



Security

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, inmate communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential.

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.

3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all inmates aware that a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to –

- Amplify the victim's voice
- Redirect victim blaming
- Provide emotional support
- Explain options for reporting

Help victim process decision (not guide, recommend or suggest what is right)

Provide resources and referrals

Sit through forensic exam / investigatory interview if desired by the victim.

Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

Single Cell Housing

All requests for **Single Cell Housing** must come through the Group Living Captain.

BHS and medical staff input, as well as facility needs, will be taken into account when deciding who to place into the single cells that become available.

Single cell housing priority will be:

1. Medical concerns
2. BHS concerns
3. Administrative concerns
4. Inmate convenience move requests

Once an inmate is housed in a single cell, if a higher priority placement concern occurs, the inmate may be removed. Issues with inmate conduct may result in removal from a single cell.

/s/ C. Borden, Security

Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **April 2019**. 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 will supervise clothing room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.**

Schedule will be as follows:

(Starting the first week of April 2019)

*Friday April 5 th	A-3, A-Block
*Friday April 12 th	D-Block
*Friday April 19 th	C-Block
*Friday April 26 th	E-Block

*Scheduled rotation is subject to change

/s/ L. Warrens, Clothing Room

Activities

Improving Your Management Skills Class

Capital Toastmasters Club is offering the 'Improving Your Management Skills' Class on Saturday, April 20, 2019, from 12:30 p.m. until 3:00 p.m. This class is designed to help participants develop their creative

Improving Your Management Skills Class (cont.)

thinking abilities, to recognize and develop their management skills, and become more effective managers.

If you wish to participate send an inmate communication to the Capital Toastmasters Club prior to April 11, 2019. Open to Incentive levels two, three, and the first five level one AIC's we receive an inmate communication from. If you have a work/schedule conflict, you'll need to have your supervisor sign your inmate communication to attend.

/s/ J. Rodriguez, Activities

Commissary

Commissary News

Due to year-end inventory, all pre-sale items will be suspended from Friday May 31, 2019, through June 30, 2019.

Pre-sale items:

- Music Vouchers
- Musical Instruments
- MP4 Accessories
- Shoes
- Televisions

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning July 1, 2019.

Please DO NOT contact Telmate with questions about suspended items.

/s/ S. Jackson, Commissary

Miscellaneous

Antibiotics: When They Can and Can't Help

What are antibiotics?

Antibiotics are strong medicines that can stop some infections and save lives. But antibiotics can cause more harm than good when they aren't used the right way.

Do antibiotics work against all infections?

No. Antibiotics only work against infections caused by bacteria. They don't work against any infections caused by viruses. Viruses cause colds and most coughs and sore throats.

What is "bacterial resistance"?

Usually antibiotics kill bacteria or stop them from growing. However, some bacteria have become resistant to specific antibiotics so the antibiotics don't work against them.

Don't expect antibiotics to cure every illness. Don't take antibiotics for colds or the flu. Often, the best thing you can do is to let colds and the flu run their course. Sometimes this can take two weeks or more. Contact Health Services if your illness gets worse.

How do I know when I need antibiotics?

The answer depends on what is causing your infection. The following are some basic guidelines:

- **Colds and flu.** Viruses cause these illnesses. They can't be cured with antibiotics.
- **Cough or bronchitis.** Viruses almost always cause these. However, if you have a problem with your lungs or an illness that lasts a long time, bacteria may actually be the cause. Your practitioner may decide to try using an antibiotic.
- **Sore throat.** Most sore throats are caused by viruses and don't need antibiotics. However, strep throat is caused by bacteria. A throat swab and a lab test are usually needed before your practitioner will prescribe an antibiotic for strep throat.
- **Ear infections.** There are several types of ear infections. Antibiotics are used for some, but not all, ear infections.
- **Sinus infections.** Antibiotics are often used to treat sinus infections. A runny nose and yellow or green mucus do not necessarily mean you need an antibiotic.

OSP Medical FAQ of the Month

Each month, we will attempt to answer a FAQ (frequently asked question) that arises in Sick Call, or as submitted by Walled Street readers. If you have a question that you believe would be a good FAQ of the Month, please submit it on an inmate communication, addressed to FAQ of the Month, and placed in the Health Services inmate communication box.

Q: "Why do I keep getting callouts to check my blood pressure? I didn't ask for them."

A: If you have high blood pressure, keeping your blood pressure under control can make all the difference in both the quantity and quality of your life. The only way to know whether your blood pressure is under control is to have it checked; if your blood pressure is elevated, it can cause damage, without causing any symptoms.

OSP Medical FAQ of the Month (cont.)

High blood pressure is a major cause of death and disability in the United States. Uncontrolled high blood pressure can cause damage to all of your organs. Some of these complications include:

- **BRAIN:** A stroke occurs when part of your brain is deprived of oxygen and nutrients, causing brain cells to die. Uncontrolled high blood pressure can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak.
- **EYES:** High blood pressure can damage the vessels supplying blood to your retina, causing retinopathy. This condition can lead to bleeding in the eye, blurred vision and complete loss of vision. If you also have both diabetes and high blood pressure, you're at an even greater risk.
- **HEART:** Coronary artery disease. Coronary artery disease affects the arteries that supply blood to your heart muscle. Arteries narrowed by coronary artery disease don't allow blood to flow freely through your arteries. When blood can't flow freely to your heart, you can experience chest pain, a heart attack or irregular heart rhythms (arrhythmias). High blood pressure forces your heart to work harder than necessary in order to pump blood to the rest of your body. This causes the left ventricle to thicken or stiffen (left ventricular hypertrophy). These changes limit the ventricle's ability to pump blood to your body. This condition increases your risk of heart attack, heart failure and sudden cardiac death. Over time, the strain on your heart caused by high blood pressure can cause your heart muscle to weaken and work less efficiently. Eventually, your overwhelmed heart simply begins to wear out and fail. Damage from heart attacks adds to this problem.
- **KIDNEYS:** High blood pressure is one of the most common causes of kidney failure. The kidneys can't effectively filter waste from your blood. As a result, dangerous levels of fluid and waste can accumulate.

Fortunately, it's possible for nearly everyone to keep their blood pressure under control. The steps to controlling your blood pressure include:

- **Monitoring:** Every time you check your blood pressure, it will be different, because your blood pressure is supposed to fluctuate throughout the day, adapting to your activity

level, stress, medication schedule, etc. Your provider will order blood pressure checks depending on your need for monitoring. It is important you keep your appointment for BP checks.

- **Weight Control:** obesity increases both your potential for high blood pressure, and your risk of complications. Even though you don't have much control over the menu, it's possible to control your weight, by being mindful of your calorie intake. If you consume 500 calories less per day, you can lose a pound of fat per week.
- **Exercise:** if you have high blood pressure, regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 points. It's important to be consistent because if you stop exercising, your blood pressure can rise again. Activity doesn't have to be strenuous: walking, using the elliptical, or riding a bicycle are all effective, and much less likely to cause injury than running or basketball.
- **Medication:** there are many different types of medication that can help control high blood pressure. Many of them need to be taken only once a day, and can be kept in your cell—how convenient is that? Even people who need more than one medication might be taking anywhere up to 3 to 5 pills a day, which is not much inconvenience for preventing heart attacks, strokes, kidney failure, and retinopathy. After all, in 5 to 10 years, you're still going to want to use your heart, brain, kidneys and eyes, aren't you?

/s/

C. Coffey, Health Services



Chapel Schedule

SATURDAY, April 7

- 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
Worship Practice
Seventh Day Adventist Service
- 6:00 p.m.** Calvary Chapel

SUNDAY, April 8

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

MONDAY, April 9

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

TUESDAY, April 10

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

WEDNESDAY, April 11

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

THURSDAY, April 12

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI ☹
Spanish Catholic
- 6:00 p.m.** Spanish Non-violent Communication
Gospel Worship
Celebrate Recovery ☹

FRIDAY, April 13

- 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.

