



Activities

Capital Toastmasters Congratulates

Members of the Capital Toastmasters club are continually working to educate themselves and advance in their personal growth. Part of this journey is working towards attaining the numerous levels in the communication and leadership tracks that Toastmasters International has for all club members. Recently, one of our club members completed the next level in his journey towards becoming a better communicator and leader. The Executive Body congratulates the following member for his recent accomplishments:

- Andrew Chappell for achieving his Advanced Leader Bronze (ALB)

The skills being learned revolve around speaking, listening, and thinking. These are skills that promote self-actualization, enhance leadership potential, foster human understanding and contribute to the betterment of mankind all while finding the courage to change.

/s/ C. McFadden, Activities

Miscellaneous

Indigent Envelopes

For clarification: Indigent envelopes are processed and disbursed by Commissary, **NOT** the Business Office.

/s/ G. Stacy M, Business Office

Headaches

We all get headaches, and they can really put a damper to your day. Here are some tips to consider when you have a headache.

1. Muscle factors/tension headaches. Frequently, this kind of headache starts with stress in the neck muscles. Stress is common, and often results in a headache. Remember that frequently, if not always, a tension headache

starts in the neck. Resting the neck, or applying a warm towel to the back of your neck can help to prevent or treat a tension headache. Consider cutting back if you have headaches and are working out a lot on the "weight pile".. Resting the neck by sitting or lying down with a pillow or some clothing rolled and placed behind your neck can help when you have a headache. Doing neck stretches several times a day can help to prevent headaches

2. Diet. Your diet can definitely influence the number and severity of headaches. Sometimes, food additives that are commonly found in packaged foods can cause headaches. There are other dietary issues, listed below.
 - a. Nutrasweet, Aspartame, Equal—a sugar substitute very commonly found in "sugar-free" foods.
 - b. MSG, monosodium glutamate, "natural flavors", "artificial flavors", Autolyzed yeast extract, hydrolyzed vegetable protein—look for these in the Commissary product labels and avoid them if they seem to go along with your headaches. Avoid "seasoned salt", bouillon, and "Top Ramen".
 - c. Sodium nitrite, ham, bacon, sausage, hot dogs, jerky. These products can often cause headaches to occur.
 - d. Avoid Alcohol, caffeine, and chocolate.
 - e. Eat regularly in small amounts. Don't overeat or skip meals.
3. Exercise. This is a great stress beater and will help with your weight. Get twenty minutes of exercise at least three times a week. Choose an exercise you enjoy, and exercise hard enough to get your heartbeat up for 20 minutes or more ("break a sweat").
4. Sleep. Keep a regular sleep pattern. Maintain a regular bedtime and try to wake up at the same time every morning. Too much or too little sleep can trigger a headache.
5. Stress and anxiety. A variety of relaxation techniques can help you to manage your body's

Headaches (cont.)

response to life's daily pressures. Learn to pace your activities. Try to set aside time each day to sit quietly with your eyes closed, let your muscles relax, and give your mind a break. Learn some "mini-relaxations" to use when you can't fit in a full 20-minute relaxation break. Resist unproductive worrying about things you cannot change.

6. Plan ahead. Learn to look for the warning signs that tell you a headache is coming. Learn to change the things that your body does that can cause or start a headache. You might notice cold clammy hands, tightness in the neck or shoulders, clenched teeth, pressure in your temples, or other symptom that a headache is coming. If you notice these signs, try to do something different to try to prevent the headache (take a break, stretch out, exercise, relax, etcetera)
7. Talk to Health Services if you have questions or need further assistance.

packs. Thank you in advance for your understanding and cooperation.

/s/ C. Coffey, Health Services

Help Us Help You With a Smooth Parole Transition

If you are receiving prescribed medication you could be eligible for parole medications. Please send an inmate communication to medical one month prior to your release advising us of your release date and that you are in need for review of release medications. By doing this it will ensure your medications are ordered in a timely manner.

In your inmate communication please also clarify any questions you may have regarding your health status and medications. This will help us provide you with the education you need regarding the medications you are to be taking and why you need to take them. At the same time, we need to make sure that you understand about any disease processes you may have, the reason why your medication is necessary, and the risks of not taking them.

Please take a proactive approach to getting the most you can from Health Services. We do not want you heading back to the community with many unanswered questions about your health or a missing prescription. With reasonable notice, all of your needs can be addressed, and we hope that this will be a very positive experience for you. Remember on the date of release as you are being processed out of R&D to request your release medications and turn in your blister

Chapel Schedule

SATURDAY, August 19

- 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

SUNDAY, August 20

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

MONDAY, August 21

- 8:00 a.m.** Restorative Justice
Buddhist Discussion Group
- 6:00 p.m.** Restorative Justice

TUESDAY, August 22

- 1:00 p.m.** Hare Krishna
Russian Bible
Torah Men
Lifeline
- 6:00 p.m.** Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice
Group

WEDNESDAY, August 23

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study
Life Support
Orthodox Christianity
- 6:00 p.m.** Indigenous Circle
RJ Theater

THURSDAY, August 24

- 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 🚫
Gospel Worship

FRIDAY, August 25

- 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.