



UPAN Newsletter

Volume 7 Number 12 | DECEMBER 2020

“Empowerment and Growth Through Knowledge and Unity”

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Inmates Christmas Card Designs – COVID Update – COVID Hotline -UDC Medical Director on COVID and Specific Medical Questions

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January 11, 2021 Meeting Location: Virtual - Zoom Registration Topic: Family meeting. Topics will be determined by participants. Free and open to the public. Live stream on Facebook Live will be available. Virtual Zoom Meeting – link is <https://bit.ly/2UJ2RA3>

UPAN started virtual meetings this fall. Also available, as usual, on our Facebook page. All UPAN Meetings and those posted on this page are free and open to the public.

FOCUS Meeting: Go to: www.corrections.gov click on Family & Friends tab, scroll down & click on FOCUS Forum and find link to the meeting on that page. Questions – contact UDC Public Information Officer Kaitlin Felsted at: 801-545-5536 or kefelsted@utah.gov

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SPECIAL NOTE ABOUT THIS ISSUE:

This issue of the UPAN Newsletter is formatted for Christmas with our loved inmates in mind. Pages 2 and 9 contain four Christmas Card Design Contest winners, two on each page. With this format, each of those pages can be removed from the newsletter for display in your living quarters to add to the Holiday Spirit in these challenging and gloomy times. In doing so, the important articles remain intact. Enjoy, Ed.

Disclaimer: Formulate your own opinions about the information presented. This information is presented for the reader’s enlightenment and evaluation.



Contemporary Category: "Classic Santa",
Chad Severson, 245298, Uintah Co. Jail



Religious Category: "Nativity: The Ultimate Gift",
William Butcher, 217927, OQ5

COVID-19 Update, December 16, 2020

By Wendy Parmley, RN

As we approach Christmas, we are saddened that our loved ones remain in a constant state of disruption and that we are still not able to visit. Covid-19 outbreaks have continued since September and our loved ones have been in an out of quarantine in both prisons, with reports of meal disruption, medication delays, property disruption, and discouragement as they are moved from location-to-location dependent on if they test positive or negative. The Utah Department of Corrections has assured us that they are following CDC guidelines and the Department of Health recommendations for inmate placement and prevention and mitigation strategies.

We are looking forward with anticipation to the Covid-19 vaccine that will help Utahans, including those incarcerated in our prisons and jails, gain immunity and prevent future outbreaks. We are advocating for inmates to be included in the second tier of immunizations. First tier includes healthcare workers and long-term care facility residents. The second-tier prioritization is still pending. Third tier will be the general population.

The first COVID-19 outbreak at Draper began in September with a second outbreak reported October

30th. COVID-19 continues to expand throughout Draper's facility. The CUCF's first outbreak began on November 3rd. There have been 9 deaths total reported, with two additional deaths of individuals who were positive for COVID-19 reported on November 25th. Our hearts go out to the families of loved ones who have died or who have been ill or hospitalized. As of December 9th, there have been a total of 16 outbreaks with 2,068 individuals who have tested positive in our jails and prisons, and 55 in hospitals. <https://coronavirus.utah.gov/case-counts/>

As of December 8th, (the latest info available) there are 1,149 active cases of COVID-19 between the Utah State Prison (USP) in Draper (662), CUCF (420), and state inmates housed at a county jail (67). Outbreaks are currently present in the following areas: Oquirrh 5, Oquirrh 4, Oquirrh 3, Oquirrh 2, Oquirrh 1, Uinta 4, Uinta 3, Promontory, Lone Peak, Wasatch (Dog-Block), Ironwood, Henry (Dogwood, Aspen) and Boulder (Fir and Gale). Active cases at Community Correctional Centers: there is 1 at Atherton, 1 at Fortitude, 2 at NUCCC. There are also 44 active staff cases as well. <https://corrections.utah.gov/index.php/home/alerts-2/1237-udc-coronavirus-updates>

PRISON MEDICAL: Presentation by Tony Washington on COVID in Utah Prisons

By Molly Prince

UPAN directors as well as families of incarcerated persons in the custody of the State of Utah have been contacting Director of Clinical Services Tony Washington more and more frequently during the spread of COVID in the UDC facilities. On December 9th at 11 a.m., Mr. Washington presented on the Corrections' Facebook Live, explaining how the process works for inmates to obtain medical care as well as follow up care. He also addressed several concerns he has received from UPAN and inmate families. This article summarizes much of this presentation, and also includes some observations and experiences UPAN has received from incarcerated individuals. Please note that this information was presented by UDC and not generated by UPAN.

Inmates Access Medical Care by submitting Health Care Requests. HCR are the forms (also known as kites) that the person submits to ask to be seen by Medical for a specific medical concern. According to Mr. Washington, the HCR is the only way that inmate medical care can be initiated. He did not elaborate on how the inmate actually gets the HCR to Medical. Once received by Medical staff, within 24 hours the HCR is triaged (assigned a degree of urgency) by a nurse. Then appointments are set up by scheduling the inmate to meet with providers. This occurs daily. Then, the director stated that if care needs to be escalated, such as in an emergency situation, inmates do not have to submit additional HCRs. The prison medical is

supposed to schedule those appointments. (This is where there seems to be a breakdown however, according to inmates and families.)

It should be noted that there seems to be some confusion about when to put in a HCR. If the doctor says that a referral for further testing or treatment will be made, it sounds as if an HCR from the inmate is not required for that particular event. However, if it takes days or weeks to return to medical or be taken outside the prison for further testing or treatment, it may feel to the inmate as if they have been forgotten by medical. UPAN suggests that it would be very helpful for a communication from Medical be sent to the patient to keep them informed of the status of the scheduling and treatment process.

Otherwise, it is wise that they submit a HCR to follow up. Just like in the community, if our doctor refers us to another doctor for further testing or treatment, and the second doctor's office does not call us to schedule an appointment within a couple of days, it is our responsibility to follow up ourselves and call and make that appointment. In the community things sometimes fall through the cracks, and it is possible things fall through the cracks in the prison medical system.

What is different about medical services during COVID. With Covid-19 being so widespread now throughout both prisons, there are a lot of incarcerated

individuals in isolated areas and quarantine areas. To accommodate the need, Washington states that medical staff does rounds two times per day and mental health staff also does rounds in those areas.

Here is where it gets confusing: Policy says inmates need to submit an HCR if they need to be seen, but according to Washington, this means that inmates can also communicate to one of the medical staff who are handing out and providing medications if they have a medical concern. He also said they can communicate with custody staff (officers) if they are having a medical crisis or have a situation that needs attention. He states that the inmates “are never in a situation where they are completely by themselves and don’t have access to medical care. Someone is always around to share those things about whatever is needed.” He goes on to say they “can escalate if necessary. “We have an infirmary at both locations and we can have one of the inmates brought to the infirmary to receive additional care.”

Contracts with local hospitals. Dir. Washington also shared that the UDC has contracts with the University of Utah Medical Center to provide escalated care beyond what the prison clinic can provide. Sometimes the University Hospital diverts inmates to other local hospitals because their ICU bed situation is so full.

He further reported that currently the UDC Medical has weekly meetings with the U of U about their ICU bed capacity and the possibility of having to divert to other hospitals in the days ahead. He said that UDC also works very closely with the Utah Health Department and stated “which has been a godsend for us.” Dir. Washington said that the health department has helped and guided UDC “every step of the way” and they originally had daily meetings. The Utah Health Dept. and UDC currently are having meetings twice a week. He reports that the UDC follows the Utah Health Department guidelines strictly in every setting.

Medical assessment by licensed providers. Washington stated that all medical treatment offered in USP and CUCF is “always based on medical assessment by licensed providers... who are going to make treatment recommendations.” He stated that the prison has no limits on treatment recommendations and there are no problems sending a patient out to a hospital. This is in response to a lot of speculation within prison families that UDC is avoiding providing certain medical treatments, transports for procedures, and testing due to lack of funding or because they are trying to avoid the cost of care. Mr. Washington clarified that UDC medical service has funding and access to all services whether inside the facility or outside the facility.

The UDC administration has authorized Medical to add nurses at both USP and CUCF due to COVID because nursing staff has been “stretched pretty thin because of the demand.” However he stated, “We are fully staffed

from a medical standpoint.” He also asserts that Medical “still provides care in every instance.” He said that all medical personnel “are licensed providers that you might meet within the community, some of them also work in the community... they are fantastic.”

Inmates are not supposed to be charged a medical co-pay for anything COVID related. This includes testing, treatment, appointments, or medications. He stated that despite reports from our incarcerated loved ones that med techs have told them that they are out of Tylenol, there is “no shortage of medication.” He did state medication is administered based on assessment by medical staff. However, this does not answer concerns that families have about inmates not having access to analgesics like Tylenol or Ibuprofen and being told there is a shortage on commissary. It should be remembered that not all inmates have the funds to order OTC medications on commissary and these should be provided by med techs during pill call to manage fever and pain.

USP asks inmates to communicate with Medical. Washington addressed the challenge Clinical Services faces when inmates don’t put in HCRs, but instead tell family members about untreated medical conditions or concerns. Then the family becomes worried, contacts UPAN or Washington directly, but there is apparently no paper trail showing submission of any health care requests.

He stressed the importance of direct communication between inmates and Medical several times in his presentation. The importance of HCRs was stressed over and over. He said when medical issues start branching out to third parties – family members or UPAN directors – things get misinterpreted.

Tony Washington stated that it is just as important to the prison as it is to us as family members, that our incarcerated loved ones get the proper care. However, he stressed several times that medical care and treatment will not be provided simply on the request of the patient or family member. This is frustrating to families.

He stated, “All treatment, all services rendered, including diagnostics are done at the request of the licensed provider,” which he defines as the doctor or physician’s assistant. He stated “what that means is, the doctor, the physician’s assistant who is meeting with the individual are the ones who are going to determine if we need to have an MRI done. If there needs to be x-rays. If there needs to be lab work done, etc. That is how it works in the medical model.” He went on to say, “You don’t have to worry that we are not doing necessary checking, diagnostics, or that we’re delaying, we don’t delay. We schedule, we make things happen best we can.”

UPAN suggests that every inmate keep a journal or log of their medical issues, dates, times, symptoms, as well

as when they put in HCRs, when they have medical visits, and any medical recommendations or prescribed treatment. That way when something does get overlooked or falls through the cracks, there is a record held by the patient of the process. This is a wise process for us out in the community, and it is best that each patient keeps their own records of appointments, symptoms, and treatment, so they do not have to rely on memory. Take that notebook to medical appointments so you can remember what your symptoms were on what days and for how long. Then when talking to family, you can refer to the log as well so that the information is consistent and shared with medical in prison as well as your loved ones.

Patients are referred to the University Medical Center for specialty care, surgeries, and procedures that are beyond the prison capacity. Washington has repeatedly told UPAN directors that the process of getting into outside appointments is based on the hospital's scheduling and capability to get the patient in. As all of us in the community know, it can be challenging to schedule a procedure with a hospital and sometimes it takes repeated calls on the patient's part to get things organized and scheduled. With COVID, the pre-screening with a COVID test prior to a surgery complicates scheduling. Our incarcerated loved ones do not have the ability to organize their own medical care and scheduling. They must rely on Clinical Services to stay on top of that. UPAN hears from a lot of families that things are delayed and that is very frustrating to families and inmate patients alike.

Follow-up care prescribed by specialists in the community can be overridden by prison doctors. Washington discussed that once an inmate goes out to a hospital for a procedure, they return back through the infirmary. He states, "Then the information from those appointments, whatever's gone on is relayed to our local physicians who act as the primary care providers. Because our local (prison) physicians are the ones who know all the details and information about the individual, so they weigh those recommendations from the university specialists and then make appropriate recommendations for inside the prison. I think it's important to understand." It boils down to the prison's position that regardless of what the recommendation of the specialists at the hospital are, it is filtered through the prison doctors who know the inmate and then decide what the aftercare or continued care will be for the patient. That is not always compatible with the recommendation from the hospital doctors.

He wants to dispel the concerns that medical care is influenced by the type of crime someone committed.

He denies that his medical team would allow someone's

crime to influence their medical care or the recommendations for care, procedures, medication, or follow up. He states, "90% of the time we don't know what the individual has done. Our responsibility is to provide medical care for your loved one, period."

The importance of the Verbal Release of Information.

Washington addressed the need for a release of information in order to share medical information on an incarcerated adult with a family member. The prison's current *Verbal Release to Share Medical Information* expires EVERY 90 days. This makes it very difficult for inmates to remember when to renew. It is a complicated process. It is not offered to them, they have to get it from a caseworker, fill it out legibly, it must be notarized, and then scanned in and sent to Medical. That can take days or even weeks, as some people's experience has shown. UPAN's director of medical issues is currently working with UDC to create a new form for verbal sharing of medical information that does not need to be notarized and can last up to 12 months unless the inmate writes to cancel it. For now, though, it is very important that every inmate make sure that they have the Verbal Authorization form filled out and updated and on file with Medical if they want their loved one to be able to talk to Medical about their condition. Please see October 2020 UPAN newsletter for more information on this verbal release of information.

Early Release versus Compassionate Release.

There are two categories that allow for early release. Due to COVID, there is the category in which an individual has less than six months to serve before their release date. They can ask for a special consideration to be released early specifically due to the COVID pandemic. This is *Early Release* and NOT compassionate release.

A Medical Compassionate Release is based on a clinical recommendation submitted to the Utah Board of Pardons & Parole by the prison Medical due to an inmate's health problems or terminal illness. The Board then has certain criteria that they follow to allow compassionate release. The prison doctor or PA reviews the entire medical history and current diagnosis to determine what is happening and if they feel that person is a candidate for compassionate release based on the Board's criteria, they will submit a recommendation for CR to the BOPP. It is up to the BOPP to determine if CR will be granted. This includes taking into consideration things like sentencing guidelines and risk to the community, as well as release plans and a place where the individual can be cared for in the community. Prison Clinical Services is NOT the one that makes final decisions about CR. (See UPAN April 2019 newsletter for more info on the Board's criteria and approach to Compassionate Release.)

Christmas isn't about things, it's about being good to one another." Paraphrasing Carrie Fisher

"It's not how much we give but how much love we put into giving." Mother Teresa

Celebration of **Life** Memorial for ALL Inmates Who Passed Away in 2020

By: Mel Walker

As we deal with this pandemic, let's not forget our loved ones. It is difficult in these times, but so important to keep our families and communities healthy. While we all strive to continue to support our incarcerated community, it's our duty to ensure we also set an example by doing our best to keep the remaining population untouched by this pandemic. If our incarcerated loved ones are not healthy, neither are our communities. It's the circle of life. Without a healthy ecosystem all living populations will fall victim. This is not a socio-economic matter, this virus doesn't discriminate, it spreads like a wildfire. The lack of well-being for our incarcerated loved ones directly impacts everyone's "quality of life".

Sadly, we have lost some loved ones under the UDOC watch. Each and every breathing soul meant the world to us. Their lives had meaning, regardless of their circumstances. Each had hopes and dreams. Keeping everyone aware is a priority, and we are concerned of the many challenges each of these individuals had to endure. We send condolences to the families who battle daily with the loss of their loved ones, whether they suffered from COVID or not. Their lives mattered!

Some of the lives lost not directly caused by COVID-19 were still impacted by the pandemic which impacts the ability to access medical care, whether in the community hospitals or in the prisons. Many resources have been diverted to dealing with the pandemic this year and this has affected the health and well-being of everyone.

Incarcerated people have endured so much this year due to the pandemic, including loss of visits from loved ones, suspension of education, programming, and self-improvement classes, lost work opportunities, loss of religious services, reduced recreational opportunities, and more challenging access to health care. While this is similar to what people in the community have lost, it is amplified in correctional settings. This creates significant stress, which then influences physical and mental health. Everything is connected.

Furthermore, 2020 has been quite a year for all of us. Utah has endured the worst of it: earthquakes, riots, fires, hurricane force winds, COVID-19, yet we have

remained resilient and strong. "Strength is not all physical but also a state of mind," so it's not only our duty but also in our character to fight on.

With that being said, we urge everyone to take the initiative and wear a mask. We aren't out of the woods yet, even though the government is announcing that the vaccine will arrive soon, keep in mind not all populations are included in the roll out plan. Thus far, the CDC is predicting that all Americans will be able to access the vaccine by next year. To date we are not sure of the timeline Utah leaders have set for incarcerated people to be eligible to receive it.

Therefore, to honor the lives and the families of the inmates we lost during this crisis, as well as those that are currently fighting COVID-19, simply wear a mask.

Quote: ~ Whether you're white, black, purple, orange, red or blue, MASK ON, before the virus comes for you ~

Celebration of Life challenge: Pray or meditate for all the inmates that lost their lives in 2020 In honor of those that have lost their lives while incarcerated in Utah, as well those that are currently fighting COVID-19 and beyond in those facilities, spend a few minutes in quiet contemplation, prayer, or meditation. Find a quiet spot and dedicate 15 minutes of your day to prayer or meditation. It doesn't matter how you pray, find your sense of place and pray, whether it's in silence or out loud.

All prayer is good prayer, all meditation runs positive energy, regardless of your spiritual preferences. Take this time to quietly focus on the lives lost and pray for PEACE, COMFORT, & HEALING for their families and friends. Also, reflect on your own challenges, because as you take the time to embrace your needs, you're not only empowering yourself, but also honoring the lives lost of those inmates who fell victim to COVID-19....

Live, Breathe (Mask ON) and Smile! Wash your hands! Drink plenty of water, as WATER IS LIFE. Take care of your bodies, spirits, and minds during these challenging times.

"It is a great tragedy to spend the best years of your life in prison. But if I had not been to prison, I would not have been able to achieve the most difficult task in life, and that is changing yourself. I had that opportunity because in prison we have what we don't have in our life outside prison: the opportunity to sit down and think." Nelson Mandela

UDC COVID-19 Family Hotline Launched -- 801-545-5505

By Molly Prince

The last week of November, 2020, UPAN's Communications Director Shane Severson proposed to UDC that a family hotline would be helpful for members to call with questions and concerns about COVID-19 in Utah's

prisons. The following day, the UDC dedicated a phone line for this purpose. By the end of November the COVID-19 Family Hotline was in service.

Families or friends with specific questions or concerns about their incarcerated loved ones, call **801-545-5505** and leave a voice mail message with their phone number and a question or concern. A representative of UDC will respond within 24 hours. The hotline is monitored during working hours (Monday – Friday 8 a.m.

– 5 p.m.) and is checked periodically after hours and on weekends and holidays.

The UDC website, www.corrections.utah.gov continues to update about COVID-19 in the prisons several times a week.

Specific Medical Questions from Family Should go to Tony Washington

by Molly Prince

UPAN Director Wendy Parmley has been in regular communication with UDC's Director of Clinical Services Tony Washington over the past two months related to a variety of medical questions and issues. Now that there is a COVID Hotline, family members can get many of their questions answered through that resource.

However, Medical Director Washington has asked that UPAN ask family members to contact him directly via email twashington@utah.gov if they have a specific

concern that their loved one has been unable to have addressed after submitting Health Care Requests and going through the proper channels to receive medical care.

NOTE: Incarcerated people must have a signed, valid, active "Authorization to Verbally Discuss Health Information" form on file with prison medical for a designated family member to speak with Medical. (If you don't have one on file, please GET-IT-DONE – NOW! Ed.)

Protest Regarding COVID-19 in Utah Prisons – November 22nd

By Warren Rosenbaum, UPAN Newsletter Editor

An emotionally touching vigil / protest regarding the COVID infections in the UDC prison system was held on Sunday afternoon, November 22nd on the grassy knoll between the UDC HQ building and the I-15 freeway. Across the freeway, a half-mile from the protestors, was the Draper facility with its gloomy, depressing appearance, a fitting backdrop for the subject of the day. Enduring the chilly weather, protestors carried several signs citing different issues that proclaimed their purpose graphically.

An additional supporting visual aid on display was over 200 small light green, yellow and black flags on staffs of about 12 inches. The staffs were pressed into the grassy

knoll in the shape of a large heart representing the over 200 inmates infected so far within the prison system. The flags were a unique testimony of sympathy, empathy, serious concern, and deadly fear in the hearts of the protestors for their incarcerated loved ones.

Several signs were carried by the attendees displaying their anxiety and demands for improvements in the care and medical treatment of their incarcerated loved ones. A detailed write up of this protest, is planned for the January UPAN Newsletter issue. We hope to include two or three pictures (a picture is worth a thousand words) to touch everyone's hearts with the effort and love shown. Ed.

"During the deepest darkest night, act as if morning has come!" Unknown

Seeking volunteers to type handwritten letters and articles to prepare a booklet written by inmates.

Is anyone interested in volunteering to help publish a booklet of inmates' submissions to the UPAN Writing Exercise? Helpers will type, format, and prepare for publication, **handwritten** poems, essays, personal stories, and similar submissions by inmates that the UPAN Newsletter Editor has accumulated over the past couple of years.

He is hoping to publish these writings for families and other inmates to read, enjoy, and cherish as well as to

show, thru the content, that inmates are human beings. They are people like everyone else, and not the stigmatized, second-class, undesirable sub-humans often perceived by the general population, including employers, housing owners and apartment managers, neighbors, and others. Interested or have questions?

Contact Warren at warren.rosenbaum@UtahPrisonerAdvocate@gmail.com It will be a rewarding experience.

Executive Director of the Utah Department of Corrections, Mike Hadden, Stepping Down

On November 19, 2020, the UDC issued a prepared statement that effective December 12, 2020, Director Mike Hadden will move to the Board of Pardons and Parole as director of Administrative Services for the Board. Replacing Dennis Moxon, whose last day with the Board was November 9th, Hadden had been in the top position leading the UDC since 2018. He earlier served twice as interim executive director and also deputy director. Governor Herbert observed Hadden's move with favorable comments about his long-term service. More information in next UPAN Newsletter. Ed.

Books to Help Children Deal with Incarceration By Deon Corkins

NOTE ABOUT THE FOLLOWING ARTICLE: Here is a timely potential gift list as Christmas approaches. We may not reach families in time for ordering books for Christmas presents but a slightly belated gift of such value will be very helpful for all the kids affected. **We strongly suggest you research Amazon books or other booksellers for former buyer's comments before you buy.** The source for these suggestions is www.prisonfellowship.org Ed.

About 3 million children in our country have at least one parent incarcerated, and are at risk for feeling lonely, abandoned, angry, sad and anxious. Understanding and supportive conversations can help them cope with their feelings. The following is a short sample list of books to help children of different ages. Many more books and other resources available at www.prisonfellowship.org

For Children 3 to 7: Doogie's Dad by Richard Dyches, A young boy with sister have a father in prison. They are frustrated about not being told what is going on until their mother takes them to visit their dad at prison.

Finding The Right Spot: When Children can't Live with their Parents by Janice Levy. A young girl experiences ups and down from separation from her mother and living in an unfamiliar home.

Missing Daddy by Akilah Butler. It can be challenge when children ask about the absence of a father

regardless of the reason – divorce, military service, or imprisonment. When I Miss You by Maude Spelman

For Children 7 to 10:

A Visit to the Big House by Oliver Butterworth
Amber was Brave, Essie was Smart by Vera B. Williams
Dad's in Prison by Sandra Cain and Margaret Speed.
Empowering of Children of Incarcerated Parents by Stacey Burgess.

My Dad's in Jail I won't Fail by M.A. Rodriguez.

Nine Candles by Maris Testa

For Children ages 10+:

An Inmate's Daughter by Jan Walker.

Breaking Out by Bartha DeClements.

Making up Megaboy by Virginia Walker.

Wish You Were Here: Teens Write about Parents in Prison by Autumn Spane, Nora McCarthy, and Laura Longhine

A Message to Incarcerated People this Holiday Season by Molly Prince

2020 has been a very difficult - even horrible - year for so many of us. It has been very challenging this year for all of our volunteers: directors, coordinators, family, and community members who step up month after month to support UPAN's goals and do what we can to advocate for our incarcerated loved ones and keep everyone as informed as possible about current events.

UPAN would like to take a moment to express our deep appreciation for the continued support and letters of appreciation that you send to us all year long. For the letters filled with information and perspective about what is happening inside. For your stories and poetry. We

send out this Season's blessings to each and every person incarcerated in Utah.

I encourage you to continue to take care of yourselves to the best of your ability inside. Do not give up hope, know that the numbers of people advocating for you out here are growing daily. You are thought about and cared about. Sending the love of the season to each and every one.

I have a passion for good quotes, so here is one that sums things up, "*Santa Claus is anyone who loves another and seeks to make them happy; who gives himself by thought or word or deed in every gift that he bestows.*" Edwin Osgood Grover.

Two Major Parts of Christmas

By Warren F. Rosenbaum

Christmas is a time for giving,
But what have I to give?
I'll make a promise to me and others,
A better life I'll live.

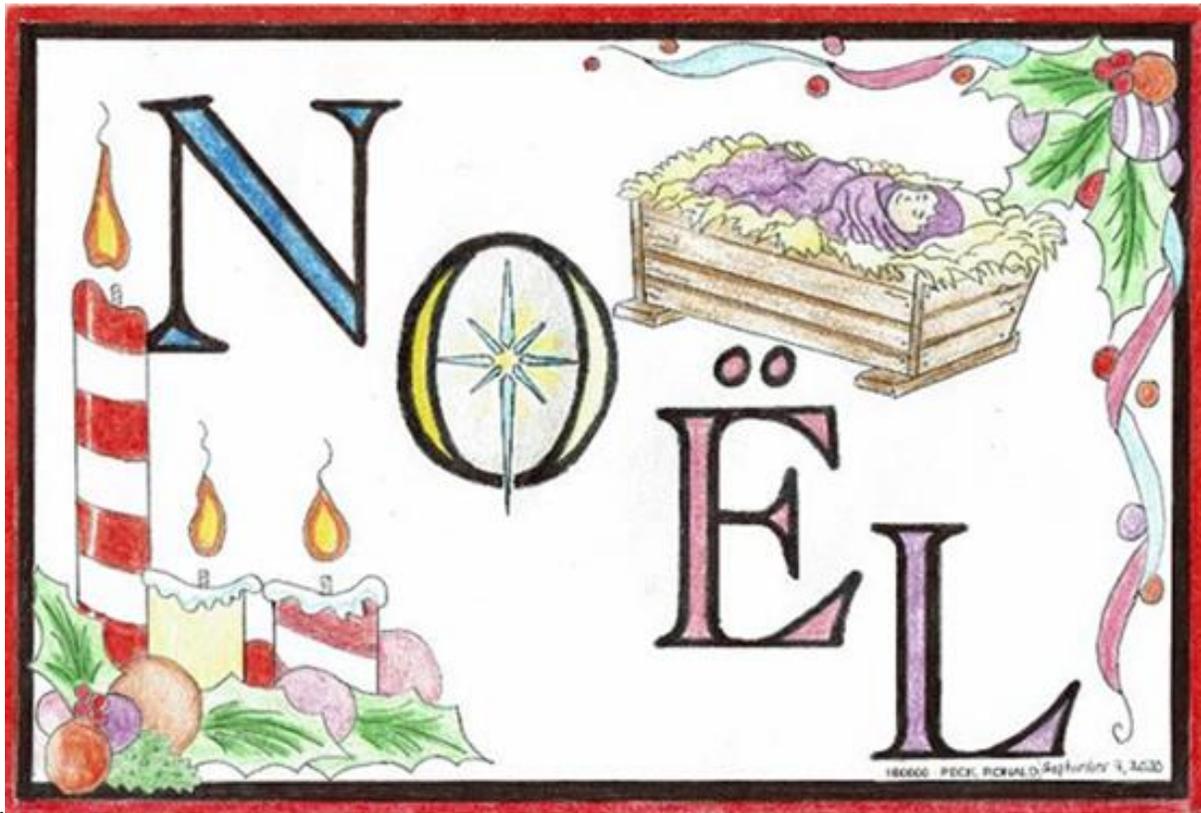
Too often promises are weak,
Trust is violated,
Promises made and never broken,
Makes other folks elated.

Promises made and often broken
Litter the landscape I see,
With the help of the Holiday Spirit,
Those faults will not be me.

Oh please, please Christmas Spirit,
Remain all year long,
Fill my heart with your goodness,
Make my promises strong.

Trust and honesty shall prevail,
Then others will forgive;
The faults I've had are buried,
I've changed the way I live.

Forgiveness at Christmas is purifying
It cleanses the lives we're living
Yes, Christmas is the time for giving
Which also includes... forgiving



Religious Category: "Noel", Ronald Peck, 180600, CUCF



Traditional Category: "Wreath, Ornaments, Candle", Ronald Peck, 180600, CUCF

UPAN Newsletter should have a backup editor – how about you?

By Warren Rosenbaum, UPAN Newsletter Editor

Recognizing the importance of the newsletter as a principle source of information for inmates and their families, UPAN should have a backup editor for the Newsletter. Therefore, this job-opening or recruitment notice. Here's your chance to take pride in serving others. We estimate that about 1,500 to 2,000 UPAN Newsletters are copied and circulated to about 3,000 or more readers (counting inmates, families, some UDC administration, legislators, other elected officials, the Governor's office, and media writers and reporters). At least they might like the jokes on page 10. BTW, a backup editor isn't required to make up the jokes. I have my sources that I will share.

So, what is required? A solid command of the English language, grammar, punctuation and word usage is a good start. Being able to type, using a computer keyboard, and use of WORD is another BIG plus. Attention to details (like spotting "or" when "of" is intended) is another pre-requisite. Time (from 12 to 36 hours) to devote to the job during each month, is also necessary. Willing to be in almost daily communication with our writers during publishing week and ability to work as a team player is a must. I expect to continue as editor for years, but at my age of 86½, I think you'd agree, UPAN should have a backup. And if the backup person would like to edit and publish a few issues during

the year, just for practice and to keep editing skills honed, that can be arranged.

If required to take over the editor's job, you would edit (spelling, punctuation, clarifying content if necessary), assemble articles in a logical sequence, format (setting margins, centering article titles, putting articles in two columns, justifying the right margins) and use a few tricks (I'll show you) to squeeze the articles into 10 pages. Our 10-page newsletter usually has 7,700 to 8,200 words.

BTW, we are ALL volunteers, so the pay isn't anything to brag about. The newsletter salary is a \$0 per month – and has out of pocket expenses for your computer equipment and cell phone costs. Maybe figure on a modest negative \$20 to \$35 per month or a minus \$240 to -\$420 annually. Something to plan for in your household budget if the backup editor were to assume the job as UPAN's fulltime editor. That possibility is certainly on the horizon unless I can continue in my 90s, assuming I'm granted that advanced age. Think about it. I'd love to work with an apprentice editor as we plan for UPAN's future. Contact me at my UPAN email address, (NOTE a "dot" between first and last names) warren.rosenbaum@UtahPrisonerAdvocate@gmail.com Note the "m", My name with UPAN is too long. Ed.

"Peace on earth will come to stay, when we live Christmas every day." – Helen Steiner Rice.

"Love the giver more than the gift." – Brigham Young

☺ A Couple of Smiles and Maybe a Laugh ☺

~~ Did you hear that production was down at Santa's workshop due to COVID? Many of his workers have had to Elf-isolate! ~- What is every parent's favorite Christmas Carol? Silent Night. ~- ~-Why does Santa enter through chimneys? Because it soots him. ~- ~-What do Santa's elves learn in school? The elfa-bet. ~-

Merry Christmas! If you're balancing the challenges you face and keeping a positive attitude, YOU ARE COOL! Ed.

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Utah Prisoner Advocate Network.

Director, Co-Founder & Treasurer: Molly Prince
Director of Communications: Shane Severson
Director of Sex Offender Policy Issues: Faye Jenkins
Director of Women's Issues: Britnee Webb
Director, Medical/Mental Health Iss: Wendy Parmley
Director, Board of Pardons Issues: Ernie Rogers
Director, Newsletter Editor: Warren Rosenbaum
UPAN Volunteer Coordinator: An Bradshaw
Inmate Newsletter Volunteer Coord: Deon Corkins
Holiday Card Program Coordinator: Audrae Rogers

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Website: UtahPrisonerAdvocate.org
Email: Utahprisoneradvocate@gmail.com
Facebook: Facebook.com/UtahPrisoner
(Note: go there to view recent UPAN meetings)

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead