

Our Mission

The Department of Correction shall strive to be a global leader in progressive correctional practices and partnered re-entry initiatives to support responsive evidence-based practices alligned to law-abiding and accountable behaviors. Safety and security shall be a priority component of this responsibility as it pertains to staff, victims, citizens and offenders.

From the Commissioner



I recently had the pleasure of attending the department's Military Veterans Appreciation/Family Fun Day. The event was sponsored by the agency's Military Peer Support Group and was held at the Lake Compounce amusement park in Bristol, CT on Saturday, June 4, 2016.

The event was open to any Department of Correction or Correctional Managed Health Care employee who is serving, or has served in the United States Armed Forces.

The Military Peer Support Group, which organized the event, provided free, as well as reduced rate, tickets to the event which included an all you can eat buffet style picnic lunch, and access to the park's rides and attractions. All told, approximately 100 individuals, including department staff who serve in the military, their family, and friends. Currently there are ten Department of Correction employees actively deployed.

It was my honor to present each department staff veteran who was at the picnic a challenge coin as a small token of my appreciation for their service to our country. It should go without saying that we owe an incredible debt of gratitude to the men and women of our armed forces. I do not think we can ever fully appreciate the sacrifices they make for us, their family, their friends and their country. Let us also never forget that it is not just the veteran who makes sacrifices for our freedom, but it is their entire family that sacrifices as well.

I would also like to thank the members of the Military Peer Support Program including co-chairs Captain James Watson and Addiction Services Counselor Doreen Krupp, not just for organizing this wonderful event, but also for all the work they do year round to support our staff who are in the military and their families.

On another note, I ask that we all keep those who have been impacted by the recent layoffs in our thoughts. I am fully aware of the disruptive impact the loss of a job can have on an individual, and let me reiterate to those who were affected – it was not your fault. Please remember, there is resource information available on the department's website. The link to the resource information webpage is: <http://www.ct.gov/doc/cwp/view.asp?a=1492&q=579400>

The layoffs have also resulted in vicarious trauma for those who remain employed. In light of this, I am even more grateful for your continued dedication, and

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through
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A Letter of Gratitude from Deputy Warden Yadira Otero-Negron

I am writing this letter to give my personal “THANK YOU” to each and every one of you, for your prayers, positive thoughts, unselfishness, generosity, cards, flowers, visits and all you did for my family and I, through our difficult time.

We know that the power of prayer really and truly works as I am living proof of it. You gave me hope. You lifted a big burden from me and gave me peace of mind to know that I can continue to provide for my family.

Facing fear in the face with your support gave me the strength I needed to get the courage to fight without hesitation and kick cancers butt. I wasn't fully aware of how much our lives will change in a split second but you all kept me strong. I never gave up hope even on my worst days. I knew that when I didn't have the strength to pray, you were praying for my family. When all I could do was cry because I was upset that the good ole Yady couldn't do the normal day to day life things I knew that you all had my back. My family and I are forever thankful to you my extended family. I am very fortunate and blessed to be part of this agency, seeing you all so concerned and willing to give us a helping hand has been the greatest gift of all. On behalf of myself, my husband and daughter, God bless you and yours.



Battery Recycling at Central Office

Central Office Environmental Analyst Rich Pease would like to help everyone “go green” by kicking off a rechargeable battery recycling program at Central Office. A container has been placed in the first floor lobby where staff can deposit old rechargeable batteries.

The department's District Recycling Centers in Enfield, Cheshire, and Niantic are already recycling rechargeable batteries, so Pease thought it would be a good idea to expand the program to Central Office. Pease will monitor the box and if successful, additional boxes could be added on other floors.



The process is fairly simple, you simply place the batteries to be recycled in a plastic bag, and then place the bag in the box. Once the box is full, UPS picks it up. The shipping is pre-paid so there is no cost to the department. Batteries that are collected will be sent for recycling into new products and new batteries. Batteries that can be collected and recycled include: Nickel Cadmium (Ni-Cd), Lithium Ion (Li-Ion), Small Sealed Lead Acid (SSLA/Pb), Nickel Metal Hydride (Ni-MH), and Nickel Zinc (Ni-ZN). These batteries are found in cellphones, cordless power tools, laptop computers, digital cameras, two-way radios, MP3 players/iPods, tablets, and cordless phones. The rechargeable batteries used in these devices last a long time

but they don't last forever. When they are at the end of their life they should be recycled. They contain heavy metals that should not be incinerated or landfilled.

If you have any questions regarding the recycling program, contact Rich at (860) 692-7562.

Code Orange at Osborn CI

There was a Code Orange in the Mental Health Unit of the Osborn Correctional Institution. A secretary was in trouble and needed help from her colleagues. So her colleagues did what was necessary to assist her. They headed immediately to their kitchens, gathered their ingredients and their pots and pans, and baked up a storm. Initiated and coordinated by Tasha Hamm and Erica Richardson, the Mental Health Unit and other Osborn staff held a bake sale for the secretary who is suffering from significant medical issues.

The line of staff members waiting to buy the baked goods to support their coworker stretched out the lobby door. They patiently waited to buy Rice

Krispie treats, cookies (Snickerdoodles, M&M, chocolate chip, macadamia nut, oatmeal raisin, and peanut butter blossoms), cupcakes (pina colada, chocolate peanut butter, carrot cake, Oreo, chocolate, and vanilla) along with assorted muffins, danishes, braided strudel, blueberry buckle, and an assortment of home baked breads.

The bake sale raised a total of \$1,116. This is in addition to the \$1,983 raised at an earlier Pay-to-Park fundraiser for a grand total of \$3,099.



The smiling faces responsible for the Osborn CI bake sale.

Hot Chili for Special Olympics

The Osborn Diversity Council and the Special Olympics facility liaisons hosted a chili cook-off competition to assist the facility in raising funds for the Special Olympics. The idea for this unique and interactive fundraiser which took place during first and second shifts was generated by Counselor Supervisor Aesha Mumin and Lt. Seneca Spruill, and several entrants offered up their best batches of chili.

“There was a great diversity of recipes, including a pumpkin chili,” said Counselor Supervisor Mumin.

All staff were encouraged to judge the chilies – for a small donation, staff could taste each chili as many times as they liked and vote for their favorite one. First shift winners were as follows: Grand Prize - Officer Roberto Oliveras; Second Prize - Lt. Spruill; Third Prize - Officer Dustin Gray,

Second shift winners were as follows: Grand Prize: Officer - Samuel Gonzales; Second Prize - Officer Anthony Grimsley; Third Prize - was a two-way tie between Officer Brian Thomassian, and Officer Whitley Smiley

Torch Run tee-shirts were also available for purchase. “This was a great opportunity to bring the Osborn staff together in a fun way to support the Special Olympics, which is a great cause,” said Warden Edward Maldonado.

“A total of \$600 was raised, and I am very proud of my staff for their efforts and their generosity.”



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Cycling with a Purpose

For the second year in a row, Correction Officer Jason Regan of the Hartford Correctional Center will be riding his bike in the American Diabetes Association's New England Classic Tour de Cure. He, along with other riders, will cycle 550 miles during the week of July 9-15, throughout New England, to raise money and awareness for diabetes research.

Last year the cause was personal, his girlfriend was diagnosed as a teenager with type-one diabetes. This time the ride is even more personal – since



last year's ride he and his girlfriend were married, but tragically their son, Lucas Thomas Regan, passed away at birth due to complications from diabetes.

In order to prepare for this event Regan has been riding hundreds of miles in and around Connecticut. The Tour de Cure is a series of fundraising cycling events

held in 44 states nationwide to benefit the American Diabetes Association. In 2015, more than \$29 million was raised to support the mission of the American Diabetes Association.

According to the American Diabetes Association, nearly 30 million people in the United States have diabetes. Every year 1.7 million Americans are diagnosed with diabetes. In 2010, diabetes was the seventh leading cause of death in the United States.

To support Officer Regan on his ride please visit: [HTTP://main.diabetes.org/goto/JasonRegan](http://main.diabetes.org/goto/JasonRegan) or by mail at:

**American Diabetes Association
Attn: New England Classic
Tour de Cure
10 Speen St, 2nd Floor
Framingham, MA 01701
Support for Jason Regan**

Around the Cell Block



NEVADA – The Nevada Department of Corrections will no longer use birdshot in its institutions and will incorporate less lethal options, such as impact weapons and rubber rounds. Birdshot was introduced into the Nevada prisons in the early 1980s as a deterrent to inmate violence.

Hawaii - An inmate from Hawaii serving his sentence in a private prison in Arizona is suing the state Department of Public Safety over its policy requiring all mail to and from inmates to be written in English. The lawsuit claims that English-only mail policy prohibits prisoners from receiving letters written in Hawaiian and unduly burdens communications between families and their loved ones behind bars.

TEXAS – Some 4,300 inmates from three separate Texas prisons had to be relocated recently due to the flooding of the Brazos River.

**Total
Supervised
Population
on
June 10, 2016
19,614
On June 10, 2015
the population was
19,969**



Did You Know?

“Did You Know” is an informational column aimed at increasing your knowledge of issues in our everyday lives. This article was compiled by Public Information Officer Andrius Banevicius. Any questions related to this article may be answered by contacting him at 860-692-7780. If you have any questions, or have an idea for a future column, please leave a message at 860-692-7780.

The History of Flag Day

The first celebration of the U.S. Flag’s birthday was held in 1877 on the 100th anniversary of the Flag Resolution of 1777. However, it is believed that the first annual recognition of the flag’s birthday dates back to 1885 when school teacher, Bernard J Cigrand, first organized a group of Wisconsin school children to observe June 14, the 108th anniversary of the official adoption of The Stars and Stripes, as the Flag’s Birthday. Cigrand, now known as the ‘Father of Flag Day,’ continued to publically advocate the observance of June 14 as the flag’s ‘birthday’, or ‘Flag Day’ for years.

Just a few years later the efforts of another school teacher, George Balch, led to the formal observance of ‘Flag Day’ on June 14 by the New York State Board of Education. Over the following years as many as 36 state and local governments adopted the annual observance.

Another claim comes from Philadelphia. In 1893, the Society of Colonial Dames succeeded in getting a resolution passed to have the flag displayed on all of the city’s public buildings. Elizabeth Duane Gillespie, a direct descendant of Benjamin Franklin and the president of the Colonial Dames of Pennsylvania, that same year tried to get the city to call June 14 Flag Day. Resolutions by women were not granted much notice, however, and it was not until May 7, 1937, that Pennsylvania became the first state to establish the June 14 Flag Day as a legal holiday. To this day, Pennsylvania is the only state that recognizes it as a legal holiday.

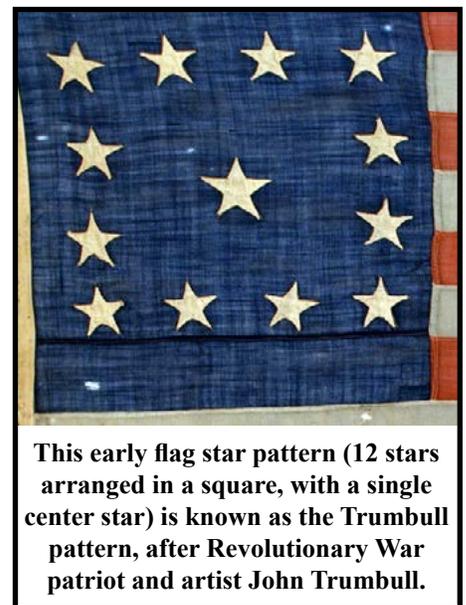
William T. Kerr, was credited with founding the American Flag Day Association in 1888 while still a schoolboy in Pittsburgh, Pennsylvania. Both President Wilson, in 1916, and President Coolidge, in 1927, issued proclamations asking for June 14 to be observed as the National Flag Day. But it wasn’t until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law.

Today, Flag Day is celebrated with parades, essay contests, ceremonies, and picnics sponsored by veterans’ groups, schools, and groups like the National Flag Day foundation whose goal is to preserve the traditions, history, pride, and respect that are due the nation’s symbol, Old Glory.

Flag Resolution of 1777

The Stars and Stripes originated as a result of a resolution adopted by the Marine Committee of the Second Continental Congress at Philadelphia on June 14, 1777. The resolution read: ***“Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field representing a new constellation.”***

The resolution gave no instruction as to how many points the stars should have, nor how the stars should be arranged on the blue union. Consequently, some flags had stars scattered on the blue field without any specific design, some arranged the stars in rows, and some in a circle. The first Navy Stars and Stripes had the stars arranged in staggered formation in alternate rows of threes and twos on a blue field. Other Stars and Stripes flags had stars arranged in alternate rows of four, five and four. Some stars had six points while others had eight.



This early flag star pattern (12 stars arranged in a square, with a single center star) is known as the Trumbull pattern, after Revolutionary War patriot and artist John Trumbull.

Willard Cybulski Facility Awards

The Willard Cybulski Correctional Institution held its annual Facility Awards Ceremony on Friday May 20, 2016, where Warden John Tarascio presented the following awards:



Distinguished Service Award - Renee Cyr
Correction Officers of the Year -
Brian Banish, Matthew Fryer, Charles Rojas
Distinguished Public Service Award -
Chaplain Michael Torres
Support Staff of the Year - Karen Mayo
Maintenance Employee of the Year -
David Leathe

Food Services Employee of the Year - Matthew Santoro
Health Services Employee of the Year - Stephen Badura
Unit of the Year – Operations
Counselor of the Year - Stephanie Sullivan
Teacher of the Year - Roland Bishop
Supervisor of the Year - Lt Kevin Griffin
Circle of Merit - Anthony Warrick and Jane Upton
Employee of the Year - Counselor Sup. Kristine Barone

Doctors of Ministry

The Director of Programs and Treatment, Karl Lewis, along with the Director Religious Services, the Reverend Anthony Bruno are pleased to announce that not one, but two of the department's chaplains have recently received Doctorates of Ministry.

Chaplain Michael Christie from the Bridgeport Correctional Center representing the Baptist faith defended his doctoral work on March 18, 2016 at the Hartford Seminary. His project report explored how technology and, in particular, online platforms can be used to outreach to communities and congregations.

On May 13, 2016 Cheshire Correctional Institution's Religious Service Coordinator Sami Shamma received a Doctor of Ministry from the Hartford Seminary. Dr. Shamma completed his dissertation on "Employing the Teaching of Qur'anic Arabic as Gateway to Increase the flexible understanding of Islamic Jurisprudence and Ethics for the Incarcerated through Ministry Intervention." Congratulations to chaplains Christie and Shamma on their prestigious achievement.



L to R: Director Karl Lewis, chaplains Michael Christie and Sami Shamma, and Rev. Anthony Bruno.



June is National Migraine Awareness Month.

A migraine is a genetic neurological disease, characterized by episodes often called Migraine attacks. They are quite different from regular headaches. The World Health Organization suggests that approximately 37 million people or 18 percent of women and 7 percent of men in the US suffer from migraines.

Migraines are called primary headaches because the pain isn't caused by another disorder or disease such as a brain tumor or head injury. Some cause pain on just the right side or left side of the head, others result in pain all over.

Many people experience migraines lasting for at least four hours or may last for days. The range of time someone is affected by an attack is actually longer than the migraine itself, as there is a pre-monitory, or build-up phase, and a post-drome that can last one to two days.

Different people have different triggers and different symptoms. Some people experience an aura, which can cause changes in vision. Sufferers have reported seeing flashes or bright spots. Although an exact cause is unknown, brain scans show that migraines may be due to "hyperactivity" in parts of the brain. A migraine sufferer's brain is actually biochemically different than that of the brain of a person without this disorder. Migraines in women are more common than in men. Susceptibility to migraines tends to run in families. There is one rare genetically proven migraine syndrome, Familial Hemiplegic Migraine (FHM) where a known genetic deficiency in one protein is present.

The diagnosis of a migraine usually happens if people have a combination of symptoms and doctors have ruled out other disorders. The International Headache Society breaks migraines into two categories: migraine with aura and migraine without aura. Aura causes sufferers to see spots, lights or blurry lines before pain strikes, among other symptoms.

There are a large number of migraine symptoms, the most common are: throbbing , pulsating pain; light sensitivity; sound sensitivity; nausea; pain on one side; vision changes; aura; vomiting; sensitivity to smell; stiff neck; dizziness; and overall weakness.

Changing your lifestyle in an attempt to eliminate migraine triggers may help prevent or reduce the numbers of migraine attacks. Good overall health, including sufficient exercise and stress management, is key in avoiding and coping with migraines. Pain is often managed through reducing activity, avoiding extreme temperatures and resting in a cool, quiet, dark area during the periods of most intense pain.

Your doctor can evaluate your headache history and the symptoms you're experiencing in order to formulate an effective treatment plan. Once the underlying causes of migraine pain are eliminated, your health care provider may prescribe migraine medication designed to reduce the pain of a migraine attack, as well as shorten the duration. With proper management, migraine attacks can be dealt with quickly, allowing you to return to your normal activities.



Class(ical) Act at CRCC

The sounds of classical music could be heard emanating from the gym of the Radgowski building during a recent concert at the facility. The May 4th concert performed by members of **The Solera Quartet** was part of an effort known as *Project: Music Heals Us*.

Now in its second season, *Project: Music Heals Us*, is a classical music concert series comprised of 12 concerts taking place throughout the 2015-2016 concert season in the towns of Guilford, Madison, Branford, and Hamden, Connecticut: Five concerts in churches, and seven in nursing homes, hospitals, hospices, homeless shelters, and prisons.

The classical quartet presented selections by Bach and Beethoven, explaining how there were hidden meanings or coded messages inside some compositions. The musicians not only performed the classical pieces, but also took time to share

the importance of music in their own personal growth, and to provide insights into the history and personal backgrounds of the composers, with special attention to the way their music was a form of celebration, an act of worship, and a means of working through grief and trauma.

The Solera Quartet’s musicians, based out of New York City, are the Quartet in Residence at the University of Notre Dame. Members Tricia Park and Miki-Sophia Cloud, violins; Molly Carr, viola; and Andrew Janss, cello, have been featured in such world-renowned international venues as Carnegie Hall, Royal Festival Hall



The Solera Quartet performs at the Corrigan Radgowski Correctional Center.

in London, Orchard Hall in Tokyo, The Kennedy Center and Lincoln Center.

PEP (People Empowering People) Volunteer Kathleen Archambault obtained permission from Warden Antonio Santiago for the musicians to visit, and scheduled the event with the help of DoC Recreation Director Helen Behney.

Studies have shown that art performances help create a peaceful environment, but also aid in the healing process itself; patients exposed to the arts require fewer drugs, spend less time in the hospital, and have improved mental health.

Years of Service

Employees with 20 Years of DOC Service as of January 2016

<u>Name</u>	<u>Title</u>	<u>Facility</u>	<u>Hire Date</u>
Rios, Maria	Captain	Enfield CI	1/19/1996

Employees with 25 Years of DOC Service as of January 2016

Canas, Lorrie	School Teacher	Cheshire CI	1/11/1991
Downer, Louise	Secretary 2	Brooklyn CI	1/11/1991
Johnson, Mercy	Fiscal Admin Off	Central Off	9/7/1990

Employees with 30 Years of DOC Service as of January 2016

Caple, William	Correction Officer	NHCC	1/3/1986
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