



The Torch

The official newsletter for State of Indiana employees

SEPT
2023

State Employees' Community Campaign Featured Charities

We're excited to feature the charities below for the 2023-2024 SECC. To learn more about them and other great charities, be sure to visit the charity fair on Thursday, September 14. It will take place alongside the [Statehouse Market](#) in Robert D. Orr Plaza from 10:30 a.m. until 1:30 p.m.



Hoosier Burn Camp:



Hoosier Burn Camp programs help burn survivors from infancy through young adulthood build self-esteem and realize their highest potential as they overcome the pain and trauma associated with severe burn injury. We create worry-free environments where young burn survivors can just be one of the kids™ while they develop the personal strength to reach their highest potential. Through

the monetary generosity of donors and emotional generosity of volunteers, we are able to provide our character-building experiences at no cost to campers and their families.

A [behind the scenes look](#) at Hoosier Burn Camp.

Gleaners Food Bank:



Since 1980, Gleaners Food Bank has developed programs and formed partnerships designed to lead the fight against hunger in central Indiana. United with others, Gleaners optimizes equitable access to nutritious food for those of us facing hunger

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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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Logansport State Hospital celebrates 135th anniversary

Logansport State Hospital celebrated its 135th anniversary on July 27, 2023, marking the contributions the facility has made in the local community and the impact of the more than 400 employees in improving the lives and well-being of Hoosiers with serious mental illness.

The anniversary was marked with a ceremonial opening of a new Memory Walk, and comments from FSSA Secretary Daniel Rusyniak, M.D. and Logansport Mayor Chris Martin. The Memory Walk was moved from an unused location on the hospital campus to a more prominent place, to better show-case the engraved bricks of dedicated former employees and volunteers.

The hospital opened on July 1, 1888, receiving 309 patients, with Dr. Joseph G. Rogers serving as the first superintendent. It was later renamed Logansport State Hospital in 1927. Today, Logansport State Hospital, the largest hospital of the Indiana State Psychiatric Hospital Network with 192 beds, provides outstanding care for individuals

with serious mental illness who are involved with the criminal justice system.

“Logansport State Hospital has been a proud community member, employer and innovative mental health provider for 135 years and it’s an honor help celebrate this milestone with our outstanding team,” said Bethany Schoenrad, superintendent of Logansport State Hospital.

The hospital was also named the Member of the Month by the Logansport and Cass County Chamber of Commerce. Tours of the hospital’s Longcliff Museum were also given as part of the day’s events.

Article submitted by Indiana Family and Social Services Administration



Superintendent of Logansport State Hospital Bethany Schoenrad (left) and FSSA Secretary Daniel Rusyniak, M.D. (right) spoke at the ceremony



Logansport State Hospital executive team



The Logansport State Hospital Team at the opening of the Memory Garden

Youth movement: IDOH, FSSA partnership gives young people a voice — and jobs — in public health

A partnership between the Indiana Department of Health (IDOH) Division of Maternal & Child Health (MCH) and the Family and Social Services Administration Division of Mental Health & Addiction (FSSA-DMHA) is providing young Hoosiers with their first paid jobs in public health, as well as opportunities to improve health and wellness throughout the state.

Kate Schedel envisioned what would become the Indiana Youth Advisory Board almost as soon as she joined IDOH about five years ago. She spent prior years working in maternal and child health or infant mortality in places like the Dominican Republic, Guatemala, El Salvador, Mexico and Albania. In 15 years of globetrotting (and as a member of the Peace Corps) the main constant she discovered was the impact young people were making.

“I just love working with youth, and I felt like those experiences made me want to always involve their voices,” said Schedel, Maternal & Child Health programs director. “Youth are the future.”

It so happened that a partnership with DMHA and the Association of Maternal & Child Health Programs (AMCHP) formed a foundation to bring that proposed future into the present.

The future is now

That future is now for 45 young Hoosiers representing 22 different counties. All between the ages of 14 and 24, the first members of the Indiana Youth Advisory Board (IYAB)

finished up their first full year in June and started their second in July.

The advisory board members work on any of four subcommittees, each with its own focus: mental health, reproductive and sexual health, minority health, and access to healthcare. No matter an individual’s focus, however, they hit the ground running.

During IYAB’s debut year, the group presented at the lieutenant governor’s mental health roundtable, shared Youth Risk Behavior Survey data with school boards, created a poster presentation at the National Adolescent Health Initiative’s Conference in Michigan, spoke on a panel for Public Health Day at the Indiana Statehouse, and recently helped write a federal grant application. The IYAB members also learned valuable skills they can begin applying in their communities, and will soon learn suicide prevention techniques and how best to help someone experiencing mental health challenges.

Board members are paid via a funding mechanism through DMHA and can work up to 10 hours per week. They kicked off their second year with an event at The Children’s Museum of Indianapolis. The sophomore session kept the same roster of board members, which itself had to be whittled down from 229 total applicants.

The number of young people interested was a pleasant surprise for Schedel, who held high hopes with tempered expectations.



MCH Programs Director Kate Schedel (fourth from left) is pictured here with Indiana Governor Eric J. Holcomb and members of the Indiana Youth Advisory Board. The goal is to give young people a voice in public health.



The IYAB group has a bright future (hence the shades), and organizers within MCH are heartened by the impact the young board members are having on public health in Indiana.

“I would have been happy if 10 people had applied,” she said.

With that modest forecast surpassed several times over, it was no easy task to narrow the field down to 45 successful candidates, Schedel explained. Those who made the board did so by offering compelling solutions to health issues that are of great importance to them. Schedel said lived experience was just as important as academics in the board selection process, and the group

[Read the full article on Employee Central](#)

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State Employees' Community Campaign Featured Charities

and strives to overcome the conditions causing food insecurity. Our mission is to be a leader in the fight against hunger.

Their [2022 Year in Review](#)

[Mighty Mason Fund for Palliative Care:](#)



After their son was diagnosed with Stage 4 embryonal rhabdomyosarcoma (ERMS) and gained his angel wings in June of 2020, Mason's parents started

the Mighty Mason Fund. Money donated for RMS Research will directly benefit the research that Mason is a part of and other donations will support palliative care. He would be so proud knowing that he is helping to make sure other kids do not have to go through the same things he did. As his parents we could not be prouder of him and are honored to continue his legacy in such an impactful way. If finding a cure for pediatric cancer is important to you, please donate today.

Here is [what Mason's parents had to say](#) in an interview about their fundraising mission

[Helping Veterans And Families \(HVAF\):](#)



HVAF helps homeless veterans return to self-sufficiency and engages at-risk veterans and their families to prevent them from

becoming homeless by providing supportive housing, case management, food, hygiene and clothing—as well as other essential services. HVAF is the largest non-profit provider of comprehensive services for veterans in Indiana.

More on [how HVAF supports veterans](#)

[The Correctional Professionals Assistance Fund of Indiana \(CPAFI\):](#)



The CPAFI, a 501(c)(3) charitable fund, provides short-term immediate monetary assistance to Indiana Department of Correction employees or their immediate family members should they suffer a serious loss as a result of a natural disaster

or catastrophic accident, or an employee dies at the workplace or otherwise while on duty. The intended purpose of any monetary assistance given from the Fund under these circumstances is to ensure employees and their immediate families are able to continue to receive the benefit of the necessities of life immediately following an unexpected catastrophic event.

Mark your calendars for these SECC statewide events!

Charity Fair

Thursday, Sept. 14 | 10:30 a.m. - 1:30 p.m.
Robert D. Orr Plaza

Paddle Battle

Friday, Sept. 15 | 11:30 a.m.
Indianapolis Canal

Cornhole

Thursday, Sept. 21 | 11:30 a.m.
Robert D. Orr Plaza

Trivia | [Register now](#)

Thursday, Sept. 28 | noon
Virtual

Tug of War | [Register now](#)

Wednesday, Oct. 4 | 11:30 a.m.
Grassy Area North of Washington St.
Garage

3-on-3 Basketball Round 1 | [Register now](#)

Thursday, Oct. 12 | 11:30 a.m.
Robert D. Orr Plaza

3-on-3 Basketball Round 2

Thursday, Oct. 19 | 11:30 a.m.
Robert D. Orr Plaza

Silent Auction

Wednesday, Oct. 25 | 8 a.m. - Friday,
Oct. 27 | 3 p.m.
Virtual

Lip Sync Battle | [Register now](#)

Wednesday, Nov. 1 | noon
Virtual

National Preparedness Month

Do your elderly relatives know what to do?

September is National Preparedness Month. The goal of this month is to encourage individuals, families and communities to take proactive steps in preparing for various emergencies and disasters. House fires, tornadoes, winter weather and power outages are just a few emergencies that can affect Hoosiers.

The Indiana Department of Homeland Security's [Get Prepared webpage](#) is a great starting place to create or update your plans. This webpage houses vital tips on how to prepare for and respond during and after emergencies. Each member of your family needs to know their role and what to do for each emergency. That includes the elderly members of your family.

The theme of 2023's National Preparedness Month is *Preparing for Older Adults*. In the midst of an emergency scenario, many people first will think about taking care of the kids, but elderly adults need to be at the top of their minds as well. We know older adults can face greater risks when it comes to extreme weather events and emergencies, especially if they are living alone, are low-income, have a disability or live in rural areas. This theme underscores the necessity of creating inclusive emergency plans that consider factors like mobility challenges, medical needs and social isolation, which can significantly impact the well-being of older individuals during crises.



Tips for planning for elderly adults in an emergency:

- Plan how you will [communicate](#) with older adults if you have a communications need.
- Plan for [food](#), [water](#) and [essentials](#) they will need.
- Plan ahead for transportation if they need help evacuating.
- Include items that [meet their individual needs](#), such as medicines, medical supplies, batteries and chargers in their [emergency supply kit](#).
- Plan how they will have their assistive devices with them during an evacuation.
- [Make copies](#) of Medicaid, Medicare and other insurance cards.
- **Create a support network** of family, friends and others who can assist them during an emergency. Make an [emergency plan](#) and practice it with them.
- Make sure at least one person in their support network has an extra key to their home, knows where they keep emergency supplies, and knows how to use lifesaving equipment or administer medicine.
- If they undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- Don't forget pets or service animals. Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.

You can learn more about preparedness on the [Get Prepared webpage](#).

Article submitted by Indiana Department of Homeland Security

New State Archives building breaks ground

On August 15, 2023, Governor Eric J. Holcomb broke ground on the new Indiana State Archives building at 350 West Ohio Street, along the Canal Walk between Ohio and New York streets. Construction is slated to finish in early 2026 on the 133,000 square foot building that will house the permanent and historical records of Indiana state government as well as the offices of the Indiana Archives and Records Administration (IARA). The Indiana Department of Administration is managing the \$102 million capital project, which was a designated item on the Governor's 2023 Next Level agenda.

The new State Archives will enable the agency to fulfill its statutory responsibilities and mission in three key ways. First, the State Archives will have a total of 50,000 square feet of dedicated archival storage on four floors of the building. Before the State Archives moved to 30th Street in 2001, the Archives were housed in the basement of the Indiana State Library. Neither of these storage spaces had adequate climate controls for the archives, which has been a long-time concern for properly maintaining the permanent records of Indiana State government. The new facility will have proper temperature and humidity controls to facilitate the preservation and storage of 133,000 boxes of historical records.

Second, the State Archives building will consolidate most of the agency's staff and functions in one location. At present, IARA has 30 staff, yet they are at four different locations. With most of the staff being in a new building, interdepartmental communication and collaboration will increase. For instance, the



IARA team at groundbreaking site

digitization staff can more easily consult with the conservator, or the records managers can consult with the processing archivists, and vice versa. Furthermore, the return of the State Archives to downtown will facilitate cross-agency cooperation with the Indiana State Library and Historical Bureau, the Indiana State Museum and Historic Sites, DNR's Division of Historical Preservation and Archaeology, the Indiana War Memorials Commission, as well as non-government cultural heritage stewards and local universities.

Finally, the new State Archives will enable the agency to fulfill its goal to provide for improved access to the collections. The current 30th Street facility, due to its location, is not particularly conducive to in-person researchers. The new State Archives building will welcome genealogists, convention-goers and researchers at a more convenient location. Additionally, the building will be equipped with new digitization equipment that will allow the agency to provide increased service and access to historical materials for

patrons for whom it is not practical to travel to downtown Indianapolis.

The relevance of the new State Archives was summed up by IARA's director, Chandler Lighty, at the Archives' groundbreaking. He said, "[T]he State Archives preserve the records of the past, many of which convey legal and citizenship rights. But the archival records and the stories they tell can also inspire. The records can lead us to discover more about ourselves, our families and our communities. The records can also let us hear long silent voices and find empathy with Hoosiers who have been gone for generations. And through the documents and evidence they left behind, we can see further as we stand on the shoulders of giants."

To find updates on the State Archives construction, please visit [in.gov/idoa/state-property-and-facilities/public-works/capital-projects/indiana-state-archives-building/](https://www.in.gov/idoa/state-property-and-facilities/public-works/capital-projects/indiana-state-archives-building/).

Article submitted by Indiana Archives and Records Administration

Stories from the Statehouse

The Indiana Statehouse is easy to admire with its grand marble columns, stained-glass windows and solid oak doors. There's a new detail to appreciate everywhere you look and the building welcomes tens of thousands of visitors each year. But as 7th generation Hoosier Rene Stanley will tell you, it's the history that has a way of drawing people back.

Stanley initially came to work for the State during the bicentennial and recalls "I hadn't been to the Statehouse in years. You know, since I was a kid." But when she walked through the doors for the first time as an adult, she was struck by its beauty all over again. She said she tries to remind herself to not take it for granted now as the Manager of the Indiana Statehouse Tour Office and the Indiana Statehouse Education Center.

We sat down with Stanley along with tour guide, Jeanette Goben, and Statehouse Education Center Coordinator, Bailey Hinton-Matthews, to hear about their experience working in the Statehouse and the stories that bring it to life. Their day-to-day work is unique to each position, but it's clear that one thing connects them—a love of Indiana and its history.

To share that history, education has become a huge part of the Statehouse, both in its programming and its fixtures. Even the chandeliers play their part. Goben told us when the chandeliers on the second and third floor were replaced in favor of fluorescent lights in the 1980s, the Statehouse soon realized how much history they brought to the building and wanted them reinstalled. The problem? There weren't any fixtures left in the Statehouse they could replicate. Fortunately, the restoration crew was able to track one down in a family's dining room (to find out how it got there, pay a visit to the Statehouse).

Once the replicas were in place the work crew still needed to cover the gap between the wiring of the sconce-style chandelier and the wall. There was a black-tie event approaching fast and Goben told us one of the workmen had a unique solution. He suggested using a school bell. It ended up being the perfect size and shape for the job and provided the quick fix they needed before the event. The Statehouse staff had plans to replace the bells with more permanent brass fixtures, but the Governor at the time (Frank O'Bannon) had another idea. He asked that they keep the ones on the second floor as a reminder that Indiana values education and the school bells remain there to this day.



The Statehouse chandeliers that still feature school bells after Governor O'Bannon requested they not be replaced.

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The 2023 Fall Pulse Survey closes tomorrow!

Have you taken the Fall Pulse Survey yet?

There are only a couple days left to complete the Fall Pulse Survey and help improve the state employee experience. The survey will only be available until end of day Friday, Sept. 8, so make sure to take five minutes to complete it before then!

By taking the Pulse Survey, you help prioritize policies and workforce decisions that impact the overall state employee experience and improve the workplace culture at your agency.

Take the Fall Pulse Survey Now!

The Pulse Survey is confidential, and no identifiable information will be shared with your agency or your manager.

Thank you for your dedication and hard work!

Child Welfare Worker Appreciation Week

The Department of Child Services will celebrate their workers the week of Sept. 11, a week designated as Child Welfare Worker Appreciation Week. Child welfare workers are responsible for investigating any allegation of child abuse and neglect, supporting families in crisis and making critical decisions about placement in foster care and residential facilities. They work with diverse families and children, often facing complex and challenging situations. Despite these challenges, these workers dedicate their time and energy to protecting our community and the most vulnerable members.

From Sept. 11 to Sept. 15, DCS will adopt the Child Welfare Workforce Institute's #TakeAMoment theme. This theme will serve as a reminder

to recognize beyond just their coworkers' hard work and to self-reflect on their own accomplishments. A positive self-perception can influence our judgment, mood and behaviors while working with others. Therefore, we encourage staff to take a moment to be proud of their work and to continue with a renewed sense of honor and pride. These workers are an essential part of the village it takes to ensure children are safe, healthy and supported throughout their most formative years, and that is no small feat!

If you know someone in the child welfare field, please take a moment to thank them for their hard work and let them know that they should be proud of the differences they are making!

Article submitted by Indiana Department of Child Services



True or False with Hoosier START

57% of state employee participants have incomplete or outdated beneficiaries within their Hoosier START account.

TRUE! Log into Hoosier START to update your information to avoid the unnecessary headache for your loved ones later. Without these designations, your assets will go through a lengthy probate process to determine distribution. Help ensure a faster, smoother resolution for your loved ones!

Your Hoosier START beneficiary information links to your INPRS account so no need to update both.

FALSE! These two systems are entirely separate and do not share information. Therefore, participants need to log into each program separately to update their accounts with accurate information.

Whenever I have updated life events with my payroll or human resources department, my Hoosier START beneficiaries are automatically updated as well.

FALSE! Only you have access to your Hoosier START account to make these updates.

For more information regarding your Hoosier START program or how to update your beneficiary information, visit HoosierSTART.com or go online to the [State Comptroller's website](#).

Article submitted by the Office of the State Comptroller



Alexandra Conley is racing around Indiana

Each month we're featuring state employees and their unique health journeys. This month we're shining the spotlight on Indiana Department of Correction employee, Alexandra Conley.

In October 2021 I decided to set a goal for myself—to run at least a 5K in all 92 Indiana counties. Gourdy's Pumpkin Run in Indianapolis is where it all started. I signed up for the Tough Pumpkin, a race where you carry a pumpkin while you run, and I guess that just sparked an idea. If I can run while carrying a pumpkin, why not run all throughout Indiana! I've always been a "go big or go home" kind of person and I'm happy to say that almost two years later I'm still chasing that 92 Indiana county dream. As of the end of July, I've raced in over 64 counties!

I ran cross country and track in high school, so running has always been a part of my life. I got away from it once I graduated, but I found my way back to the sport I love. For me, I think that's how I knew I loved to run. After years of not lacing up my shoes, I just decided I want to see if I can run with a pumpkin for 3 miles, and I did it! I haven't stopped since.

While running in all Indiana counties, I'm also planning on running in all 50 states with eight completed so far. This October will mark my two-year running journey and I'll be celebrating that accomplishment by running in the Bank of America Chicago Marathon with the charity group Team Paws.

I've also run three half marathons, a Spartan Trifecta finisher and multiple obstacle course races. I've run to the top of bank towers, on military compounds, wineries, you name it. For me, I just get out there and do it. It may not always be pretty, but



Conley during the Battle of the Badges 5K race

I never quit and keep going until I reach that finish line. Okay, maybe I run to the snack table when it's over. Lol.

However, the most important part to me is the money that I have either raised or donated throughout this journey. Since September 2021 I have raised almost \$5,000 on either local charities (in Indiana) or throughout the country (in my quest

to run all 50 states). Some are for memorials, cross country equipment for high schools, substance use programs, etc. Quoting Gail W. Kislevitz "Running is my private time, my therapy, my religion."

We love to see employees like Alexandra being active and giving back to their communities along the way!



Conley jumping over a flaming obstacle at Tame the Terrain in Jennings County



Conley kissing the bricks on the Indianapolis Motor Speedway after a race

Run the State 5ks & Health Fairs

If employees like Alexandra have inspired you to get active around Indiana, there are some upcoming events that could be a great place to start. The Invest In Your Health program and Anthem are teaming up to host Run the State 5Ks and Health Fairs at four locations around Indiana in September and October.



Logansport State Hospital, Logansport, IN

- Saturday, Sept. 23, 2023
- 5K check-in: 7 a.m. Start time: 8 a.m.
- Health Fair: 9 a.m. to 1 p.m.
- [REGISTER](#)

Gregg Park, Vincennes, IN

- Saturday, Sept. 30, 2023
- 5K Check-in: 7 a.m. Start time: 8 a.m.
- Health Fair: 9 a.m. to 1 p.m.
- [REGISTER](#)

Marquette Park, Gary, IN

- Saturday, Oct. 14, 2023
- 5K Check-in: 7:30 am Start time: 8:30 am
- Health Fair: 9:30 a.m. to 2 p.m.
- [REGISTER](#)

Clifty Falls State Park, Madison, IN

- Saturday, Oct. 21, 2023
- 5K Check-in: 7 a.m. Start time: 8 a.m.
- Health Fair: 9 a.m. to 1 p.m.
- [REGISTER](#)

Learn about tension headaches with a Tx:Team webinar

Attend an educational webinar on tension headaches presented by Tx:Team to earn \$5 in [wellness rewards](#) (for eligible employees and spouses).

Upcoming Webinar

Tension Headaches: Could your desk be the reason? Tuesday, Sept. 12 at noon ET

Join Tx:Team Physical Therapist, Alex Strahle, PT, DPT, CSCS for this presentation and learn about different types of headaches, why your desk might be giving you a headache and how to relieve headaches with exercise.



Join the webinar via
Teams

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.

Annual Physical Myths Busted

It's not too late—employees and spouses eligible for the Wellness Rewards can still earn \$200 in rewards for completing an annual physical. To make sure you get your reward, avoid these common misconceptions and know what to do instead.

Myth: An annual physical will be costly.

Reality: Preventive care is not subject to deductible or co-insurance. An annual physical is considered preventive care so there is no charge to you if you schedule with an in-network provider. Keep in mind providers are required to bill for all services provided during an appointment. If non-preventive care is provided at the same time as the annual physical, there could be out of pocket costs.

Myth: My annual physical must be at least 365 days from the date of my last physical.

Reality: Your annual physical can be scheduled at any time in the calendar year. You don't have to wait 365 days from your physical in the previous year.

Myth: I don't have to submit anything for my reward if I see an in-network provider. I'll just get it automatically.

Reality: Regardless of the provider you see, you'll need to print out the [Annual Physical Results form](#) and take it with you to your appointment. Be sure it is filled out completely (you complete section 1 of the form and your provider completes section 2). Once it's complete, submit your

form to ActiveHealth by fax or upload in your [ActiveHealth portal](#).

Myth: I don't have to get any blood work for my annual physical. My provider just has to do other basic health checks.

Reality: In order to earn the \$200 reward, your annual physical must include the necessary blood work which includes a lipid panel, blood glucose and A1C.

Myth: Only my healthcare provider must sign the annual physical form.

Reality: You AND your healthcare provider must both sign the annual physical form before submitting it to ActiveHealth by fax or uploading in your [ActiveHealth portal](#).

Myth: My annual physical reward will appear in the ActiveHealth portal immediately after I submit my completed form.

Reality: Once you've submitted your completed Annual Physical Results form, it can take up to four weeks for it to be processed and appear in your rewards center. Schedule your annual physical today to ensure there's plenty of time to get your reward.

For more information on collecting the reward for your annual physical, [click here](#).

If you're still earning your Wellness Rewards, keep in mind that some take longer to earn than others. All gift cards must be earned and redeemed by December 31, 2023. Keep in mind many activities have processing time that impacts how quickly the reward is shown as earned in the ActiveHealth portal. Please see the details included for each reward in the ActiveHealth Rewards Center for estimated processing times specific to each reward. Be sure to get started as soon as possible if you'd like the redeem rewards for the following activities:

- Diabetes Prevention Program (DPP): Earn up to \$100 in rewards! Each completed milestone earns you \$25 up to the max of \$100 per year. Check out your DPP options and the milestone details in the Rewards Center of the ActiveHealth portal.
- Individual Health Coaching: Earn \$20 for each individual coaching session up to five times in 2023.
- Commit to Quit Tobacco: To earn this \$100 reward, you must complete the full eight-session program.

Visit the [ActiveHealth portal](#) for more information on any of these activities and for a full list of possible rewards.

New Healthcare Literacy Computer-Based Training

We are delighted to announce the second Healthcare Literacy Computer-Based Training, which will take you between 12-15 minute to complete and will be open between September 19 and October 20 via SuccessFactors. This training is focused on preventive care—which has a direct impact on both your health and your finances.

By completing this training, you will

learn how to manage your health best proactively and how to take advantage of the state’s Wellness Rewards Program to earn rewards while you do it. You will also learn how to find a Tier 1 primary care provider within Anthem's extensive network, ensuring easy access to low cost and high-quality healthcare services. Furthermore, you'll learn how you can earn up to \$500 in wellness rewards by actively

participating in preventive care activities. Please note that to receive wellness rewards, activities must be completed and processed in 2023, with the deadline for completion being December 31st, 2023.

Once you are enrolled you will receive a notification from SuccessFactors. You will be required to complete the session by October 20th, 2023.

PeopleSoft life event functionality paused during Open Enrollment

Please note that the PeopleSoft functionality allowing you to initiate changes to your health and life plan coverage based on qualifying events such as birth, adoption, marriage, or divorce through Employee Self Service (ESS) will not be available to employees during the Open Enrollment season between Oct. 1, 2023 – Feb. 1, 2024. Employees will need to contact the INSPD Benefits Hotline by phone Monday – Friday 7:30 a.m. to 5 p.m. ET at (317) 232-1167 or 1-877-248-0007 (toll-free) or SPDBenefits@spd.in.gov to update life events during that time.



Artwork by RJ Bertram, submitted by Molly McGuire (Family and Social Services Administration)

Ride of a lifetime: IDOH staff join historic Iowa bicycle ride

For one week in July each year, the small towns of Iowa – the sleepy, one-stoplight kinds of places travelers pass through on the way to Davenport or Des Moines – awaken from the tranquil slumber and the anonymity they otherwise enjoy to welcome thousands of visitors from across the globe.

Curio shops and food trucks hawk their unique wares and residents open their doors to strangers, sometimes offering free water and food to the passersby taking a moment to relax and recharge from the signature event that brought them: Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI).

A festival-like atmosphere with live music and even cheering crowds is what RAGBRAI has spent the last half-century building and, to paraphrase Shoeless Joe Jackson (an apparitional resident of Iowa, according to the classic film, *Field*

of Dreams) they built it and every summer the people do come – in droves.

Indiana Department of Health’s (IDOH) Eldon Whetstone and Eric Hawkins grew up in Iowa, so they were familiar with RAGBRAI and had long wanted to be part of it. Whetstone, assistant commissioner of Health and Human Services, said he participated for two days in 2019; Hawkins, state epidemiologist, had wanted to participate since he saw RAGBRAI ride through his hometown when he was 9 years old. Those dreams finally came true the week of July 20-27, and they were even able to bring a couple of friends along for the ride.

Hawkeye State hospitality

It didn’t take a lot of convincing to get Division of Nutrition and Physical Activity Director Lindsey Bouza and Trauma & Injury Prevention



The 50th RAGBRAI turned out to be something special for four IDOH leaders who made the journey to Iowa to be part of its half-century celebration. Lindsey Bouza, Eric Hawkins, Eldon Whetstone, and Brian Busching said the fun and camaraderie made up for the intense heat.

Division Director Brian Busching to come along for the event, which celebrated its 50th anniversary this year.

RAGBRAI is as much a festival as it is a cycling event. It’s a go-at-your-own pace bike ride, though even the definition of “bike” is a bit flexible. The IDOH group said unicycles and electric bikes joined the ride, and costumes were a common sight along the 500-mile trail which spanned from Sioux City to Davenport.

RAGBRAI may not be a race per se, but anyone wishing to really challenge themselves on the “flat as a waffle” Iowa terrain will find a suitable endurance test.

“Growing up in Iowa, I knew that Iowa was not flat,” joked Hawkins.



Brian Busching, Lindsey Bouza, Eric Hawkins, and Eldon Whetstone traveled to Iowa in July to be part of the annual RAGBRAI—a multi-day bicycle tour in Iowa.

[Read the full article on Employee Central](#)

Indiana Department of Health Q&A with world-running CIO, Mohan Ambaty

Mohan Ambaty has run along the Great Wall of China and braved the cold of Antarctica to reach a personal goal: participating in a half marathon on each of the seven continents. The third destination on the list was “The Land Down Under,” so Ambaty set off for his next running adventure, the Australian Outback Marathon. The Indiana Department of Health Chief Information Officer finished third overall in the men’s category on July 29.

The lifelong avid runner took time to talk about this incredible experience and provide insight into where he hopes to go next on this unique journey.

Indiana Department of Health:

You’ve previously stated your plans to complete a half marathon event on each continent. You’ve now done that in Asia (China), Antarctica and Australia. How did the experience in Australia compare to the others, and where would you like to go next?

Ambaty: Honestly, every half marathon on each continent is different. In China there were lots of hills and uneven, steep steps. In Antarctica, I was running through mud and breezy, cold winds. When coming to Australia the temperature was perfect, but three-quarters of the course [I was] running in sand. One common aspect among all three races was the unique and beautiful landscapes I was able to see while running the half-marathon, as well as all the fun-filled, enthusiastic participants. I am currently planning to go to South Africa next.

Indiana Department of Health: How did you prepare for this event?

Ambaty: I registered for this event back in October 2022 to get the spot since there are only limited entries. I started preparing in early 2023 with a goal to complete 12 miles by the second week of July with my pace in mind, and to run a couple of half marathons in between. Eventually, I was able to reach my 12 miles goal but was not able to run any half marathons due to other

commitments. Diet, sleep and focus/dedication are other factors I needed to prepare for this race. Again, family, friends and office colleagues’ encouragement was a plus.

Indiana Department of Health: You have finished with a top time in all three of these half marathons.

This time, you finished third among all male participants with a final time of just under two hours. Do you go into each event with a goal in mind you’d like to reach each time?

Ambaty: I usually will study the route conditions before I start practicing to better prepare for the race. As you know we don’t get route conditions, like running in sand in Indianapolis for the Outback race, cold temperatures like Antarctica or lot of uneven steps like the Great Wall of China. I will keep my personal goal time in mind to reach while practicing for these races. I study the race results for fun, but never prepared to get a place. I



IDOH Chief Information Officer Mohan Ambaty recently traveled to Australia to participate in a half-marathon. He finished third among all male competitors. Ambaty hopes to run a half-marathon on all seven continents.

keep my race plan to reach my time; I wanted to enjoy the race as much as I could and my ultimate goal was to finish the race.

Indiana Department of Health: Was this your first time visiting Australia? What are some of the things you enjoyed about this experience?

Ambaty: Yes, it was my first time visiting Australia. There was a lot to cover in this continent. I had limited time, but with good planning I was

[Read the full article on Employee Central](#)

Interested in going back to school in IT or Business?

Join Lindsay Taylor from Western Governors University to learn more about WGU IT programs and how you can obtain certifications within a bachelor's or master's degree at no extra cost.



Lindsay will also share updates on new business programs, as well as information on scholarships for state of Indiana employees.

[Reserve your spot for this virtual 30-minute session.](#) Sessions will be held in Microsoft Teams. Meeting links will be provided one week before the sessions.

Two sessions available:

- Tuesday, Sept. 26 | 10 a.m.
- Wednesday, Sept. 27 | 1 p.m.

Please reach out to Lindsay Taylor at lindsay.taylor@wgu.edu with any questions.

Register for a Virtual
WGU 101 session in
September!

Retired Public Employees Association Annual Convention

The 31st Annual Convention for the Retired Public Employees Association (RIPEA) will take place on September 11 from 9:00 a.m. to 3:00 p.m. at Primo Banquet and Conference Center in Indianapolis. You don't have to be retired or a member of the organization to attend and registration is \$12 online or \$15 onsite. Presentations throughout the day include "Aging in Place," updates on insurance, "The How To's of Financial Literacy" and more.



Click here for more
information and to
register

You've Applied to Ivy Tech Now it's Time to Enroll

Achieve Your Degree (AYD) is your path to an affordable education. If you've applied to the Achieve Your Degree program, be sure to complete the following steps to move forward in the registration process:



- Create your Ivy Tech login
- Complete the AYD consent form
- Sign your Deferred Tuition Request Form
- Upload the Approval Document

Ivy Tech's second fall session begins Oct. 23. If you need any guidance along the way, your local AYD contact can help. You can find the contact information for your representative at ivytech.edu/ayd-in.

If you haven't yet applied and are interested in attending one of Ivy Tech's 70+ academic programs, there's still time to apply. Complete the Education Reimbursement Application for your agency and apply to the Ivy Tech AYD program to take the next step toward achieving your academic and career goals.

Ready to learn more? Visit on.in.gov/EducationRP or visit ivytech.edu/ayd-in.

ProPEL Indy: It's time to dream big and create a bold vision for the future of our interstates

Known as the "Crossroads of America," Indiana is home to a world-class transportation system that links businesses, neighborhoods and attractions. In Indianapolis, the majority of I-65 and I-70 inside the I-465 loop was built more than 40 years ago and will need to be modernized in the near future.

The Indiana Department of Transportation (INDOT) has partnered with HNTB to initiate a planning study that allows a unique opportunity for Indianapolis residents, neighborhoods, businesses and commuters to envision the future of I-65 and I-70 in the heart of the Capital City. Named "ProPEL Indy," the study is seeking bold concepts and ideas that will modernize I-65 and I-70 and improve the region's overall mobility, equity, economic opportunity and quality of life.

ProPEL Indy is a two-year study that kicked off in May. The study's goal is to identify transportation needs that will help guide INDOT in the

development and evaluation of potential options. ProPEL Indy will set the long-term vision for investment in interstates and the future of Indianapolis, balancing bold ideas with sound engineering and responsible financial management.

Every Hoosier is encouraged to participate in ProPEL Indy. We want to hear from people from across the state who may visit Indianapolis, with a variety of backgrounds, perspectives and opinions. This will help the study gather a wide range of ideas and transportation needs as part of the study.

Your feedback is critical to the success of ProPEL Indy because together, we can ProPEL Indianapolis toward a more transformative tomorrow.

How can you get involved?

- Visit ProPELIndy.com to learn more about the study, share ideas and subscribe to updates on progress



- Follow ProPEL Indy on social media:
 - Facebook: @ProPEL Indy
 - Instagram: @ProPEL.Indy
 - LinkedIn: ProPELIndy

Article submitted by Indiana Department of Transportation



Artwork by Craig Allman (Indiana Department of Transportation)



Artwork by Amanda Perkins, submitted by Tammy Riedlinger (Indiana Department of Health)

Annual MLK Days of Service

Join the Indiana Civil Rights Commission (ICRC) for two days of collective impact and community service in honor of Dr. Martin Luther King, Jr. on September 19 and 20, from 8:30 a.m. to 4 p.m.. ICRC, the MLK Holiday Commission and Indiana Black Expo, Inc. are excited to once again host their [Annual MLK Days of Service](#) along MLK Street. in the Northwest Landing Neighborhood of Indianapolis.

Volunteers will have the opportunity to participate in beautification projects that will work to improve the neighborhood's quality of life. Volunteer check-in begins at 8:30 a.m. each day at the Watkins Park Family Center. Light breakfast refreshments will be served from 8:30 a.m. to 9:30 a.m. Lunch will be served in the afternoon.

Thanks to Governor Holcomb's executive order, all state employees have up to 15 hours of community service leave. State employees can use their community service leave to participate in one or both of the days of service.

[Learn more about the leave policy here.](#) ICRC will have a representative on site to sign the Community Service Leave Form. Employees should check with their supervisors to use their leave for this service project.

Join ICRC for one or both days of service and "make a career of humanity" in honor of Dr. Martin Luther King, Jr. Sign up to volunteer [here!](#)



INDIANA UNCLAIMED RETURNS \$1 MILLION

IN UNCLAIMED PROPERTY TO HOOSIERS EVERY WEEK

SEARCH NOW FOR YOU AND YOUR LOVED ONES!

START MY SEARCH

Sept. 9-10, 2023

Mansfield Village Cornbread Festival | Raccoon State Recreation Area

Celebrate the end of summer with a stroll through Mansfield Indiana. The Mill the will be open both days 9am-5pm.

[More Information >](#)

Sept. 9, 2023

Monarch Mania | Harmonie State Park

Come celebrate the Monarch Butterfly with all day activities for all ages. We'll talk metamorphosis, migration and milkweed!

[More Information >](#)

Arts, Blues & BBQ | McCormick's Creek State Park

Join us for a day of art, blues, and BBQ at McCormick's Creek State Park! Enjoy BBQ and support local artists as we enjoy a variety of blues performers.

[More Information >](#)

Sept. 16, 2023

Poker Paddle | Tippecanoe River State Park

Float down the Tippecanoe River from River Tent to the Nature Center. Pick a card at the five stations on the river. Submit your hand at the end of the float and see what prizes you will win!

[More Information >](#)

Fall Flashlight Scavenger Hunt | Summit Lake State Park

Fall is almost here! Join us on Trail 5 for a Fall Themed Scavenger Hunt. What To Bring: Flashlight, Pencils, Clipboard and anything you think you would need for a night hike!

[More Information >](#)

Archaeology Day | Starve Hollow State Recreation Area

Join us for a day full of Native American artifacts collected by local enthusiast and retired Indiana Conservation Officer, Phil Nale.

[More Information >](#)

Sept. 22, 2023

Hassmer Fest | Versailles State Park

The fest will include Mountain biking, camping, kids events, beverage vendor, organized rides, a live band, a skills clinic, and more.

[More Information >](#)

Sept. 23, 2023

Singing Sands Stargaze | Indiana Dunes State Park

Bring a blanket or beach chair and join us on the beach in front of our beach's west parking lot for this annual special event with local astronomers from the Calumet Astronomical Society. Local experts and Naturalists will be on hand with several telescopes to help answer questions and to give periodic constellation talks using laser pointers.

[More Information >](#)

Sept. 24, 2023

Seaplane Splash-In | Pokagon State Park

The Indiana Seaplane Pilots Association presents the 2023 Seaplane Splash-In. Come to the Potawatomi Inn Lawn to view seaplanes flying and landing on the shore in this one-of-a-kind special event!

[More Information >](#)

Sept. 30, 2023

Rumble for the Raptors! | Hardy Lake

Join us for our Cruise in Car Show and enjoy live birds of prey, a variety of door prizes, our fundraiser breakfast to support the Dwight Chamberlain Raptor Center, and all the events that taking place throughout the day as part of Hardy Lake's Raptor Day!

[More Information >](#)

Harvest Craft Fair | Harmonie State Park

Find all your seasonal favorite wreaths, treats, decor, plus woodworking, pet things, tie dye, soaps, scents, candles, and so much more! Plus, lots of extra things to see and do such as pony rides, nature center animals, pioneer demonstrations, atlatl throwing, antique tractors and live music.

[More Information >](#)

[View all DNR special events >](#)

This Month WITH



Sept. 15, 2023

Kunstfest Kick-off Concert | New Harmony State Historic Site

Join us to kick off Kunstfest with a bang this year as we open our historic Thrall's Opera House to live music, dancing and drinks! We will be featuring the Bros. Lewis Band, a group known for their upbeat, dance-inducing rock and roll. Beer and wine will be provided by St. Philip's Inn as well as some light refreshments. Hit the dance floor and blow off some steam before enjoying the townwide festival!

[More Information >](#)

Sept. 16, 2023

Tinkerfest | Indiana State Museum

Tinkerfest is a daylong celebration of curiosity and creativity! Explore 15+ hands-on, interactive activity stations designed to engage and inspire Indiana's designers, builders, coders, artists, makers and tinkerers of all ages. Each activity station invites children and families to create, play and imagine!

[More Information >](#)

Birds and Booze | Gene Stratton-Porter State Historic Site

Whether you're new to birding or a seasoned ornithologist, we welcome you to join us for a night of celebrating our feathered friends. After a short session of birding at the Gene Stratton-Porter property in Rome City, meet our staff and volunteers at Sylvan Cellars for drinks and a follow-up presentation.

[More Information >](#)

Do Right: Levi Coffin and Underground Railroad

A secret meeting! Levi Coffin will recount his trials and adventures assisting freedom-seekers along the Underground Railroad. There is more work to do, and more risk each day. Will you help?

[More Information >](#)

Sept. 22, 2023

Trivia Night | Lanier Mansion State Historic Site

Come feud over history at the Lanier Mansion State Historic Site Trivia Night! Answer trivia questions about local history and the history of the Lanier Mansion. Bring a team of up to five people to tour the site and test your brainpower for a chance to win prizes! Registration required.

[More Information >](#)

Sept. 24, 2023

Special Tour: Intellectual Curiosity in the Steele Library | T.C. Steele State Historic Site

Explore the wide variety of books that were gifted, acquired and inherited by Selma and T.C. Steele. See titles from early 19th-century German philosophy, in German, through Darwinism, psychology, magnetism, faith and healing concluding mid-20th century. The tour begins with a brief discussion of the books in the library and concludes in the studio where a selection of books will be on display.

[More Information >](#)

Sept. 29, 2023

Decorative Arts Open House | Lanier Mansion State Historic Site

Explore decorative arts of the early

19th century during this free open house.

[More Information >](#)

Haunts and Happenings Tour | Culbertson Mansion State Historic Site

Come and experience this popular and scary tour! Learn about the ghostly lore of the mansion, according to staff and visitors. What unexplained happenings have there been over the years?

[More Information >](#)

Literally, a Haunted House | Culbertson Mansion

Come have the daylight scared right out of you at our annual haunted house, sponsored by the Friends of the Culbertson Mansion.

[More Information >](#)

Sept. 30, 2023

At Ceylon Covered Bridge and Rainbow Bottom: A Poetry Workshop | Limberlost State Historic Site

Spend the afternoon with 2016-2017 Indiana Poet Laureate Shari Wagner! Join us as we hike in the Rainbow Bottom area in Rainbow Bend Park to experience the plants, animals, ecology and history of the area and learn how author Gene Stratton-Porter used Rainbow Bottom in some of her books. Then it's off to the Ceylon covered bridge for discussion and a poetry workshop.

[More Information >](#)

View all Indiana State Museum and Historic Sites events >

continued from page 7

Stories from the Statehouse

That legacy has continued in the Statehouse Education Center where Hinton-Matthews has done her best to make learning about Indiana's history as interactive as possible. She designed a treasure hunt through the exhibits and said that one of her favorite projects is the summer camp she runs for children of state employees. They do activities that can be connected back to Indiana like launching water bottle rockets as they learned about astronaut Gus Grissom or creating their own designs for Chuck Taylor shoes. Hinton-Matthews says the kids always keep her entertained with plenty of questions like "how many light bulbs there are in the Statehouse?" or "who lives here?"

Sometimes the answers to these questions aren't what the kids expect. "Officially, no one has ever lived here," Goben said. But years ago, there was a judge who decided to unofficially make the Statehouse his home and moved into his office. "People would come in early in the morning and catch him walking the hallways in his bathrobe and nightcap," Goben added. And there's another resident that has been around for over a century—a ghost. The lady in white is typically seen on the third or fourth floor and

doesn't have a suspected identity but her white dress could be fitting for a young woman of the 1880s or for a later suffragette.

These stories certainly keep the kids entertained, but a visit to the Statehouse is fun for all ages. Goben recalled a recent visitor whose daughter had arranged her tour. "Her mother was trying to catch up on her bucket list and she wanted



Hinton-Matthews, Stanley, and Goben in front of the wall of Indiana memorabilia in Stanley's office

to come to the Statehouse. That was on her bucket list, and she was celebrating her 92nd birthday." And she's not alone. Goben said they get visitors every year who realize they've never visited their own Statehouse and decide to plan a trip to see it. Others come with the goal of visiting all 50 Statehouses across the country. Every day and every visitor is unique, including officials like the Imperial Foreign Minister of Japan and racecar driver Hélio Castroneves, who Stanley had the opportunity to escort for an event. She even had him sign a brick for the brickyard.

With so many visitors coming from all over the country and the world, and the team makes sure to celebrate each milestone of 10,000 visitors. Goben brings in a Hoosier staple that Stanley says is "the best sugar cream pie" as part of their celebrations and this year, Delaware is the only state that hasn't yet had a visitor come to the Statehouse. The team is hopeful they'll have their last hold out by the end of the year. And while they love to welcome

visitors from anywhere, Goben thinks the Statehouse is extra special for residents of Indiana.

"I think that everybody who lives in Indiana should take the time to come and see their Statehouse," she said. "There's a lot of history here, but more than that, you're welcome here." With such a passionate team, it's clear that her words ring true. There's something at the Statehouse for everyone.

If you'd like to visit the Statehouse and learn more about Indiana's history, you can find more information here. You can also subscribe to Hoosier History Highlights that has been continued in honor of Jim Johnson.

Article by Mackenzie Breneman, Indiana State Personnel Department

Day Early Learning

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Building on more than a century's experience, Day Early Learning is a network of premier, community-based early learning centers that instill essential skills in children, invest in the next generation of teachers and advance the science of early education. We're dedicated to providing the highest-quality early care and education for children from birth to pre-K in our 11 central Indiana centers. Our centers offer convenient hours and welcome many different financial aid options, including CCDF vouchers (Child Care Development Fund) and On My Way Pre-K.

Check out the Day Early Learning Difference at
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ALL State Government employees receive a \$10 discount and priority placement at ANY of our Day Early Learning centers.





TEN CONVENIENT CENTRAL INDIANA LOCATIONS:

STATE GOVERNMENT CENTER

(located on the first floor of Indiana Government Center North)

100 North Senate N150, Indianapolis, IN 46204

CENTER FOR INFANTS & TODDLERS

1030 West 16th Street, Indianapolis, IN 46202

EASTERN STAR CHURCH

5750 East 30th Street, Indianapolis, IN 46218

FEDERAL BUILDING

575 N. Pennsylvania Street, Indianapolis, IN 46204

FORT HARRISON

5545 Herbert Lord Road, Indianapolis, IN 46216

HOWE *(Opening September 2023)*

4900 Julian Ave., Indianapolis, IN 46218

IU HEALTH

2140 Boulevard Pl., Indianapolis, IN 46202

LILLY FAMILY CENTER

3522 N. Central Avenue, Indianapolis, IN 46205

MANUAL

2405 Madison Ave, Indianapolis, IN 46225

PARK 100

5735 West 73rd Street, Indianapolis, IN 46278



Day Early Learning

EARLY LEARNING INDIANA



Fruits and Veggies: Reap the Rewards

As kids, we were told to “eat your veggies” or that “an apple a day keeps the doctor away.” Follow that age-old advice. Eating fresh fruits and vegetables each day is great for your health¹.

Fresh fruits and veggies are high in vitamins, minerals and fiber, and lower in calories. They can help you manage your weight and reduce risk of heart disease and Type 2 diabetes. Here are some tips to get more fruits and veggies:

- Plan a plant-based cookout. Grill portabella mushrooms or eggplant slices. Place on whole grain buns and top with avocado, soy cheese or tomatoes².
- Toss chopped veggies and beans in soups or pasta to pump up the fiber and protein².
- Lettuce bore you? Grate carrots, green peppers, apples and red cabbage for a salad. Toss with a light dressing. Add pumpkin seeds for a festive salad².
- For dessert, create a platter of fresh fruits in lots of colors, like papaya, figs, kiwi and cherries³.
- Prepare a vegetarian dish as a family. It’s a fun way to learn about new vegetables, healthy portion sizes, and how to chop, dice or sauté¹.

Wellness Webinar Series:

Hooray for fruits and veggies: Did you know that most Americans don’t eat enough fruits and veggies? We’ll show you how they pack a health punch. We’ll talk about how to add more to your meals and pump up the flavor.

September 19, 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, “Only 1 in 10 Adults Get Enough Fruits or Vegetables.” Feb. 26, 2021
<https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/adults-fruits-vegetables.html>

2. American Heart Association: “Sneaking More Vegetables Into Meals.” Feb. 2, 2017
<https://www.heart.org/en/healthy-living/healthy-eating/add-color/sneaking-more-vegetables-into-meals>

3. American Heart Association: “How to Eat More Fruit and Vegetables.” Feb. 17, 2017
<https://www.heart.org/en/healthy-living/healthy-eating/add-color/how-to-eat-more-fruits-and-vegetables>



Coach's corner

with **Coach Marie Dini, RD**

Coach Marie, an ActiveHealth wellness coach for 12 years, is a registered dietitian and licensed nutritionist specializing in adult weight management. Marie has developed community-based weight loss and nutrition programs and teaches healthy cooking classes. She loves to share her knowledge of food and love of cooking with others.

Coach Marie's well-being tips:

Fresh produce needs to be eaten quickly, or it may spoil. Frozen, canned and dried fruits and veggies are a healthy option to keep in stock. As you shop, check labels carefully to steer clear of products with added sugar, fat and sodium.

- Dried fruits like raisins are high in sugar. For a dried fruit snack, stick to ¼ cup per serving.
- Pick frozen veggies like broccoli, cauliflower or spinach without sauce. Sauces often add sodium and fat.
- Choose canned fruit without added sugar. Look for fruit canned in water, juice or extra light syrup⁶.



Spicy Tomatillo Quinoa

Wake up your tastebuds with this veggie dish that's packed with protein from quinoa. Chopped jalapeno peppers, cilantro, fresh garlic and juicy tomatillos create an enticing blend of flavors.

Time to prepare: 40 minutes

Calories: 158

MyActiveHealth.com > Resources > Learning Center.



How much do I eat?

Aim to eat 2 servings of fruit and 3 servings of vegetables each day⁴. How much counts as one serving? It depends on the type of produce. Here's a quick guide⁵:

Fruits

- One medium apple, pear or peach
- One small banana (or half of a large banana)
- 16 grapes
- 4 large strawberries
- ¼ cup dried fruit or fruit juice

Fruits

- ½ cup of green beans or broccoli florets
- 6 baby carrots
- 1 cup of fresh spinach leaves
- ½ cup of canned beans, rinsed
- ½ of a large bell pepper, any color



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

4. Circulation: "Fruit and Vegetable Intake and Mortality." April 27, 2021 <https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.120.048996>
5. National Institute on Aging, "Healthy Eating as You Age: Know Your Food Groups." February 25, 2022 <https://www.nia.nih.gov/health/healthy-eating-you-age-know-your-food-groups>
6. American Heart Association: "Fresh Frozen or Canned Fruits and Vegetables: All Can Be Healthy Choices!" April 26, 2018 <https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices>

