



Security

Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **April 2018**. 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 Clothing Room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.**

The Blanket Wash schedule will be as follows:
(Starting the first week of April 2018)

*Friday April 27 E-Block

*Scheduled rotation is subject to change

/s/ L. Warren, Clothing Room

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

Cotton Candy Sale

Cotton Candy (2.5 oz bags) is now available for purchase thru the Car Show. Limited supply so don't delay. Bags of cotton candy will be distributed as it arrives from the vendor and as CD-28s clear. To purchase, send a CD-28 to the Car Show account 2488 for \$1.50 per bag and put in the white Activities box. No limit within reason. Open to all incentive levels.

Car Show Fundraiser

Due to circumstances beyond our control, the vendor and date changed for the Car Show fundraiser. The new vendor is Sonic and the date will now be May 30, 2018. Those that signed up for Wendy's are already on the list and should have already received a notice about the change. There are still a few openings, so if you wish to sign up, you can but don't delay for there aren't that many spots left.

The new date is May 30, 2018, at 11:30 a.m. The menu will consist of one Super Sonic ¾ lb triple

Car Show Fundraiser (cont.)

cheeseburger, one Super Sonic ½ lb. bacon double cheeseburger (non-pork eaters can request a Super Sonic ½ lb. double cheeseburger), one donut, and Koolaid. Price is \$17.75. Open to NCI Level 2 or 3. Put your CD-28 made payable to Car Show 2488 in the Activities box.

Car Show VIP

The July 14, 2018, Car & Bike Show will host VIPs; you must be incentive level 3 to qualify. VIPs receive the following:

1. Extra time at the show. VIP's can attend from 7:15 a.m. until 9:45 a.m. and again between 11:00 a.m. until 3:00 p.m.. Non VIPs will get half of the afternoon, so VIPs get a lot more time at the show to see the vehicles/bikes, get photos and to visit with the guests.
2. Breakfast consisting of a banana, chocolate milk, donuts, and yogurt.
3. VIPs are included in the vote for Con's Choice vehicle and bike.

If you would like to be a VIP, send and your CD-28 for \$12 made payable to Car & Bike Show #2488 with VIP on the purpose line. CD-28s go in the white Activities mailbox. We are limited to the first 200 incentive level 3 general population participants, so don't delay.

/s/ J. Rodriguez, Activities

Developing Your Leadership Skills Class

Capital Toastmasters Club is offering the *Developing Your Leadership Skills Class* on Saturday, May 5, 2018, from 12:30 p.m. until 3:00 p.m. Participants study qualities designed to help develop their leadership abilities and become more effective managers. Topics discussed, and required for quality leaders, include: contracting for excellence, team building, motivation, and coaching. This valuable knowledge will help a person improve their overall leadership skills.

If you wish to participate send a inmate communication to the Capital Toastmasters Club prior to April 25, 2018. Open to Incentive levels two, three, and the first 3 level one AICs from whom we receive an inmate communication. If you have a work/schedule conflict, you'll need to have your boss sign your inmate communication stating it's ok for you to attend.

/s/ C. McFadden, Activities

Commissary**Commissary News, Updates and Reminders**

Our vender is making necessary updates to the soda tickets we currently carry which will create the following temporary disruptions in service.

Effective May 30, 2018, all soda ticket sales will be suspended. It is necessary to suspend sales in order to transition to the new tickets. The soda machines will continue taking the old coupons until July 1, 2018. In this time you will need to use the tickets you have in your possession, no credits, exchanges, or refunds will be given.

Effective July 2, 2018, the machines will only accept the new soda tickets.

We apologize for the necessary inconveniences this will cause. Commissary is making every effort to make the transition as smooth as possible for all parties involved. We appreciate your patience during the transition period.

Please plan ahead

- May 30, 2018 – all soda ticket sales suspended
- June 30, 2018 – last day to use old soda tickets
- July 2, 2018 – soda ticket sales resume

Commissary Updates

Effective May 1, 2018, Commissary will no longer be distributing regular orders on Thursdays or Fridays for any reason. The special needs line will be run on Wednesdays during last call at 7:15 - 9:45 a.m.. Thursdays will be reserved for receiving and setting up orders for the next week and Fridays will be reserved for handing out special order Commissary items.

More Commissary Updates and Reminders

Due to our vendor availability, the Timberland cushion crew socks four ct. for \$9.89 are temporarily out of stock until further notice. The following three shoes in the Spring/Summer 2018 shoe catalog are listed incorrectly as shower shoes. They are sandals and should not be worn in the shower.

Under Armour Ignite V item #81805

Under Armour Ignite V, item #81802

Under Armour Women's Ignite VII item #81809

/s/ S. Jackson, Commissary

Miscellaneous

ICH Unit Peer Companion Announcement

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that setting. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can assist them in responding more effectively and productively in their environment.

Mental Health Special Housing is now hiring for a Unit Peer Companion position on the Intermediate Care Housing (ICH) unit. The individual selected for this position will report to the ICH for their shift. We are looking for a motivated, responsible individual who has the willingness to work with elderly, mentally ill, and special needs populations.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff and treatment staff in ensuring that identified inmates housed on the ICH are getting their basic daily needs met.

Duties may also include assisting individuals with navigating the institution and engaging in activities outside of their cells, including dayroom and yard. This involves engaging the assigned inmates in these activities.

Please submit an application to Katelyn O'Brien, ICH QMHP, if you are interested. Application deadline is May 4, 2018. To be eligible, you must meet the health services hiring requirements, including incentive Level 3 and clear conduct for at least one year.

/s/ K. O'Brien, ICH

Taken from "How to Manage the Alzheimer's Patients in Our Prisons" by Jaime Todd, MBA, LNHA.

As our population ages we need to recognize how to help those that suffer with Dementia and Alzheimer. Those that suffer could be our friend, cellie, or family member.

The start of Alzheimer's or dementia is slow. Signs and symptoms start with confusion and forgetfulness. But as the disease gets worse they become unable to perform routine daily activities like bathing, and dressing. They can experience behavior changes like agitation and anger. Good clear communication by others is the key to helping these individuals with

Alzheimer's or dementia avoid frustration and achieve comfort. Speaking to them with R-E-S-P-E-C-T not only helps them but you.

R=Reassure

With constant reassurance, they will feel safer and can pay better attention. Address by name and introduce self as often as needed in a soft tone.

E=Environment

Create and maintain a relaxing setting to reduce the disruption. One way to do this is to turn off any radios and/or televisions. This will help to keep the patient relaxed throughout the day.

S=Specify

Using small simple words and sentences will decrease confusion. Asking yes/no questions will help them to better understand. If they do not understand then repeat the question.

P=Prepare

Often they will resist activities of daily living (changing cloths, brushing teeth, eating). Give one step instructions to complete before beginning the next job.

E=Encourage

Listen closely and give your undivided attention to what is being said or asked. Make sure to smile often. Confusion can add to their problems with communicating.

C=Check yourself

Ask, offer, suggest and encourage their participation in decision making regardless of how confused they may be.

T=Thank

If you treat them with respect you will have a better bond. This will help them to become more comfortable with you and help them gain confidence and trust in you

When others help to make effective communication a priority, they create an environment that lets the individual be more independent, less agitated and more comfortable. this allows improved effort, ability, and desire to communicate.

/s/ C. Coffey, Health Services

Carpenter Shop Position

The Carpenter shop in the Physical Plant is taking applications for journeyman level Carpenters. You must have experience in framing, concrete work, and all other phases of Carpentry. You also must be able to have good communication skills.

/s/ S. Carpenter, Physical Plant

Chapel

Bahai Faith Announcement.

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

/s/ A. Perlstein, Chaplain

Chapel Schedule

SATURDAY, April 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.** Sunni Muslim Study
Worship Practice
Seventh Day Adventist Service
- 6:00 p.m.** Calvary Chapel

SUNDAY, April 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
Lutheran
Urantia

MONDAY, April 30

- 1:00 p.m.** Restorative Justice Writing
- 6:00 p.m.** Restorative Justice
Non-Violent Communication

TUESDAY, May 1

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

WEDNESDAY, May 2

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

THURSDAY, May 3

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
- 6:00 p.m.** Christian Journaling
Spanish Non-Violent Communication
Shambala Services

FRIDAY, May 4

- 8:00 a.m.** Trauma Transformation Group 🚫
- 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.