



## Fall Back November 5, 2017



## Security

### Annual Blanket Wash

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2017**. All blankets will be collected at the **5:15 a.m.** wake-up bell and returned after the **4:00 p.m.** count clears on the same day. Clothing Room staff and block staff will supervise workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.**

The schedule will be as follows:

- \*Friday Oct 27<sup>th</sup> E-Block
  - \*Friday November 3<sup>rd</sup> A-3, A-Block
- Scheduled rotation is subject to change

/s/ L. Warren, Clothing Room

## Activities

How to Listen Effectively Class (Brought to you by Toastmasters)

Have you ever been in a conversation with another person where one of you misunderstood what the other person was saying? This is a common occurrence for most of us. Listening effectively is a vital skill in

communication that you can learn. Just because you may not be talking, when someone else is speaking, doesn't mean you are listening. A basic human need is to understand and to be understood. The best way to understand people is to listen to what they are saying. Good listening skills help us understand the other person's point of view, which in turn helps us make better decisions. How would you like to learn some of these skills? You can, and we have them waiting for you. **How to Listen Effectively** delivers nine techniques designed to help create good listening habits.

If you would like to take part in this class on **Saturday, November 18th, from 12:15-3:00 p.m., in Activities**. Please send the Capital Toastmasters Club an inmate communication no later than November 9, 2017. Since this is a one-day class with certificates, there will not be an optional line to leave early. You must be incentive level 2 or 3 to attend, and not have a work conflict to be put on the turnout.

Space is limited. We hope to see **you** there.

/s/ J. Rodriguez, Activities

## Miscellaneous

### Diabetes Prevention

Tips for taking control, information provided by the Mayo Clinic

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, for example, if you're overweight or have a family history of the disease. In the United States alone, experts at the Centers for Disease Control and Prevention expect diabetes to affect more than 48 million people by 2050. Tweaking your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Diabetes prevention is as basic as losing extra weight and eating more healthfully. Consider the latest diabetes prevention tips from the American Diabetes Association.

**Diabetes Prevention** (cont.)**Tip 1: Get more physical activity**

There are many benefits to regular physical activity. It can help you lose weight but even if it doesn't, it's still important to get off the couch. Whether you lose weight or not, physical activity lowers blood sugar and boosts your sensitivity to insulin — which helps keep your blood sugar within a normal range.

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefits come from a fitness program that includes both.

**Tip 2: Get plenty of fiber**

It's rough, it's tough — and it may reduce the risk of diabetes by improving your blood sugar control. Fiber intake is also associated with a lower risk of heart disease. It may even promote weight loss by helping you feel full. Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

**Tip 4: Lose extra weight**

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health. And you may be surprised by how much. In one study, overweight adults who lost a modest amount of weight — five percent to 10 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by 58 percent over three years.

**Tip 5: Skip fad diets and make healthier choices**

Low-carb, low-glycemic load or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known; nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

/s/ C. Coffey, Health Services

**Donations Needed**

Infirmiry and Hospice patients are in need of donated old radios and headsets.

The infirmiry has a radio and headset loaner program that allows infirmiry patients who do not have access to their property or are indigent. These patients can borrow a radio and headset on our loaner program to be able to watch the television in the infirmiry.

Unfortunately our radio and headset supply is dependent on donations of used equipment and the

stock is dwindling. If you are upgrading, transferring, or paroling and would like to donate your old equipment please take it to Group Living and let them know you are donating them to the medical infirmiry.

Your donations are greatly appreciated.  
Health Services Infirmiry

/s/ C. Pries, Health Services



# Chapel Schedule

## SATURDAY, October 28

- 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  
Asatru  
Sidda Yoga

## SUNDAY, October 29

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

## MONDAY, October 30

- 1:00 p.m.** Buddhist Discussion Group  
Restorative Justice
- 6:00 p.m.** Restorative Justice  
Yoga Class

## TUESDAY, October 31

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

## WEDNESDAY, November 1

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

## THURSDAY, November 2

- 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, November 3

- 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.