 plan and more. [Register here](#) and submit questions for presenters to answer during the event. Walk-in attendees are welcome, too!

*** Can't make it? Our live stream of the event will be available for replay on our [YouTube page](#). Check it out [here](#), subscribe and set up an alert so you know when it's ready. Or, if a more personalized conversation is what you're after, register for a webinar, lunch and learn or one-on-one appointment with one of our retirement consultants [here](#). Event attendees: Please let your manager know of your plans and either use accrued leave or flex your time to account for your attendance.*

Article submitted by Indiana Public Retirement System

JOIN INPRS & HOOSIER START FOR THE

2023 RETIREMENT RUNDOWN

**CREATE A WINNING GAME
PLAN FOR YOUR FUTURE**

Oct. 4, 2023, 11 a.m. to 2 p.m.

IGC Auditorium + online

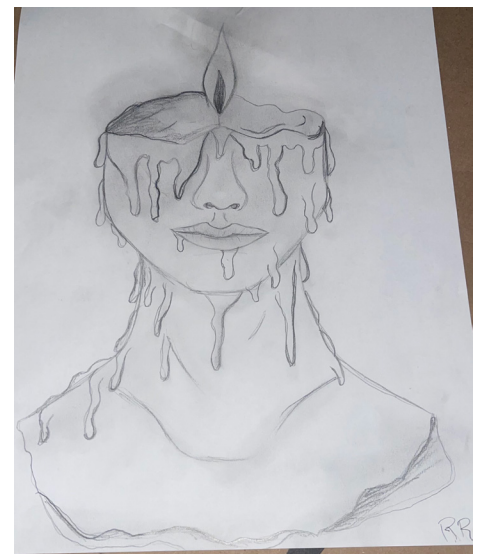
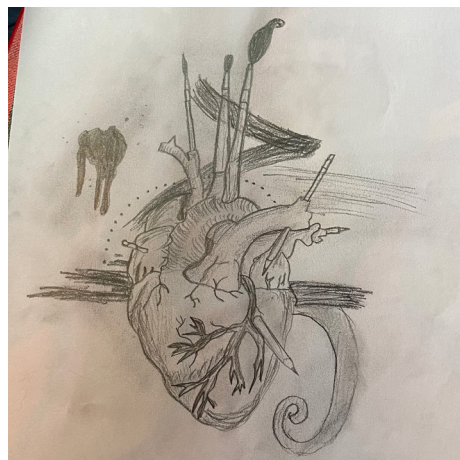


Register: bit.ly/RetirementRundown

Artwork by David Allen (Department of Transportation)



Artwork by Rylee Chaffin, submitted by Natasha Whitney (Bureau of Motor Vehicles)



Employee health spotlight: Lou Richey

Lou Richey is a Department of Child Services employee that loves staying active

My passion is cycling! I will be 62 years old in October, and I have raced competitively in the Michigan Gravel Race Series since 2015. This year, I set a goal to race the 100-mile Michigan Coast to Coast Gravel Grinder Coastal Loop. This loop is 100 miles of gravel and dirt roads, jeep track, single track and deep sandy roads that traverse the Manistee National Forest. My goal was to be able to finish the race, not to win, but I ended up winning first place female fat bike with an overall 3rd place finish of both men and women fat bikes. I eat a plant-based diet and walk, do weight training, stretches, or cycling 6 to 7 days a week. My inspiration is Madonna Buder, the "Iron Nun" who has competed in hundreds of triathlons and in Ironman competitions into her 80's. Now at age 92, she still runs. I am thankful for the good health that led me to this place. I do not want to let age stop me from being the best I can be.



Richey took home first place in the Michigan Coast to Coast Gravel Grinder Coastal Loop female fat bike race.

Run the State 5ks & health fairs

The 2023 Run the State 5K series is hosted by Invest in Your Health Indiana (your employee wellness program) along with our partners at Anthem. We've already hosted two great races and health fairs in Logansport and Vincennes. We're excited to offer two races in October that will also have health fairs following each 5K event. You can sign up by clicking the "register" links below. Everyone is encouraged to participate at their own pace, so run, walk or stroll your way to the finish line. Join fellow state employees who are making the commitment to get out and get moving.

Saturday, Oct. 14 | Marquette Park, Gary, IN

5K Details

- Check-in: 7:30 a.m.
- 5K run start time: 8:30 a.m.
- 5K walk start time: 8:40 a.m.
- [REGISTER](#)

Health Fair Details

- 9:30 to 11 a.m.
- Vendors: CVS Caremark, Optum EAP, ActiveHealth
- Exercise demonstrations

Saturday, Oct. 21 | Clifty Falls State Park, Madison, IN

5K Details

- Check-in: 7 a.m.
- 5K run start time: 8 a.m.
- 5K walk start time: 8:10 a.m.
- [REGISTER](#)

Health Fair Details

- 9 to 11 a.m.
- Vendors: CVS Caremark, Optum EAP, ActiveHealth
- Exercise demonstrations
- Family Fun Zone: bounce house, face painting, DJ, and other kid friendly activities
- Vaccine clinic



Click here for more details

Schedule a mammogram today

The U.S. Preventive Services Task Force has drafted new recommendations for breast cancer screenings, calling for women to get mammograms every other year once they turn 40. Your primary care provider may also make additional screening recommendations based on your situation. Not only can these screenings catch potential health concerns early, but eligible employees and spouses can earn \$50 in Wellness Rewards for completing a mammogram. Once your appointment is complete, you don't need to report anything. The activity will show as completed within two weeks of your claim being processed by Anthem.



You can find other screenings you may be eligible for [here](#) and for any questions about scheduling your screening and earning a \$50 reward, refer to these [frequently asked questions](#).

Commit to Quit Tobacco coaching

Eligible employees and spouses can complete ActiveHealth's Tobacco Cessation program to earn \$100 in Wellness Rewards. This eight-week coaching program is designed to give you the tools you need to quit using tobacco products and can be started at any time. And if you commit to not using tobacco and sign the Non-Tobacco Use Agreement for 2024, you can get the non-tobacco user health insurance rate next year.

Keep in mind, all gift cards must be earned and redeemed by December 31, 2023, and you must complete

the full eight-session program to earn this \$100 reward. Don't wait, sign up with a coach today.

Coaches are available:

- Monday through Friday, 9 a.m. to 9 p.m. ET
- Saturday, 9 a.m. - 2 p.m. ET, by appointment only

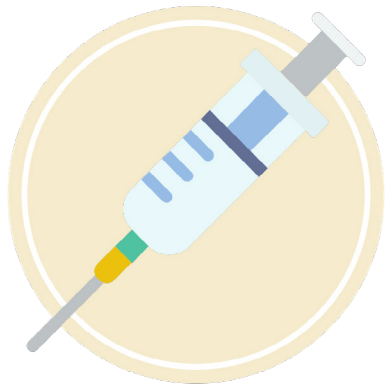


[Log In to ActiveHealth to Get Started](#)

Send us your story!

Do you have a coworker you'd like to nominate, or your own health and wellness story to share? You can send your nominations to SPDcommunications@spd.in.gov or submit your own story directly to investinyourhealthindiana.com/send-us-your-story. We'd love to hear stories about running a race, beating a diagnosis like cancer, quitting smoking and more.

Sign up for your flu shot



Flu season is starting! The influenza virus changes every year so it's important to protect yourself by getting your flu vaccine. The CDC recommends getting it in September or October so now is the perfect time. The CDC also recommends the updated COVID-19 booster for everyone 6 months of age and older.

To make it easy to get your flu shot, there will be several vaccine clinics at many state facilities. The COVID-19 booster may be available as supply allows. Clinics located at

Indiana Government Center-South and Department of Health clinics may also have vaccines such as Hep A, Hep B, HPV, MMR, Meningitis, Pneumonia, Chickenpox and Shingles.

These vaccines are offered to state employees and their dependents (who are 5 years of age and older) who are covered by state employee insurance. Contractors who work for the state may 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.

For eligible employees who want

to earn \$25 per eligible vaccine (for up to \$100) in Wellness Rewards, they should be sure to bring their employee badge and insurance ID card. To earn the reward, insurance information must be provided when registering and the vaccine must be billed through insurance. For more information, visit the ActiveHealth Rewards Center. And don't forget, all gift cards must be earned and redeemed by December 31, 2023.

While walk-ins may be accepted, they are not guaranteed so it's best to register online ahead of time with the enrollment code: IN97832

Register for your vaccine here with code IN97832

Artwork by Tamala DeVoe (Department of Natural Resources)



Artwork by Makenna Gaither, submitted by Terri Wysocki (Department of Workforce Development)



Coach's Corner

Tobacco-free living

Tobacco causes 1 in 5 deaths in the US each year. That's 1,300 deaths a day.¹

Tobacco use can also lead to other conditions. Tobacco use can increase your risk for heart attack, stroke, respiratory disease, vision loss and gum disease.

Nicotine is addictive. Nicotine is a stimulant in tobacco. When this stimulant wears off you can feel depressed and tired. Which leads to more smoking to feel better again.

Educate yourself. Anything that has nicotine can be addictive. That includes e-cigarettes, e-hookahs, mods and vapes. It also includes smokeless tobaccos like dips, chews and snuff.

Secondhand smoke. The effects of secondhand smoke are the same as for those who are smokers. Children who breathe in secondhand smoke can also have ear infections, cough, asthma attacks, bronchitis and pneumonia.

¹[Centers for Disease Control and Prevention, Smoking and Cigarettes](#)

Jackie's well-being tips

Take control with a quit date. Choose a date that means something to you. A birthday, new year or the first of a month. Avoid dates that are stressful or busy or that will tempt you to smoke.

Set up your environment for success. Avoid places where you may have smoked. Get rid of tobacco products. Have your car detailed. Keep things around that will keep your hands and mouth busy. Chew gum or mints. Tell a co-worker, friend or family member about your goal!

Get help. You can visit [MyActiveHealth.com](#) to get more information. And you can join the ActiveHealth Tobacco Cessation Program by calling 855-202-4219. You can also check out [smokefree.gov](#) for free resources and education.



Coach Jackie
Certified Health Coach

ActiveHealth Learning Lab

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

Learning Lab: Cold Weather Exercise

Cold weather can sometimes slow us down from moving more. Have you ever heard someone say "I love to exercise but it's too cold outside. I'll start exercising more in the summer"?

Join the virtual class on Tuesday, November 14th.
Click here to register. *

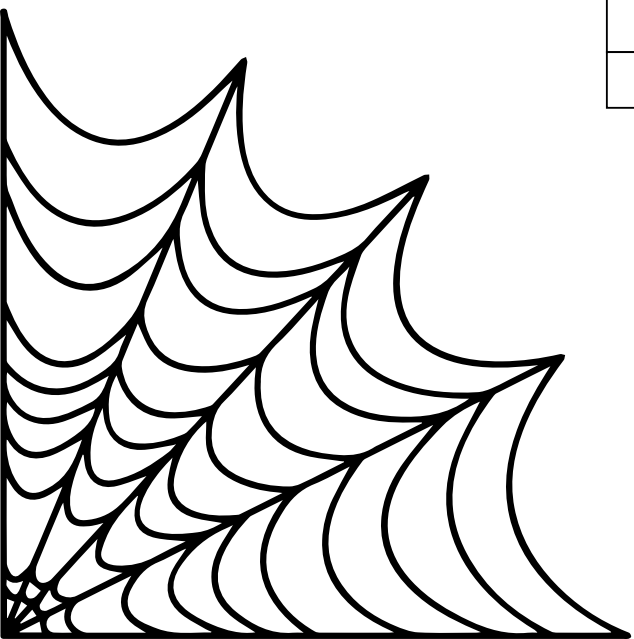
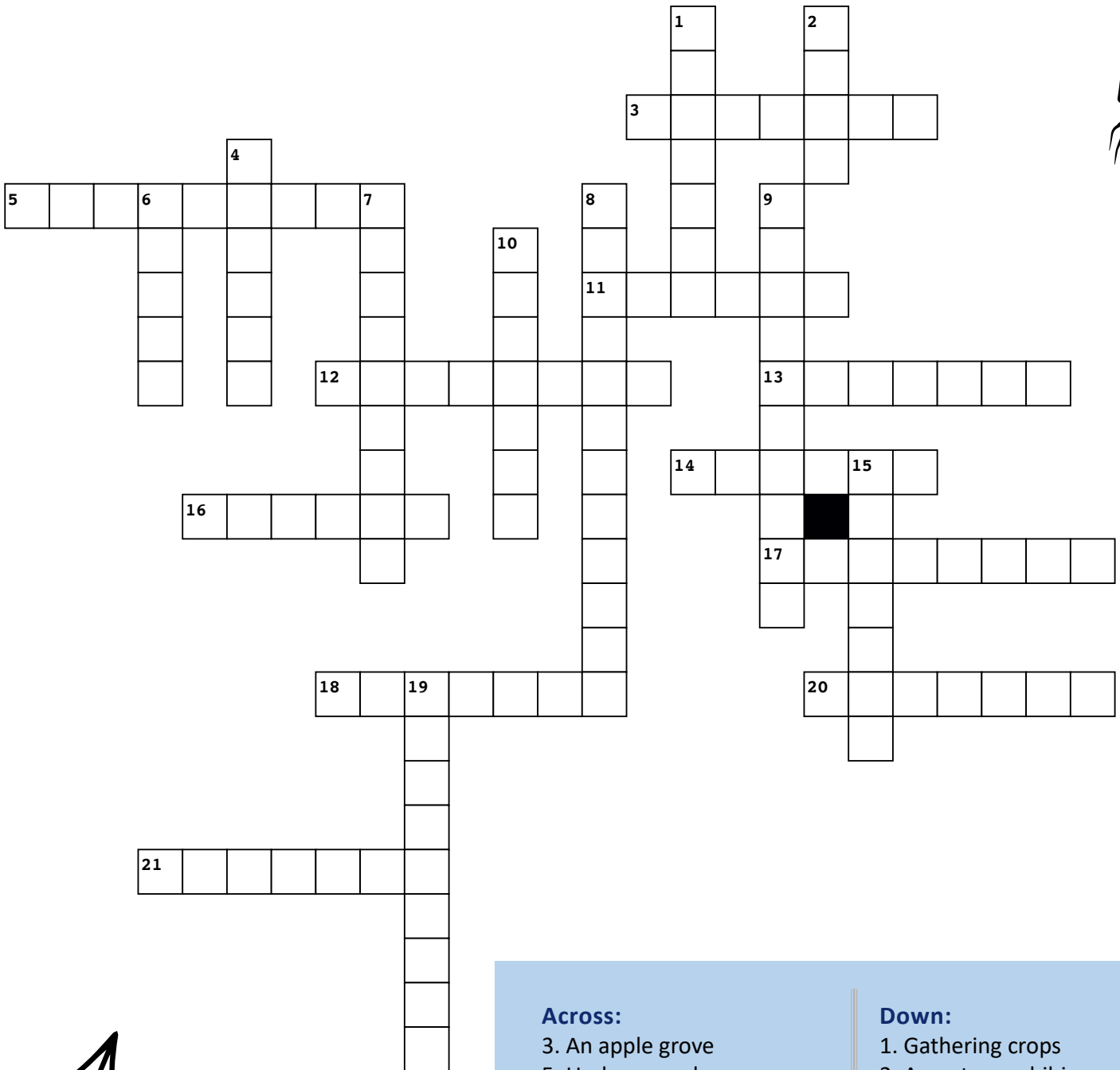
In this lab you'll:

- We will talk about how much exercise you should get
- Share tips how to protect yourself from cold weather
- Explore other ways to be active outside and inside

**This is a rewardable activity in your 2023 Wellness Rewards Program. Earn \$5 for attending an ActiveHealth Wellness Learning Activity. You can earn up to \$10 max per year.*

Halloween crossword puzzle

Happy Halloween! Can you solve this spooky crossword puzzle? Check back in the December Torch for the solution!



Across:

- 3. An apple grove
- 5. Underground passageways
- 11. A witch's brew
- 12. A final resting place
- 13. A tale to be solved
- 14. A fall spice
- 16. A frightful genre
- 17. A witch's pot
- 18. A classic gourd
- 20. A plant's leaves
- 21. A cotton fabric

Down:

- 1. Gathering crops
- 2. A warty amphibian
- 4. An undead monster
- 6. An oak tree's fruit
- 7. Bird repellent
- 8. A fear-based belief
- 9. A witch's transportation
- 10. Halloween garb
- 15. Balanced day and night
- 19. A werewolf's fear



2023 ICHLA SURVEY

SCAN
ME



INDIANA UNCLAIMED RETURNS
\$1 MILLION

IN UNCLAIMED PROPERTY TO HOOSIERS EVERY WEEK

SEARCH NOW FOR YOU AND YOUR LOVED ONES!

START MY SEARCH

Oct. 6-7, 2023

**Autumn Camping Weekend I |
Mississinewa Lake**

[More Information >](#)

Oct. 7, 2023

Pioneer Day | Mounds State Park

Come to the Historic Bronnenberg Home at Mounds State Park to learn about pioneer life when the Bronnenbergs arrived in Indiana. Activities for all ages will be located on the Bronnenberg 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, 2023

**Young Abe's Bluegrass and County
Craft Fair | Lincoln State Park**

This is our Annual Craft Fair with all kinds of pottery, wood crafts and gifts for Christmas! Please visit us for some Fall Fun!

[More Information >](#)

Oct. 12, 2023

**Monthly Lunch Nature Program
Series | Ouabache State Park**

Join the Nature Lovers Lunch and Learn series at Ouabache State Park sponsored by the Friends of Ouabache. Anyone is welcome to join. Participants are to bring in their own lunch and drink. Desserts will be provided.

[More Information >](#)

Oct. 13, 2023

**Mississinewa 1812 | Mississinewa
Lake**

A historical commemoration of the Battle of Mississinewa fought in Grant County on December 17-18, 1812.

[More Information >](#)

Oct. 13-22, 2023

**Parke County Covered Bridge
Festival | Raccoon State
Recreation Area**

Experience Parke County in all its glory during Indiana's largest festival. The Mansfield Roller Mill will be open for tours 9am-5pm every day of the festival.

[More Information >](#)

Oct. 14, 2023

**Indiana Trail 100 | Chain O'Lakes
State Park**

The Indiana Trail 100 features a 100-mile, 75-mile, and 50-mile run.

[More Information >](#)

Oct. 14 & 21, 2023

Fall Festival | Ouabache State Park

Our yearly trick or treat night and campsite decorating contest!

[More Information >](#)

Oct. 20-21, 2023

**Autumn Getaway Weekend II |
Patoka Lake**

Join in campsite decorating, trick-or-treating, pet costume contest, nature programs, and Halloween and Autumn themed activities in the Modern Campground.

[More Information >](#)

Oct. 21, 2023

Fall Family Fun Days | Hardy Lake

Join us for our annual fall-themed weekend featuring pumpkin carving, wagon rides, costume contests and more!

[More Information >](#)

Oct. 28, 2023

**Autumn Adventure Weekend |
O'Bannon Woods State Park**

Activities all day. Fun for the whole family

[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.

October 6, 2023
Spooktacular! | Mounds State Recreation Area
[More Information >](#)

October 7, 2023
Halloween Hounds Hike | Ouabache State Park
[More Information >](#)

October 13, 2023
Spooktacular! | Quakertown State Recreation Area
[More Information >](#)

Spooktacular! | Whitewater Memorial State Park
[More Information >](#)

Monster Mash Bash | Starve Hollow State Recreation Area
[More Information >](#)

October 14, 2023
Goblins Festival | Lieber State Recreation Area
[More Information >](#)

October 20, 2023
Spooktacular! | Mounds State Recreation Area
[More Information >](#)

October 20-21, 2023
Clifty Falls of Fear Haunted House | Clifty Falls State Park
[More Information >](#)

October 21, 2023
Haunted Harmonie 2023 | Harmonie State Park
[More Information >](#)

Halloween Spooktacular | Starve Hollow State Recreation Area
[More Information >](#)

Halloween in the Hills | Brown County State Park
[More Information >](#)

Spooktacular 5K and Trick-or-Treating | Summit Lake State Park
[More Information >](#)

October 21-22, 2023
Halloween Happenings Round-Up | Potato Creek State Park
[More Information >](#)

October 25-28, 2023
All Hallows Eve | Chain O'Lakes State Park
[More Information >](#)

October 27, 2023
Spooktacular! | Quakertown State Recreation Area
[More Information >](#)

Spooktacular! | Whitewater Memorial State Park
[More Information >](#)

October 27-28, 2023
Clifty Falls of Fear Haunted House | Clifty Falls State Park
[More Information >](#)

October 27-29, 2023
Clifty Falls of Fear Weekend | Clifty Falls State Park
[More Information >](#)

October 28, 2023
Halloween Campsite Walking Tour | Tippecanoe River State Park
[More Information >](#)

Halloween Happenings | Pokagon State Park
[More Information >](#)

Owl-O-Ween Weekend | Hardy Lake
[More Information >](#)

Halloween Spooktacular | Starve Hollow State Recreation Area
[More Information >](#)

Un-BOO-lievable Halloween Happenings | Raccoon State Recreation Area
[More Information >](#)

Halloween Spooktacular II | Versailles State Park
[More Information >](#)

Campsite Decorating Contest | Indiana Dunes State Park
[More Information >](#)

This Month WITH



October 6, 2023

Underground Railroad Night Hike | Gene Stratton-Porter State Historic Site

[More Information >](#)

October 6, 7, 13, 14, 20, 21, 27 & 28, 2023

Literally, A Haunted House | Culbertson Mansion State Historic Site

[More Information >](#)

October 7, 2023

Guided Hike of Rainbow Bottom | Limberlost State Historic Site

[More Information >](#)

Frightening Feature Night | Vincennes State Historic Site

[More Information >](#)

October 11, 2023

Teddy Bear Astronauts | Firefly Landing

[More Information >](#)

October 13, 2023

Night at the Boo Bash | Indiana State Museum

[More Information >](#)

Downtown Ghost Story Walk | Vincennes State Historic Site

[More Information >](#)

October 14, 2023

Owl-oween | Gene Stratton-Porter State Historic Site

[More Information >](#)

October 18, 20, 25 & 31, 2023

Twilight Tales: Strange Encounters | Indiana State Museum

[More Information >](#)

October 18, 20, 25 & 31, 2023

Twilight Tales: Beyond the Grace (18+) | Indiana State Museum

[More Information >](#)

October 20, 2023

Haunted Storytime | Corydon Capitol State Historic Site

[More Information >](#)

Ghost Stories under the October Sky | T.C. Steele State Historic Site

[More Information >](#)

October 21, 2023

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

[More Information >](#)

What we can Learn from the Dead: African American Cemetery Tour | Levi & Catharine Coffin State Historic Site

[More Information >](#)

A Reading of Poe in the Parlor | Lanier Mansion State Historic Site

[More Information >](#)

Halloween Fair | Vincennes State Historic Site

[More Information >](#)

October 26, 2023

Curious Kids: Animal Adaptations

[More Information >](#)

October 27, 2023

Haunted Histories | Lanier Mansion State Historic Site

[More Information >](#)

Thrall's Murder Mystery Party | New Harmony State Historic Site

[More Information >](#)

Devil in the White City | Limberlost State Historic Site

[More Information >](#)

October 28, 2023

Special Tour: James Whitcomb Riley | T.C. Steele State Historic Site

[More Information >](#)

Guided Hike of the Limberlost Swamp Nature Preserve | Limberlost State Historic Site

[More Information >](#)

Real Haunted Happenings: Dark Corners of Corydon | Corydon Capitol State Historic Site

[More Information >](#)

View all Indiana State Museum and Historic Sites events >



Enjoy life more without tobacco

Why should you live tobacco-free? Quitting tobacco is good for your heart and lungs. You can lower your risk of many types of cancer¹. Staying away from tobacco helps you protect your eyesight², gums and teeth³.

After you kick tobacco, your skin tone, taste and smell may improve, too. You may cough less and have more energy for activities. Even better for your social life: your hair, breath and clothes stop smelling like smoke⁴.

Tobacco is found in cigarettes, cigars, pipes, hookahs, and chew or dip. No type of tobacco is safe to use⁵. Get help to quit and stick with it. Try these tips⁶:

- Toss all the tobacco products, pipes or lighters in your home, purse or car.
- Get busy when you crave tobacco. Ride your bike. Play video games. Visit a farmer's market.
- Avoid places where you may smell tobacco smoke, like concerts or festivals.
- Chomp on flavored toothpicks or cinnamon sticks instead of cigarettes or dip.
- Reach out to family, friends or ex-smoker groups on social media for support.

Wellness Webinar Series:

Tobacco-free living: This session isn't just for smokers. We'll go over how tobacco affects the body and various ways people use nicotine, like vaping. We'll talk about how to get ready to quit or help someone you love start living tobacco-free.

October 17, 2023 | 10:00 AM, 12:30 PM and 4:30 PM, ET

**The Wellness Webinar classes are not offered in Spanish.*

[Click to Register](#)



Use your camera app to register

1. CDC, "Benefits of Quitting." Sept. 23, 2020
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/

2. CDC, "Vision Loss, Blindness and Smoking." May 5, 2022
<https://www.cdc.gov/tobacco/campaign/tips/diseases/vision-loss-blindness.html>

3. CDC, "Smoking, Gum Disease and Tooth Loss." May 5, 2022
<https://www.cdc.gov/tobacco/campaign/tips/diseases/periodontal-gum-disease.html>

4. U.S. Department of Health and Human Services: "Quit Smoking: The Basics." July 20, 2023
<https://health.gov/myhealthfinder/health-conditions/diabetes/quit-smoking>

5. National Institute on Drug Abuse: "Cigarettes and Other Tobacco Products Drug Facts." April 2021

<https://nida.nih.gov/publications/drugfacts/cigarettes-other-tobacco-products>

6. CDC: "Tips for Quitting." Nov. 28, 2022
<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/tips-for-quit/index.html>



Coach's corner

with **Coach Natalie Schulte, MPH**

Coach Natalie is a certified wellness coach and tobacco treatment specialist with ActiveHealth for the past 12 years. She has a master's degree from the University of Michigan in public health. Natalie is passionate about meeting others in their health journey and walking alongside them as they become the healthiest version of themselves.

Coach Natalie's well-being tips:

Is stress your trigger to smoke? You can break that connection. Here are tips to help you manage stress without tobacco:

- Go for a walk. Exercise releases hormones that relax you.
- Take a long, warm bath to ease muscle tension.
- Cut back on caffeine to feel less jumpy and jittery.
- Find a quiet place to pause for several deep, long breaths.⁷



Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans

Savor this dish's rich flavors on a crisp fall night. Slow roasting lends a natural glaze to sweet potatoes. Bright cherries and peppers add fresh zing, so you won't need added salt.

Time to prepare: 40 minutes

Calories: 172

MyActiveHealth.com > Resources > Learning Center.



Is vaping a safe swap?

Electronic cigarettes contain nicotine in liquid vapor, but no tobacco. They're also called e-cigarettes or vapes. Almost 5% of U.S. adults currently vape.

Is this a safe habit to swap for tobacco use? It's not as safe as it sounds:

- Nicotine is a very addictive drug in any form.
- Nicotine is harmful when you're pregnant.
- E-cigarette vapor contains toxic chemicals that can harm your lungs and others around you.⁸

Talk to your provider. They can suggest programs and treatments to help you quit tobacco for good.



For more tips on how to manage your well-being, visit MyActiveHealth.com

7. National Institutes of Health: "Coping With Stress Without Smoking." July 2023
<https://www.smokefree.gov/challenges-when-quitting/stress/coping-with-stress>

8. CDC, "About Electronic Cigarettes (E-Cigarettes)." May 4, 2023
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

