



UPAN Newsletter Volume 8 Number 6 | JUNE 2021

“Empowerment and Growth Through Knowledge and Unity”

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**Father’s Day Reflections – Verbally Communicating Health Issues
 COVID Update – PREA, HB 95 – Avoiding Costly Scams -
Timely Timpanogos Topics, Jokes & Services for Women
 Jobs as Parole Nears, Part 3 - In Person Visiting**

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August 9, 2021 Meeting Location: Virtual - Zoom Registration **Topic:** Family meeting. Topics will be determined by participants. Free and open to the public. Virtual Zoom Meeting – link is <https://bit.ly/2UJ2RA3>

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

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* * * **Father’s Day is the theme this month** * * *

*Teacher to child, “How old is your father?” Child, “As old as I am.”
 Teacher, “How can that be possible?” Child, “He became a father when I was born.”*

Tooting our own horn a little bit, this is the 84th issue of the UPAN Newsletter. Yup! The **7th Anniversary** issue. Roughly computed to be 600,000 words since June 2014. That’s the equivalent of six and ²/₃ novels or books of 90,000 words each and having 315 pages and 285 words per page in each book. Along with informative articles, we’ve included numerous inspirational quotations and, since our 5th Anniversary in June 2019, over 75 jokes. If you’ve been reading this newsletter most of that time, consider yourself well-read. That’s a lot of reading. Ed.

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

Reflections About Father's Day From Men In Prison

Adapted from an Article in 2017 by Amy Povah of CAN-DO Foundation, prepared and submitted by Molly Prince

The Can-DO Foundation (Clemency for All Nonviolent Drug Offenders) is a 501(c)3 nonprofit foundation that fights for the release of nonviolent drug offenders from prison. The foundation educates the public about conspiracy law and advocates for law reform. It is not based in Utah.

In years past, in honor of Father's Day, the CAN-DO Foundation collected a series of quotes, reflections, stories and insights from numerous men inside prison who will not participate in the normal festivities that most of us will enjoy on Sunday, June 20th. Many men have watched their own children grow into adults while they themselves linger and suffer in prison.

Anthony U is the son of William U (serving 29th year of a life sentence). He wrote the following: "29 yrs [sic] of concrete, steel, and barbwire has never kept you from being a wonderful Dad. That love is what gives us the will to fight for your freedom and the faith that we will prevail."

Anrica Caldwell: "As an educator and an advocate, I have witnessed the impact of a father and their child when he is absent from the lives of their seed. From the tears of a child when a father couldn't attend a school function to the cries of a child when a father had to depart a visiting room. This is the result of draconian sentences that undermine the growth of communities and suffocate the evolution of families. As we reflect on Father's Day, we must remind ourselves, these men are fathers and/or have fathers who have the ability to foster healthy and fruitful relationships within their families and communities; especially if we continue to pride ourselves as a 'nation of second chances.'"

David B (serving his 10th year of a 30 year sentence): "I'll never stop being a father to my children and a son to my 82-year old father despite the 30 year sentence I continue to serve."

Aaron S (serving his 5th year on 10-year sentence): "These are the years I was hoping my wife and I, would be having children together. I may never experience what it's like to be a father. Cancer took my father."

Robert S (serving 23rd year of a 30 year sentence): "Father's Day is a rough one for me, being that my dad is no longer here. Losing him during this incarceration was and still is, by far, the hardest ordeal I've had to deal with and endure. When I think of Father's Day, I think of that one person who defines the difference between a boy and a man. My dad taught me to accept responsibility, to not make excuses but to make things happen. He taught me to always strive to be the best at what I seek to achieve. He taught me that any boy can make a child but it takes a man to raise a child and to provide for his family. Many times "Dads" are

overlooked, but no family is complete without the love, guidance and protection of a loving father. So in honor of my Dad, I wish all the fathers out there a truly blessed and happy Father's Day...for, we are relevant and we need to do a better job of fulfilling our role in the family, in our communities and in this world."

Luke S: "To be able to return to my daughter, Jasmine, as a free man, is the sole focus and purpose of my life; this is why I continue to plan and work everyday to achieve this goal."

Manuel Carlos S (serving 22nd year on life sentence reduced to 30 years): "I would like to send my blessing on Father's Day to all behind bars. Although separated by many miles and restrictive barriers, a Father's love knows no boundaries and continues to flourish in the Hearts and Spirits of those who are most dear to him. Seeds of love and devotion that are sown and cultivated with compassion, unconditional understanding, and unwavering support, will continue to blossom and bear productive fruit season after season... despite the physical absence. Although his presence in the flesh may be lacking, the force of his Spirit and the conviction of his love is a constant companion and source of resounding strength to not only survive, but to flourish and thrive. And the positive results produced by those his love has encouraged and sustained, provides wonderful sustenance for him also. So a Father's View from prison is not a distant view at all - it is a view from 'inside' the Hearts and Spirits of those he dearly Loves - and who dearly Love him...God bless everyone."

Chad M (has served 14 years on 40-year sentence): "American prisons are filled with men that realize that they made selfish decisions that hurt not only themselves, but also their children. Many of these men long for a second chance to be real men, real leaders, real fathers. Many will never get that chance as they are serving grotesque life sentences for non-violent drug crimes. We live in a nation that incarcerates more fathers than any other industrialized nation in the world. No one that has never [sic] been in prison, not judges, lawyers, senators, or congressman can ever fully understand what it is like for an incarcerated father. They will never know what it is like for a father to know that he will never again tuck his child into bed at night, that he will never have a chance to be his little girls hero, or be able to throw a baseball or football to his son, or to simply tell his children that he is there to love them and protect them."

Charles S (served 19 years on 51-year sentence): "I want to encourage all incarcerated fathers to keep fighting the good fight. Know that it is never too late to be what you could have been. Even in being absent physically we can hold hands with our loved ones

mentally, physically and spiritually, through our words, insight and encouragement.

Darryl H (serving 26th year on a life sentence): I'm very happy to be a father and a grandfather, just not from this perspective; but I've always told myself and other guys that it's OUR responsibility to keep in touch with OUR children, it's not their responsibility. I love my children and will continue to be the best Father I can be, even from behind these walls. There is nothing like having a Father-child relationship. There is nothing like

family. They are our examples and we get an opportunity to teach them about right and wrong through our mistakes and accomplishments. I never had this opportunity because my own father passed away when I was a child. I may be in prison, but I'm not dead so I will continue to encourage my children and grandchildren to reach your goals in life. I will never doubt that I will get out of this place and I will walk out of here 10 feet tall with my head up as a FATHER! So to you FATHERS out there and in prison keep your heads up and don't let haters be your motivators!!!

"It doesn't matter who my father was; it matters who I remember he was." Anne Sexton

"Every son quotes his father, in words and in deeds." Terri Guillemets

Authorization to Verbally Discuss Health Information Form - All Incarcerated Need to Know

by Molly Prince

This is a reprint of the October 2020 article, based on the June 2015 UPAN Newsletter that contains some small updates. During the recent COVID pandemic and its impact on incarcerated persons, it is important that everyone involved in incarceration including families - understand that this document is available and make sure they get it put into place so a designated family member can talk to prison Medical about their loved one's health issues.

After much urging from UPAN, in 2015 the Utah Department of Corrections developed an "Authorization To Verbally Discuss Health Information" form and procedure for inmates to use when they want to give a third-party person permission to speak with the Clinical Services Bureau (Medical) about their health information. What this means is that the third-party person could be a family member or friend outside of prison, not in the medical profession, that the inmate identifies on a form that has been developed and is supposed to be available to all residents of CUCF and USP through their Case Managers. (From the June 2015 issue of the UPAN Newsletter)

How The Form Is Accessed

UPAN has been told that the form the inmate needs to use has been posted on the UDC's internal website, where Case Managers are supposed to access it and print it out for inmates to fill out and sign.

Its Use Is Limited To Verbal Discussions

It is to be used ONLY to grant permission for verbal discussions about an inmate's health situation between a Clinical Services Bureau staff member or provider and the identified third party representative (family member or friend). Only the person listed on the form can talk to Medical about that inmate's health situation.

GRAMA Still Required For Physical Copies

For physical copies of medical records, inmates still need to use the GRAMA form to request them; that form is also available from a Case Manager.

How It Works Internally

There is supposed to be a person at the Clinical Services Bureau to handle the calls from designated family members about an inmate's medical situation.

How It Works For Inmate And Third Party

The process will work like this:

1. Incarcerated individual requests the form from Case Manager, who prints it out for that individual.
2. Inmate fills out form which identifies the name of the third party being designated, including a phone number where they can be reached so the prison could contact them, and returns completed form to case manager.
3. Case Manager is supposed to notarize this form and submit it to the Clinical Services Bureau.
4. A designated staff member at the Clinical Services Bureau is supposed to contact the inmate's designated person to confirm telephone number, set up pass code, and provide telephone number the third-party will use to call for information. The staff member will have authority to either answer questions or get information. UPAN has been told this does not always happen. We recommend that the designated family member contact Clinical Services about a week after their loved one has signed it to make sure it reached the proper person to be placed on file.
5. Each authorization is good for only 90 days. So if an incarcerated person has ongoing or chronic medical conditions, they would be wise to renew the authorization every 90 days, so it is in place in case something comes up. It is the responsibility of the inmate, not the designated third-party representative, to renew the authorization in a timely manner. Please note that over the years UPAN has requested several times for UDC to change the renewal requirement to be once a year rather than 4 times a year with the every-90-day requirement. While UPAN submitted a new form for consideration that would not need a notary or renewal any more frequently than once per year last

December, there has been no response to the status of its review by the UDC and the Attorney General's Office. Director of Medical Tony Washington has repeatedly informed UPAN directors that annual renewal rather than 90-day renewal is not going to happen. UPAN does not agree, but for now, it is important that the incarcerated person keep it updated.

UPAN doesn't know how long it actually takes for the authorization process to occur once the inmate submits the form to the Case Manager. That is why we recommend the family member follow up by calling Medical after waiting at least a week after the inmate submits his signed form to the caseworker.

If the prisoner has a problem accessing the form, they can file a grievance. It is also possible (and likely more productive) for the family member to contact the UDC Division of Programming and ask to talk to whomever supervises case managers. The Programming department oversees case managers.

We urge incarcerated individuals to get these releases filled out NOW and make sure they renew them every 90 days in case of any medical emergency. This allows designated family members to receive answers about their health and well-being from the prison medical service. Without this release, the prison will not disclose information on the health or medical issues of any inmate due to HIPPA laws.

COVID-19 Update, June 14, 2021

By Wendy Parmley, RN

I can hardly believe it's been more than a year that the UDC has been reporting on COVID-19. The UDC last updated their website on June 3 with an additional 2 deaths that happened some time ago but were awaiting medical examiner results, for a total of 18 deaths: 14 in Draper and 4 in Gunnison. Our hearts go out to the families of loved ones who have died or who have been ill or hospitalized.

As of June 3rd, there have been a total of 31 total outbreaks (up 1 from May 10) with 3,995 individuals (up 96 from 5/10/21) who have tested positive in our jails and prisons, and 99 hospitalizations (up 2 from 5/10/21). <https://coronavirus.utah.gov/case-counts/>

As of 6/3/21, there are reports of 20 active cases of COVID-19 at the Draper Prison and 4 at CUCF in Gunnison, where there were none on May 5th last month. There are no active cases as of 6/3/21 in the

Community Correctional Centers. There has been a total of 402 confirmed staff cases with 6 staff currently positive for COVID-19.

<https://corrections.utah.gov/index.php/home/alerts-2/1237-udc-coronavirus-updates>

We appreciate the ongoing efforts of the Utah Department of Corrections to encourage vaccines for all of our loved ones. New Executive Director Brian Nielson sent out a letter on May 4, 2021 explaining that they have had no serious side effects or reactions from the vaccine, along with instructions that **those who wish a vaccine should complete an Inmate Care Request (ICR) form which should be available in each housing unit.** As of May 20, 2021, 58% percent of the state's incarcerated population housed at either USP in Draper, CUCF in Gunnison or as a state inmate housed at a county jail, have received at least one dose of the COVID-19 vaccine.

PREA: The Prison Rape Elimination Act Compliance, House Bill 95

By Marie Alexander

The Prison Rape Elimination Act Compliance, House Bill 95, was signed into law by Governor Cox on March 11, 2021 and the effective date is July 1, 2022. This gives UDC one year to come into compliance. HB 95 sponsors were Representative Angela Romero and Senator Luz Escamilla. Line 11-13 of the bill states, "This bill complies with national standards made under the federal Prison Rape Elimination Act of 2003 by mandating the implementation of policies and data collection relating to the sexual assault of inmates."

The highlighted provisions are:

"This bill: 1) requires the creation of policies to prevent, detect, and respond to inmate sexual assault, 2) specifies requirements for the investigations of inmate sexual assaults, and 3) requires the collection and reporting of data regarding inmate sexual assaults." (HB 95, Line 15-19)

Prison Sexual Assault Prevention Program

HB 95 contains the "Prison Sexual Assault Prevention Program." It outlines required education, easy to understand information and training to be given at intake and periodically to all inmates. Training and education will also be provided to "all employees who have direct contact with inmates regarding treatment and methods of prevention and investigation. . ." (Line 36-43)

Confidentiality when reporting sexual assault should be ensured. Protection of the inmate who makes the complaint is required. Retaliation and disincentives for reporting sexual assault are prohibited. Safety and care for victims are mandatory and include appropriate measures to ensure the victim's safety by separating the victim from the assailant. The victim must be provided acute trauma care, health care, and treatment of related infections or injuries. The victim must have

access to mental health counseling, victim advocates, and confidential communication between inmates and their support systems. (Line 44-56)

In addition to the care of the victim inmate, strict rules apply to all staff, requiring all employees to appropriately report all sexual harassment or assault. Violation of the rules result in disciplinary sanctions and include termination. (Line 59 – 84)

History of Utah's resistance to PREA

Utah has resisted full compliance with the Federal PREA law that was passed in 2003, claiming that Utah law was equivalent to the Federal PREA. However, that is not the case, thus the need for HB 95. Reporting sexual assault and harassment is and has been difficult for those who are victimized by either prison staff or other inmates. There has been no meaningful provision for the victim's privacy while reporting assault or harassment. Some incarcerated people may be reluctant to report abuse due to the investigation procedures that may direct unwanted, even dangerous, attention, personally. The prisoners who have been victimized are left with very limited recourse and protection.

Molly Prince explains, "UPAN receives a handful of letters from inmates each year about sexual harassment as well as sexual assault. I have then notified various UDC administrators and Victim Advocate Doug Fawson about them. Of course, I don't hear anything back on specific cases because the prison hides behind confidentiality and HIPPA rules. I can only hope something has been done."

"Sexual abuse and rape in our prisons are the epitome of the dehumanizing nature of our entire correctional system. Prison rape is a human-rights issue; it's a public health issue; and it's a public safety issue." Barbara Lee

ALERT for People Re-entering Society – How to Identify & Avoid Scams

by Molly Prince based on information from Bank of America Security Center (online)

Curiosity pulls people into scams. Individuals who have been away for more than a couple of years on their prison journeys often are released and are amazed at all the changes in the world – including the use of technology in every area of our lives out here in the community. We use cell phones that are no longer the cell phones of 5 years ago. Today the standard personal phone is an Android Smart Phone or an iPhone. These phones are actually personal mini-computers that we carry with us at all times. They keep us connected to everything from our loved ones, friends, and employers to our bank accounts, credit card accounts, shopping, gaming, and entertainment options. The same connections are available with tiny wrist phone devices, tablets, as well as personal computers such as laptops or desktops.

It seems we are all connected in a huge web of electronic technology. Along with all this technology

"One of the big complaints over the years from Utah prisoners is that if they report, they are taken out of their housing units, programming, jobs, etc. (depending on where the accused abuser is housed or works, in the case of an officer perpetrator). The victim loses all their stability. They have often been taken to restrictive housing (Uinta, Max) "for their safety" but have to follow the housing restriction rules of max - which stops all phone calls for the first few weeks, letters take days if not weeks to get through. No visits for the first several weeks, then only 1 visit per month for the first month or two, then it graduates to a maximum of 3 visits a month in maximum security units. This was how it was before COVID."

Molly Prince emphasizes, "This means that at a time that the person who was victimized needs their family and a support system the most, the prison effectively isolates them from the support system they have."

Implementation of the law.

How the bill will be applied is a work in progress. Public Information Officer Kaitlin Felsted said, "We have a working group meeting regularly to address HB95, while also addressing our current PREA policy and making changes as appropriate. The bill takes effect July 1, 2022. We plan to provide information to both incarcerated individuals and the public as we formalize processes and protocols. We will continue to respond to all allegations of sexual assault/misconduct."

Incarcerated persons may contact Douglas Fawson, Victim Service Coordinator, UDC. dfawson@utah.gov
801-545-5658

and convenience at our fingertips comes one facet of the dark side of this technology... Scammers.

Over the past several years, the art of scamming has stepped up several notches. With the wonders of technology now scammers can use phone numbers for caller ID that are not their own and even phone numbers that belong to people or agencies you may think you know in order to scam you.

One example is when people who are on parole are contacted on the phone or via a fake phone number and told their supervision fees or fines are delinquent and they need to pay the person immediately with a credit card or a pre-paid card. The caller often threatens the person with immediate arrest if they do not make the payment immediately.

Another example is when people who are on the sex offender registry are contacted via phone or email the same as described above and told that they will be arrested if they do not pay a certain amount of money in a certain method to a certain address by a certain deadline. Some individuals who have suffered this type of scam report the person on the other end identifies himself as an officer of the law but has an accent that is not local to Utah.

A third example is a so called "grant" for felons that can be applied for online and the individual supplies their social security number and other identifying information. Then the scammer does some research and credit check, finds out how much money they have in their bank account and contacts them by phone saying that they have been awarded the "grant" but that they first need to pay some processing fees that seem to be just about the same amount of the funds in the individual's bank account. They give a very short deadline for it to be transferred and they ask for transfers to be authorized - not checks in the mail that can have payments stopped. And then once the money is out of the account there is nothing that the person who has been scammed can do to recoup the funds. Many more examples are included at the end of this article.

According to February 4, 2021 Newsweek, there are scams related to stimulus checks. Scammers might mail you a physical check, which looks exactly like the government-issued stimulus checks. Once the check is deposited into your bank account, the scammer (pretending to be from the government) will claim you have been mistakenly overpaid and ask you to return some of the money. It can take banks a long time to verify if a check is legitimate or real.

Those awaiting their stimulus payment might receive emails, texts, or messages on social media claiming to be from the government. One of these emails or messages might ask you to click on a link to "verify" your information or to fill out an application to receive your stimulus check. This is not necessary. The FTC advises: "The IRS won't contact you by phone, email, text message, or social media with information about your stimulus payment, or to ask you for your Social Security number, bank account, or government benefits debit card account number. Anyone who does is a scammer phishing for your information. Therefore, do not give your information out to anyone contacting you asking for it.

The IRS Website has passwords and other screening information that you can check on your stimulus check that way. For individuals who filed paper returns, such as those in prison, writing a letter may be the safest way to track your check.

People on Social Security Retirement or Social Security Disability are also targeted by heartless scammers. They are told that their Social Security checks will stop if the person does not give banking information and

verify their Social Security numbers. This is theft, do not fall for it!

Two things to keep in mind to help know if it is a scam. First – if it sounds too good to be true – IT IS! Scammers depend on reaching people who are looking for a miracle or "good luck" or something else that is too good to be true.

Second – if A P & P or the IRS or the Social Security office is trying to collect past due fees, fines, or taxes you will receive notices in the mail, they will not be trying to collect by phone.

What to look for if you have received a suspicious email.

Fraudulent emails typically imply urgency, attempting to get you to act quickly before you have time to carefully read and examine the message. They often don't address you by name and contain obvious grammar and/or spelling errors.

Other signs of email fraud: If you hover over a link in a fraudulent email (don't click it), it will usually show you that it's pointing to a site different from the one stated in the message. The goal is to get you to click through to a web page where you'll be asked to provide personal information or open an attachment that may be malicious. Immediately forward any suspicious email that uses your bank or credit card company's name or logo to their abuse / fraud department. Then delete the email without clicking on any links or opening it.

The best way to avoid email fraud is to remain vigilant. Never click on a link in an email unless you are absolutely certain who sent the email and where the link is taking you. Remember: your bank or credit card company, the IRS, or Social Security Administration will not use email to ask you for personal information such as your account number, card PIN, Social Security number or Tax ID number.

What to do if you receive a suspicious text.

The first thing to look for: As with fraudulent emails, fraudulent text messages often suggest urgent action, attempting to get you to act quickly before you have time to carefully read and examine the message. They often don't address you by name and contain obvious grammar and/or spelling errors.

Other signs of text message fraud include: Promises of free gifts in exchange for your personal or bank account information. Never click a link in a suspicious text message: it could result in malware being loaded to your phone that sends your personal information to a scammer.

If you receive a fraudulent text message do not respond to it or click any link in it.

Here are some ideas on how to protect yourself from being scammed.

- Protect ALL of your devices by installing antivirus software and keeping your operating systems,

applications and web browser up-to-date on your mobile phone, tablet, and computer.

- Stay alert to online threats. Avoid clicking suspicious links or responding to emails or texts urging you to act quickly.
- Do not provide personal information like your account numbers, PIN, or Social Security number to anyone who has contacted you first.
- If you contact your bank, credit union, or credit card company with the number on your statement or on your credit card, and know for sure you are talking to them, then you can most likely safely share your information. Plus, most banks and credit card companies have personal questions for verifying your identity that they will ask you as well to verify you are the actual owner of the account.
- Only share your passwords and IDs to very trusted persons in your life. Never share your Social Security number with anyone you are not absolutely sure you can trust.

Know how to identify and avoid scams by being aware of the following:

- Never trust caller ID: Always validate a person's organization by calling them back through an official phone number.
- Scammers may pose as government officials, law enforcement, or even your credit card company employees to steal your personal information. Never give out information to anyone you are not sure is with your financial institution.
- Companies like Zelle® should only be used to send money to friends, family, or others you trust, and not to buy goods or services from people you don't know.

Know how to identify red flags. In many of the most common types of scams, you may be:

- Pressured to send money
- Threatened with law enforcement action
- Told to purchase gift cards and provide codes as a form of payment
- Asked to cash a check for a stranger
- Instructed to make a cash deposit for sweepstakes or processing fees for "winnings" or "grants"
- Offered more than you are asking for something with a request to send the overpayment elsewhere

Help your financial institutions be able to get in

touch with you if they detect any suspicious activity on your accounts:

- Keep your contact information up-to-date, especially your mobile number.
- If you choose to use Mobile Banking apps for any financial institution you do business with, then turn on mobile app alerts. When they detect unusual activity, the financial institution should notify you; be sure to respond quickly to their security and fraud alerts.
- Review your account activity regularly and report suspicious activity promptly.
- Create strong, unique passwords for each online account sign-in – and use additional security features when available.

The best ways to avoid getting scammed

- Don't respond:* If you're not 100% certain of the source of the call, email, or text, then hang up the phone, don't click on the link in the email and don't reply to the text message.
- Don't trust caller ID or answer phone calls from unknown numbers:* if you recognize the caller ID but the call seems suspicious, hang up the phone. Phone numbers can be easily spoofed to appear to be from a legitimate caller.
- Don't give out your information:* Do not give out any personal identifiable information unless you're absolutely certain the person and reason are legitimate. Remember: your bank or credit card company will never ask you to send personal information such as an account number, Social Security or Tax ID over text, email or online.
- Research and validate:** If the individual or organization seems suspicious, make sure the request being made is legitimate by calling the organization through an official number from their website or consulting with a trusted family member or friend.

If you have received an email or phone call from a scammer claiming to be your financial institution, you can report it to that institution's fraud department. Share the phone number and what was said. If you have received a call from a scammer claiming to be the IRS or Social Security office, you can call and report that to their fraud department.

REMEMBER: If you provide your information or send money to a scammer, there is often little the financial institution can do to help get your money back.

Timely Timpanogos Topics

Integration: Adjustment, Adaption, Acclimatize

Compiled by Gayle Dawes

After serving time in the prison system, an individual hopes to exit into a community that is resourceful. One seeks out the four essential elements of survival: food, housing, work, and community. In this article, we share organizations that provide startup and operational support for individuals in recovery, often reintegrating

their lives after a period of incarceration. The following article pertains to employment opportunities, hopeful journeys ahead and wrap around services these non-profits have to offer our women in Timpanogos.

Flourish Ventures is a 501 (c) 3 non-profit organization that provides startup and operational support for new social enterprises and entrepreneurs that wish to create skilled training and employment opportunities for individuals in recovery, often reintegrating their lives after a period of incarceration. The first of these social enterprises is Flourish Bakery. Flourish took on its first interns in January of 2018 and is located at Flourish Bakery 752 W Center St, Suite B, Midvale, Utah.

Flourish Bakery is a supportive community that fosters hope and health, in addition to personal growth, while teaching the art and skills of professional baking. Flourish Bakery employs individuals in recovery from substance use disorders, often reintegrating their lives after a period of incarceration.

This employment opportunity assists individuals in the healing process and works to reduce recidivism and relapse through life and job skills training. Flourish provides a community of support, mentorship, and friendship, and is a space of life transformation. The bakery is the first of the Unshackled social enterprises.

Shauna Wiest - Development & Grants Manager
Flourish Ventures | Flourish Bakery, 752 W Center St, Suite B, Midvale, UT 84047 Cell. 435-513-1009
EIN: 82-1153023 Website: www.flourishslc.org
Thank you for considering Flourish!
<https://flourishslc.networkforgood.com/>

Powerful Moms Who Care (PMWC) is a social justice project of Crossroads Urban Center. Integral to our mission at Crossroads is organizing people to make changes around the policies that affect their lives.

PMWC is an organization of low-income women working toward safer communities and healthier families, especially for people living in extreme poverty and struggling with homelessness. Women exiting the prison system are one of the most overlooked populations that need wraparound support services. We work to increase the availability of low-income housing for families, as well as accessible, affordable childcare, health care, and education and job training.

The Crossroads Urban Center food pantry helps thousands of people each month. We give three-day emergency "food boxes" to families in need, up to six times a year per family. But food is just the beginning. In 2019 alone, we provided:

- emergency food orders to 30,552 people
- diapers to 1,603 individuals and 235 cans of formula to infants
- utility shutoff avoidance funding to 158 families
- help paying for gas or bus fare or prescriptions to 3,799 people

I invited my family over for a surprise dinner. But the presence of the fire engines ruined the surprise. That's life!

I just got a new job at the prison library. It has its prose and cons.

It is only through the help of hundreds of volunteers and thousands of donors, of both food and money, that we can help provide these services.

Powerful Moms Who Care, 347 South 400 East
Salt Lake City, Utah 84111
801-364-7765 x.110 www.powerfulmom.org

Journey of Hope. The evidence is in. Shame, blame, labels, and negative judgment do not produce meaningful change for anyone. Journey of Hope provides support to Utah women whose status puts them at-risk for criminal charges. It provides loving support and friendship to help women in jeopardy through mentoring and case management. Mentoring and case management are available for women who are victims of abuse, homeless, victims of trafficking, struggling with substance abuse or mental illness, and women who are on parole or probation.

Women need safe housing, food security and employment. JOH uses nationally recognized evidence-based approaches—understanding gender and issues of diversity, relational communication, strength-based communication, and a trauma informed approach—to empower clients to create a success plan.

Journey of Hope meets the needs of women and girls at the lowest of federal poverty levels and include those who are:

- Previously incarcerated
- Unsheltered
- Sexually exploited and trafficked
- Fleeing domestic violence
- Aging out of state services
- LGBTQIA

JOH says, "When we first begin to work with our clients, we address their urgent need for emotionally and physically safe transitional housing. After this basic requirement has been secured, we help our clients walk confidently toward long-term low-income housing.

Just as importantly, Journey of Hope ensures that our clients have access to mental, medical, and dental services. Find safe daycare opportunities for their children, connect with educational and vocational partners who can provide the skills and professional training required to work in careers that provide sustainable, livable wages."

Journey of Hope, 8160 So. Highland Drive Suite A-3
Sandy, Utah 84093 (801) 633-9409
Hours of Operation: Monday-Thursday 9 AM-2 PM
info@journeyofhopeutah.org

Jobs and Income as Parole Approaches, Part III

And for family members who might like to get a head-start at home before their loved one (male or female) paroles.

By Warren Rosenbaum (aka Ed.)

I just stumbled across some disturbing and depressing facts about higher education and getting a college degree. This may be of interest to those who expect to go back to school and get a degree so jobs and income are more readily available. At least, that is the common knowledge, if you have a college degree you are more likely to be hired.

Here' are the d & d facts mentioned above: the average loan debt for a bachelor's degree among college grads in 2019 was (horror music fanfare please) \$28,950 or round it to an even 30 grand! Ouch! With that as my reporting motivator, I think I'll do a short article for the UPAN Newsletter on the costs (and therefore the availability) of higher education in an upcoming monthly issue. Think of the likelihood that parolees will be able to afford the time and expense and eventual debt to achieve that BA or BS. And if you're considering a master's degree, multiple that above figure by 2.

One solution that minimizes cost and actually prepares you for a job is using words as your tool to income. But not the conventional thinking of words and writing. At least half the population has, at one time or another, dabbled with writing. That early attempt at word use may have been a poem, a short story, a short play, or even starting a book. Many have thought of writing for magazines or working for a newspaper as a reporter. If you identify with those earlier actions or thoughts, be aware that a sufficient and dependable income from any of the conventionally thought of writing activities will be more like a hobby than an income producing source.

On the other hand, words that work for companies and professionals can be easily written and used for their income and if you originate the words, you will be compensated, not just adequately, but lucratively. Again, I'm referring to copywriting, and continuing where Part II of this series ended with the May issue (pages 8 & 9) of the UPAN Newsletter.

Here are three things to remember. IOW, never to forget! There are three things required to become a successful copywriter: the desire to write, the willingness to learn, and the enjoyment of adventure. If you have those three things, you have the foundation to excel as a copywriter. Realize that when a client falls in love with your writing, the client will continue to use you for most of the client's writing projects.

My research found Fadila Ali, a young Muslim woman, wearing the conventional hijab, having succeeded enough to be featured as an example. After struggling financially doing some modeling and photography that she thought would make her some money, she got a job as an online freelance transcriptionist (typing recorded voice instructions and comments from doctor's

and attorney's offices, and others) making \$45 to \$50 per week. She was using words to try to make a living. Then she discovered copywriting and here's what she wrote, "When I learned about this incredible, easy-to-learn skill called 'copywriting' that most people have no idea about, a completely different and lucrative form that I never knew existed...I GRABBED IT."

Why? She writes about no more 9-to-5 grinds and corporate life drama with dragon-breathed bosses, no more daily travels to and from work, more time for family and the freedom of where to work, how to work, what to work on, and who to work for. Also, minor starting requirements (computer, mobile phone, and internet access), unlimited writing opportunities and businesses to serve, and the ability to earn five- and six-figure annual incomes. She adds, (paraphrased) I listened to my gut and gave it a try. In doing so, I met people with success stories, ordinary folks like myself who'd risen to better heights using this one skill, copywriting. Fadila concluded, "It was one of the best decisions I'd ever made."

While men outnumber women about two to one in this career field, let's look at three more women's experiences. Linda L. started writing for a risk management consulting firm that handles multi-million-dollar risk management issues in construction and marine industries. [Ed. comment, I had no idea there were such companies, but then again, I never looked.] Linda's first assignment was a paid print ad. Right after that, the client needed her help writing the content for the consulting firm's website, then wanted more print ads written. Linda's experience is typical of the copywriting career field. Sometimes it takes only one client to generate a healthy (sometimes 6-figure) income. And you can work with that client for years.

Collette R. was a stage actress bouncing from gigs in Shakespearean theater to unstable jobs at nonprofits. She completed copywriting training (at very low cost compared to "higher education" that doesn't train you with a specific skill), turned things around and now makes six figures as a copywriter. Colette says, "What I wanted was a prosperous, six-figure writing career. I started focusing on that – and got exactly what I wanted."

Nicole P. was finalizing a divorce, and as luck would have it, her boss came into town just to finalize her employment as she was trying to make ends meet so her son could stay in school. She said that life was closing in all around her but she didn't panic. She took training (like Linda L, and Colette R., above), and today, she's on track to far surpass her income at her previous career and has all the freedom and flexibility she hoped for.

Now, contrasting the cost of higher education and a college degree with copywriting training, a new person who is uncertain about this career field can buy several (used, Amazon) books on the general subject as well as books on specific sub-fields within the copywriting career field, often costing \$12 to \$18 each. (No typo, Ed.) And if it looks good to you, there are a few online classes around \$200. And if you want to dive in and

receive personal online training and interaction with instructors, there are several focused classes for \$2,200 to \$2,500 that will launch your career. Your first writing assignment or two should pay that cost and from there on, it's all gravy. Well, that's about all for this session and this series. However, Jobs and Income will remain on the backburner and may come forward if new info pops up.

The most recent data available: The Institute for College Access & Success, reported by Anna Helhoski, Apr 26, 2021 <https://www.nerdwallet.com/article/loans/student-loans/whats-the-average-student-loan-debt-for-a-bachelors-degree>

Last Minute Update on In Person Visiting from UDC Communications office June 16, 2021

Beginning June 18, 2021, the Utah Department of Corrections will resume in-person visitation. Each inmate will be allowed one (1) 40-minute in-person visit or one (1) 30-minute tablet visit per month. Visits must be scheduled in advance and can be done at <https://corrections.utah.gov/index.php/2014-10-30-20-13-24/14-visiting-information/1267-video-visiting-schedules>

Loved ones wishing to visit in person must follow the normal visiting rules and those needed due to the Covid-19 pandemic. To facilitate a safe visiting process, up to two (2) visitors at a time will be allowed. The following requirements will also need to be met by all visitors: 1) Will need to be 18 and above; 2) Live in the same household (must be verified); 3) Must not have been out of the country in the last 30 days; 4) Must not have been around anyone with Covid-19 for the last 14 days; 5) Must have a temperature less than 100 degrees when arriving on prison property; 6) Must wear a mask; 6) No physical contact between inmates and visitors will be permitted; 7) Due to the closure over the last year, please verify that you have current approval to visit by contacting the facility. If you have any questions, please contact 801-576-7013.

“A dad is someone who, protectively, wants to catch you when you fall. But more wisely, he instead picks you up, brushes you off, and lets you try again.” Unknown (plus some help from Ed.)

Couple of Smiles and Maybe a Laugh

~~ What's the chance of a good college baseball pitcher getting to the big leagues if his last name is Walker? ~~
~~ Father speaking to his son, "I thought I told you to throw that boomerang away." Son, "I did, Dad." ~~
~~ Whoever came up with the word "dentures" missed the opportunity to call them substitooths. ~~
~~ What are a shark's two most favorite words? Man overboard! ~~

And in closing out Father's Day: My dad used to carry around a frayed knot in his pocket, just an old tied up piece of rope. Then any time someone asked him something and the answer was "no", he would just pull out the frayed knot and say, "fraid not!" and he would burst out laughing. Nobody else thought it was funny.

For all incarcerated parents, Dads and Moms, staying composed during and after kid's visits... you're cool! Ed.

* * * * *

Utah Prisoner Advocate Network.

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Director of Sex Offender Policy Issues: Faye Jenkins
Director of Women's Issues: Gayle Dawes
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“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