



General Services

Food Theft

Food theft from the Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available. It also jeopardizes the health of individuals taking food that is perishable and not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served. (Per your Inmate Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an inmate is caught stealing or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the inmate will be issued a minor misconduct report. The minor misconduct report will be for disobedience of an Order III and will include the cost of all food items that have to be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the inmate will receive a major misconduct order for Contraband II and will also be charged for the cost of food that has to be disposed of.
2. If the inmate stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuffs found outside the Culinary Section (for example cell searches, etcetera) if the items can reasonably be determined to have been taken from the Foodservices.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the inmate has received a recent previous minor misconduct for the same conduct.

/s/ M. Yoder, Asst. Supt. General Services

Activities

Presidents' Meeting Minutes

For the Meeting On: July 25, 2017, at 2:00 p.m.

Topics Discussed:

1. Update on prior meeting Action Item Log.
 - a. A-Block chow rotation has improved. Count times in the institution are getting called early resulting in A-Block being locked down earlier than the A-Block rules state. Mr. Laney will address this.
 - b. The issue with the 4:30 softball players being let out with early yard has been rectified.
 - c. Mr. Kelly took care of the issue of guys coming in from yard at optional. If a person has a 7:00pm shower sticker and the showers are still open, they can go to showers.
 - d. Captain Hyde wasn't able to get a photo of the canteen mesh bags emailed to all staff, but he will once back from vacation.
2. Mr. Mincher, in the Physical Plant, did a temporary repair to the handball fence on the wall. Mr. Yoder stated that the next time a high lift comes they will take a closer look at the fence to see what the cost will be for a more permanent fix.
3. With the new morning schedule, there has been some confusion with the 7:15 am workline. Captain Bellman will email staff to ensure that the housing units are letting people out at 7:15 am for workline, even though they were let out at 6:45 am for breakfast.
4. Some housing units are only allowing people to access the MP3/MP4 kiosks during meals, which is not enough time for everyone to have access. Mr. Laney will rectify the matter so AIC's have access throughout the day when entering or leaving the housing units.
5. It was asked if a notice could be sent to people prior to their visitors being removed from their visiting list if they have not visited in the last two years. This is not feasible for the computer

Presidents' Meeting Minutes (cont.)

system is not set up to do that so it would be an additional workload for staff.

6. All state agencies have been asked to reduce travel on August 21st due to the eclipse. As a result, visiting will be closed that day.
7. There was talk of canteen changing pop tickets to no longer be exempt from the spending limit. Mr. Kelly stated that the change will not happen and pop tickets will remain exempt from the spending limit.
8. Information about how tablets will be utilized will be distributed prior to the tablets being available.

/s/ A. Pinkly-Wernz, Asst. Supt. Correctional Rehabilitation

Brita Filtered Water Bottle Sale

We still have plenty of filtered water bottles and filters for sale, so you can still get yours now while supplies last. They are available to all NCI Levels, ICH, Death Row and the Infirmary. They are only approved for OSP.

You will be placed on call pass around the 8th of each month, if your CD-28 cleared in the prior month.

Prices are:

- \$15 for one bottle or \$40 for three bottles
- \$12.75 for one pack of filters or \$35 for three packs of filters (each pack contains two filters)

Send CD-28s to Capital Toastmasters club by putting in the white Activities box after staff have signed them.

/s/ J. Rodriguez, Activities

Attention 5/10K Runners

There is a schedule 5/10K race on August 25, 2017. If you are not registered yet for the race send an inmate communication to the Race Day Coordinator Athletic Club by August 18, 2017, to be placed on the turnout in time.

Attention Half Marathon Runners

The Half Marathon is just around the corner. This year there will be Fruit Boxes available for all runners who participate. There is a \$5 donation, send a CD-28 to Athletic Club # 2421. Make sure to indicate FRUIT BOX donation on the CD-28: To insure you receive your fruit

box at the time of the race. Deadline for CD-28s is August 25, 2017.

Commissary**Commissary News, Updates and Reminders****Replacement Items, Discontinued Items, and Temporarily Out of Stock Items**

- Sony Active earphones are being replaced with Koss noise isolating earbuds new price \$17.
- Sony Radio Clear has been discontinued and Commissary is currently working on replacement
- The Blueberry and Cheese Danish's are temporarily out of stock

Deleting Old Messages in Telmate

Commissary has received several inquiries asking how to delete old Telmate messages. Unfortunately these messages cannot be deleted because they are official notices. We are working with Telmate to see if there are other options.

/s/ A. Nelson, Commissary

Miscellaneous**Exercise**

Exercise: 6 benefits of regular physical activity information taken from Mayo Clinic Website
You know exercise is good for you — but do you know how good? Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

1. Exercise improves your mood.
Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.
2. Exercise combats chronic diseases.
Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

Exercise (cont.)

3. Exercise helps you manage your weight.

This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk during yard time. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level.

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep.

A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can be — gasp — fun!

Physical activity doesn't have to be drudgery. Take a yoga class. Walk and chat with a friend. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of regular physical activity today!

Orderly Positions

Health Services is looking for qualified applicants for orderly positions:

If you are a hard worker, and meet the listed qualifications please fill out a yellow application and submit it to: Health Services Attn: C. Pries Nurse Manager

1. Must have at least 12 months left on your sentence.
2. No convictions of a sexual nature what so ever.
3. No inmate/staff relationship misconduct report during entire incarceration.
4. All drug convictions must have a minimum of one year in DOC custody
5. No misconduct reports for past 12 months including County.
6. Clean U/A's during incarceration or on record for the last year including County.
7. Must have met the initial 120 days in DOC and be on work pool or currently employed.
8. Out of DSU: six months clear conduct, white card / IMU for at least 12 months, white card
9. No work restrictions, stair restrictions, or lifting restrictions that may interfere with the ability to perform the duties of the position.
 - All potential hires will first have to be screened by Health Services staff to ensure that they meet the above criteria before being sent to Security, Counselors, BHS and other stakeholders for final approval.
 - The meeting of basic qualifications does not guarantee an interview.
 - All applicants that have received approval will have to be interviewed by Security and Health Services prior to hiring.
 - Interviews do not guarantee being hired.
 - Once interviews are complete the applicant that best fits our program will be hired.
 - Exceptions to the above standards will be considered on a case by case basis and reviewed with the Medical Service Manager and the Operations Captain.

/s/ C. Coffey, Health Services

Chapel**Bahai Faith Announcement.**

A Bahai faith intro and discussion group will be held on Monday's in the Chapel from 2:00 -3:00 p.m. If you are interested in attending please send an inmate communication to the Chapel.

/s/ D. Stahlacker, Chaplain

Chapel Schedule

SATURDAY, August 12

- 8:00 a.m.** Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service
- 11:30 a.m.** Native American Ceremony
- 1:00 p.m.** Suni Muslim Study
Seventh Day Adventist Service
Worship Practice
- 6:00 p.m.** Calvary Chapel
Siddha Yoga

SUNDAY, August 13

- 8:00 a.m.** Spanish Protestant Service
Jehovah's Witness Spanish
Zen
- 1:00 p.m.** Catholic Mass
Jewish Study
- 6:00 p.m.** Latter Day Saints Study
University Fellowship
Urantia

MONDAY, August 14

- 8:00 a.m.** Restorative Justice Writing
- 1:00 p.m.** Buddhist Discussion Group
- 6:00 p.m.** Restorative Justice
Non-Violent Communication

TUESDAY, August 15

- 8:00 a.m.** Universal Unitarian
- 1:00 p.m.** Lifeline
Russian Bible
Torah Men
Quaker Service
- 6:00 p.m.** Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication practice group

WEDNESDAY, August 16

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study
Life Support
- 6:00 p.m.** Indigenous Circle 🚫
Acting Group

THURSDAY, August 17

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
Library
- 1:00 p.m.** TUMI 🚫
Spanish Catholic
- 6:00 p.m.** Celebrate Recovery 🚫
Christian Journaling

FRIDAY, August 18

- 8:00 a.m.** Trauma Transformation
- 1:00 p.m.** Nation of Islam
Sunni Jum'ah Prayer
United Pentecostal Study

🚫 = Service is full or restricted. Add requests are not being accepted at this time.

🚧 = Service has a waiting list. Submit a request to be placed on waiting list.