



UPAN Newsletter Volume 9 Number 11 | **NOVEMBER 2022**
"Empowerment and Growth Through Knowledge and Unity"

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**Season of Giving Thanks – Gratitude for All – Holiday Card Program Notice –
 Brief Updates from UDC – Changes to Laundry – Kudos to UCI Textile Shop –
 UPAN Concern re: Mosquito Repellant – Detachable Diabetes Fact Sheet**

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Next Meeting: Monday November 14, 2022 6:30 p.m. Family Meeting.

NOTE: No meeting in December.

Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> Free and open to the public

2023 Meetings : Monday, January 9, 2023 6:30 p.m; Monday; February 13, 2023 **Guest Speakers:** TBA

*UPAN continues virtual meetings. Also available on UPAN Facebook Live and on Facebook page afterwards.
 Use link above or visit UPAN website for link (p. 8), or Utah Prisoner Advocate Facebook Page for link to current
 monthly meeting. Free to public.*

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

The Season of Giving Thanks

By Molly Prince, LCSW

November is a time in American culture when many of us take a moment or a day to stop and look at what we are thankful for. With the Thanksgiving holiday coming close, I have been thinking about how much we all have to be thankful for, despite the very difficult and challenging times we have all experienced over the past few years. **Gratitude From Families** "I found UPAN's website. I want to thank you for everything you

are doing. I live out of state and cannot be there to help my son. I send him the newsletter and now have found the Facebook group which helps me get through and learn how things are going." JA

"I appreciate all that is done by UPAN to provide this family and friends platform (the Facebook Family Group). We are all trying to understand this incarcerated journey and it is so important that we can speak freely

here. I also appreciate the honesty and ability of this group to recognize good work and good deeds where we see them. Thank you everyone.” KT

“Thank you for responding and guiding me in the right direction of who to talk to about the problems my husband has not been able to get resolved through the grievance process. You were able to put me in touch with the right people and there is some progress in getting it resolved.”

“I have only been a part of this group for a short time... I wish I had been here sooner to meet you all as the support and help has been amazing...Thank you for all the information and help and support I have received.” PD

“Thank you so much to the Family Group. We only wish we had found you 4 years ago when our son was first arrested...”VU

“I was so lost and alone until I stumbled across UPAN.” LH

Gratitude For UPAN Families

The UPAN directors have always appreciated the families we have met on our prison journeys. Dir. Of Communication Shane Severson created the Facebook Family Group in 2020 to expand our ability to support one another and share information. It is heartwarming to see how supportive and helpful all of the prison families that are members of that group are.

Thank you to all of you who respond to people's questions, share your experiences, and offer love and support to others on this journey when they are feeling scared, hopeless, confused, and frustrated.

Truly, it is difficult for anyone who has not experienced having a loved one in prison to comprehend the depth and breadth of the challenges, emotions, and life changing experiences we go through. You are all stronger than you think, and we will make it through!!!

UPAN Director's Gratitude to Inmate Newsletter Volunteers

Since June 2014, UPAN has published a monthly newsletter. And from then until now, there have been wonderful people who have volunteered to print and mail the newsletter to incarcerated people who do not have anyone in the community to do that for them. We still have some of the original volunteers who have been doing this for 8 years!!! (Bless them!!! Ed.)

UPAN currently has 68 volunteers who print and mail 469 newsletters per month to their assigned inmate lists. This can take a lot of each volunteer's time (plus extra effort, and moola for envelopes, paper, printing, and postage! Ed.)

Additional time is spent as volunteers are asked to check and update the addresses on Offender Search on the UDC website, due to the frequent moves between the prisons and the county jails. The jails and prisons do not normally forward mail, so returned mail results in an unnecessary cost in postage and envelopes to volunteers. Sometimes the inmate recipients are thoughtful enough to notify UPAN of their address changes. But often they do not.

In addition to downloading and printing out all the newsletters, the volunteers have to address each envelope either with a printer or by hand, because the prisons no longer allow address labels.

A complication has arisen with a couple of jails that no longer receive mail at their facility, and instead require mail to be sent to a service out of state that requires the jail inmate number rather than the UDC offender number. These services then scan the newsletter and the incarcerated person receives it electronically. This can take some additional time for the volunteer to make sure they know the correct address to send the newsletter to. Some jails are very helpful with providing this, others not so much. It is really helpful when the recipient notifies us so their volunteers do not have to go through this process.

Appreciation to Incarcerated People Who Keep Us Informed

As a co-founder and the director that has probably read more letters over the years and is probably the most involved on a daily basis with one UPAN duty or another, I would like to share that I am grateful to our incarcerated loved ones and all the prisoners who have written UPAN sharing their stories of both struggle and success over the years. Many have written their frustrations with how the system actually works versus how the public thinks it does or policy says it is supposed to work. A handful have written criticisms of UPAN and their belief that we are foolish to try to work with a system that they experience as corrupt and hostile to inmates.

I will only speak for myself here, but I suspect it applies to the other directors. I have come to appreciate all the comments, concerns, criticisms, and thank-yous that we receive from incarcerated individuals.

To all the incarcerated men and women that UPAN touches, I want to share my appreciation for what you have to offer and what you have already shared. I have watched so many of you move through your prison journey and come out to rebuild your lives and achieve things you never dreamed you would before. I send my gratitude. And I send blessings with the hope for you to walk in balance no matter what challenge you may face. You matter!!

“The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.” — Douglas Wood

Letters of Gratitude from Incarcerated Persons

By Molly Prince, LCSW

In this month that focuses on Thanksgiving, we want to share some quotes from the letters that we have received on a regular basis over the years from Utah's incarcerated, sharing their appreciation for what UPAN does. Here are some samples we would like to share.

"First of all, Thank you for all that you do. Especially with the recent medical issues with the prison. It's nice to have someone on our side." M.H.

"I have been receiving newsletters from you guys and would like to thank you for that and everything you guys do for us, the prisoners. Thank you for keeping us informed." M.R.

"You are so deeply appreciated for all that you do. You do make a difference for us in here. Thank you so much for not forgetting about us." J.H.

"UPAN, I have read your most recent newsletters and am impressed by the issues that were mentioned. Hopefully something can be done. At least there are some people in the real world that are aware of the issues that inmates and their families deal with on a daily basis." K.J.

"I enjoy getting the newsletter and the help you give us in the media. Keep up the great work while we fight to get our medications and other things going on here." W.S.

"I am very humbled with all the hard work your staff puts in to help us inmates and our families. Your work gives me hope for my future. You all help light the dark tunnel I am going through. Thank you for your time and energy." C.C.

"I would like to take this chance to thank you and everyone else at UPAN that gives a voice to those who might, under this time of duress, not be heard! Thank you very much!" V.E.
"A good Samaritan let me read two of your newsletters.

I find that your network has a great deal of helpful information. Your staff has a lot of great ideas and I personally am grateful for their time and effort in everything they do and advocate for a better way to help change the Utah prison. Prisoners should be getting the help that each one needs." I.H.

"I thank all of you who make up the foundation and function for UPAN for your time, service, commitment, vision, and moral compass to help those of us who've fallen for the poor choices and behaviors we have made." C.R.

"I have read several of the newsletters and have seen in some cases what families and the public are told about how the system is, isn't always how things are in here. I am grateful for all of the work UPAN does to try to bring truth to light. I am grateful for your efforts to push for reform. Though we did some terrible things, many of us really want to get better." R.G.

"I know you guys work very hard, everyone at UPAN, volunteers to donate their time, money, and supplies to help us out. I really appreciate everything you guys do from the bottom of your kind hearts." H.V.

"Dear UPAN, I cannot laud your combined efforts on our behalf enough. Thank you for all you do. I am so grateful for the sacrifices in your own lives you take for me and everyone here... Wishing you all clarity of mind and strength of body." T.O.

Thank you all very much for everything you do for us prisoners and our families and friends. May God protect you all, keep you safe, healthy, and happy. I sincerely hope you all have a Happy Turkey Day and Christmas." E.A.

NOTICE: No Holiday Card Contest or Program This Year

There have been a variety of changes and significant growth in the leadership of UPAN in 2022. This is in response to, and in addition to the overwhelming number of issues that UPAN directors and volunteers have been dealing with subsequent to the prison move in Salt Lake City.

UPAN directors have never, in the past 9½ years of UPAN's existence, dealt with the sheer volume and variety of concerns coming in, which takes a significant amount of our time, attention, and energy. This includes property issues related to the move; the crash of the electronic medical records system this summer which impacted all people in the care and custody of the Utah Department of Corrections; the ongoing shortage with UCI Commissary program that has been going on for at

least a year now; the mosquito problem at USCF; and a multitude of other, smaller, yet important and specific concerns we have been dealing with.

We announced the retirement of Ernie and Audrae Rogers this year from UPAN. Audrae was the one who organized and operated the Holiday Card Contest and Program in the past, with support and help from Ernie. We will still encourage our inmate newsletter volunteers to send holiday cards to those on their list.

We have directors lined up to organize and work on the Holiday Card Contest and Holiday Card Program next year, we anticipate it will return in 2023.

Thank you for understanding, and for your patience.

Brief Updates from UDC

By Molly Prince, LCSW

UPAN has been asking a lot of questions about a wide variety of issues. Here are a few updates on some of those. We appreciate all the efforts put forth by UDC's Steve Gehrke and Liam Truchard to help us stay updated.

Libraries at USCF. We are told that the USCF libraries are still waiting on some final logistical completions before they can open. This was explained as mostly technical computer networking items. There is also ongoing cataloging work to facilitate a smooth opening when everything is ready to go.

While the libraries at USCF are still not open, we have been advised there should currently be boxes of books going to the housing units to supply people there with reading materials.

Christmas Packages. Family and friends may order a Holiday package for loved ones incarcerated in Utah prisons. Go to Unionsupplydirect.com. All inmates are supposed to be eligible to receive a holiday package. There is a limit of one (1) holiday order per inmate. You may order up to \$150 of product. All items have been approved by the UDC. Please see the Rules & Regulations section on the website for more information on the package program. Orders can be placed between November 1 and November 30th. This information has been very difficult to find on the UDC website. There have been problems with ordering for people with offender numbers less than 5 digits and other individuals that you may need to contact UDC about.

Tablets. Dir. Gehrke arranged for the Programming Division's tablet guru, who presented at the Nov. Stakeholders meeting. We are short on space in this newsletter so will summarize that in December. But the tablets continue to be in process with some goals to have them in the hands of all prisoners in the next few months.

Visiting issues. The October UPAN Newsletter has two articles related to visiting applications, and visiting processes at USCF. We had also expressed some concerns about housing unit and facility closures that happen and visitors and volunteers are not informed prior to making the trip out there. Steve Gehrke said that he has conveyed these problems to the appropriate divisions. One issue is how to get it authorized to post information on the website in a timely manner without compromising ongoing investigations or safety issues.

It has been suggested that UDC use some sort of a text messaging or other notification process. It is unclear if that is possible. Dir. Gehrke wrote in an email, "While there is some current messaging available on the Web site, when larger incidents or closures occur, we'll be meeting to see if there are steps we can take to improve getting needed details circulated without compromising

investigations or rushing out inaccurate information." Stay tuned...

Vending Machines in CUCF Visiting. The vending machines have been down in CUCF for a while and UPAN's Heidi Kubbe asked about it. We were told that there were some problems with them related to contraband and that situation has been addressed. Access to the machines should soon be restored in a way that can provide the service while more effectively addressing the security issue.

Flu shots/COVID boosters: In response to my question if flu shots and the new variant COVID boosters are being offered, the answer received November 1, 2022 indicated that these vaccines are being offered. They have been offered in Currant (C housing, geriatrics), Green, and some of Dell. Fremont is offered every week at USCF. He reports all HIV patients are current, and Infirmary has been offered multiple times. As of mid November Bear should have had them offered. If you declined when these were offered and now want one, please submit an ICR for it. This year is predicted to be a particularly hard year for the flu, and the new variants of COVID. We did not receive information on CUCF, so put in an ICR if you want one!

Death notifications: UPAN has received questions about how to reach caseworkers or someone to help them notify loved ones of a death in the family. UPAN was told that people can call 801-522-7000 and push 1. It goes to a message machine at the shift commander's office. Leave a message with your loved one's name and offender #, as well as your name and phone number. Be specific as to what it is about.

Heat: As of November 1st, UDC informed us that the heat was on at both facilities. UPAN and families have forwarded reports about certain areas of various housing units still blowing cold air in both prisons.

Jackets from Division of Prison Operations were in the process of being distributed as of the first week of November. As of November 7, not all residents of Antelope received coats. UPAN is working with PIO Liam Truchard to figure this out. Inmates and families are encouraged to follow up if someone has not received a prison issue coat.

Thermals. UPAN Director Heidi Kubbe met with UCI Director Maria Peterson on November 8. There is a new commissary catalog that includes thermals that are available at reasonable prices. She was told that items in it will be in stock. Hopefully ALL inmates will receive a copy of this new product/price list soon.

"When eating fruit, remember the one who planted the tree." Vietnamese Proverb

Why Changes To The Laundry?

Posted October 24, 2022 on UDC Webpage's Hot Topics

This article by Liam Truchard of the Public Information Office is being reprinted from the Utah Dept of Corrections Webpage. UPAN did not write this article but is sharing it so readers are aware of the UDC's stated rationale.

Laundry detergent has been removed from Commissary to help reinforce a rule that laundry cannot be washed at the housing unit. This rule is in place for several security reasons.

Conflicts arise because a person or group takes possession of laundry buckets not allowing access to other offenders. Water temperatures are not hot enough to sanitize the laundry and 5-gallon buckets are often unsanitary. 5-gallon buckets intended for laundry are often used to produce homemade alcohol, hide contraband, and have at times been used to flood sections and block security devices.

Laundry is available to each incarcerated individual for clothing on a weekly basis with two bags provided, both labeled with the individual's name and number. Laundry is picked up in the morning and delivered on the same day in the afternoon. Because of the increased capacity of the USCF laundry, we are increasing the frequency of sheets and blanket laundry from monthly to weekly. Sheets and blankets will also be picked up in the morning and returned in the afternoon.

Bags that have not been tied properly can come open spilling the laundry. This has been happening more frequently since moving to USCF because the washing machines spin faster. Open laundry bags are documented, inventoried, and returned with the rest of the laundry. Clothing that comes up missing is most likely being taken from these open bags on the housing units.

Laundry workers are always searched before leaving the laundry area and are not allowed to wear personal clothing while at work. They do not have the opportunity to move clothing from the laundry facility to the housing unit.

Bags that are tied in an overhand knot on the bag (knot in the mesh bag), then secured with the string tied above the knot will not open up. This system of securing a pin bag has proven to work at Draper and at USCF.

Our Operations Team is working to create a video and training sheet to distribute to housing unit leadership, so they can help offenders secure their laundry bags properly. Laundry will continue to document each item of loose clothing that was returned to the housing unit.

Shout Out to Inmate Workers in UCI Textile Shop

By Molly Prince, LCSW

Amid all of the challenges and problems plaguing incarcerated people lately, good news is appreciated! I came across an announcement posted on October 27th by A. Langton on the UDC website. It is copied from the website (bottom of next column). It reads:

UCI SERVICE PROJECT:

SEVIER COUNTY BACKPACK CLUB

Incarcerated individuals working in the UCI textile shop produced 100 backpacks for donation to the Sevier County Backpack Club this month. This organization uses backpacks as a foundation to create food kits for children in need around Sevier County. "It really is a cool thing that they do, and we are happy we could be part of it," said UCI manager Jesse Gettler, "[UCI employees] were excited to be part of this service knowing that these backpacks were going to kids in need."

UCI workers not only produced the backpacks but were also able to come up with the designs themselves. The

participants were excited to learn new skills while giving back to the community.

"The project was a win-win for the community and the inmates. I love seeing positive work being accomplished in the lives of the inmates that work for the community and for us," said program specialist Steven Gerber upon the project's completion, "that's what it is all about, making a positive impact on the lives of others."

UCI is grateful to Watts Bags for donating webbing for this project. UCI purchased all other materials used in the production of the backpacks.

UPAN wants to remind everyone that throughout all the difficulties that have occurred over the past months, incarcerated employees continue to step up and do amazing work in their jobs!

<https://corrections.utah.gov/2022/10/27/uci-service-project-sevier-county-backpack-club/>

"We will be known forever by the tracks we leave." Dakota saying

"When asked if my cup is half-full or half-empty my only response is that I am thankful I have a cup."— Sam Lefkowitz (and that it has something in it! Ed.)

"Give thanks for unknown blessings already on their way." Ute proverb

What's Going On With Mosquitos?

Posted October 24th on corrections.utah.gov webpage in Hot Topics by L Truchard

This update was posted on the UDC website October 24th regarding the mosquito problems at USCF and probably in response to continued questions and concerns expressed by many. We are sharing it here to make sure everyone understands how UDC is addressing this problem.

Mosquitoes are bad this year in Utah. That headline may not come as a surprise to those who have been outside this summer. According to a recent Fox 13 News story, the number of mosquitoes in Salt Lake County is close to twice the five-year average for the region.

It certainly isn't a shock to those at the new Utah State Correctional Facility that opened in July. The overall increase in the bugs came just as the Utah Department of Corrections moved more than 3,000 incarcerated offenders, plus hundreds of staff and volunteers, to the location. Apparently, the critters are attracted to carbon dioxide. Humans call it exhaling. Since move-in day, the insects have been a constant source of irritation.

Yet the surge was unexpected at the new prison, since workers – topping more than 2,000 at some points – have been at the site for several years. During that time, there were no reports of mosquitoes being an issue.

Regardless of the cause, the goal for UDC officials is to manage the mosquito population with the help of the Salt Lake City Mosquito Abatement District.

"We have been working with SLCMAD since August to provide abatement measures, including spraying and traps," said Kaitlin Felsted, Director of Communications for the Utah Department of Corrections. She added that the district was providing abatement services to USCF during some of the construction phase.

One big challenge has been the use of repellent. A number of such products are flammable, making them unsafe for a correctional facility.

"Prior to approving a repellent, our team reviewed potential safety concerns," noted Felsted, who said a suitable product was found. "Bug repellent will be offered to the incarcerated through commissary in the coming weeks." She added that no staff or offenders at any state-operated correctional site have contracted a mosquito-borne illness.

In the future, Felsted said the UDC plans to have staff certified to use larvicide in the storm drains or where stagnant water is found on USCF property. These treatments would start in spring 2023.

"The secret of our success is that we never, never give up." Wilma Mankiller, Cherokee

UPAN's Concerns Regarding Utah's Approach to Mosquito Repellent for Prisoners

By Karen Thompson

UPAN continues to have concerns about the State of Utah and UDC's approach to protecting prisoners and staff from mosquitos next season.

The October 24, 2022 *Hot Topic* article on the UDC website states that the mosquito population in 2022 has been significantly larger than normal (reprinted above). It states that due to this heavy mosquito year, "... *the surge was unexpected at the new prison, since workers – topping more than 2,000 at some points – have been at the site for several years. During that time, there were no reports of mosquitoes being an issue.*"

UPAN would like to offer another perspective. It is possible that UDC administration was not aware that workers at the site during construction **did complain and take measures to protect themselves from the mosquitos.** It is **unlikely** that the actual labor, on the ground, in the trenches, sub-contractors' employees, took their concerns directly to UDC about this matter. There were many levels of administration and multiple organizations involved in the construction of the prison including Utah Division of Facilities and Construction Management (DFCM), UDC, as well as the general contractors and

numerous sub-contractors. Administrators saying that there were no reports of problems would not likely have been involved in communication with those workers.

UPAN would like to point out that subsequent to a Fox 13 news report about the new prison that aired on November 3rd, there was a comment on the Fox 13 Facebook website in response to the report by a construction worker who writes, "*I helped build that place. And the mosquitoes are so bad out there we would buy cases of repellent just to work.*"

Many concerns were expressed. Prior to the prison being built, and before and after the decision was made for the Salt Lake location, there were many voices from various factions who expressed concerns about the Great Salt Lake wetland location Utah's Legislature decided upon. Some were special interest groups like the Audubon Society, a duck / bird hunting club, UPAN families, correctional officers associations, and others.

The Audubon Society completed an environmental study for DFCM back in 2016 and it specifically mentions mosquitoes. It is unclear to UPAN if any of these

recommendations influenced the planning of the new prison. Here is an excerpt from page 20:

“3.2 Mosquito Attractant. Nuisance mosquitoes lay their eggs in areas that flood or areas holding standing water. Tires and refuse, storage containers, or clogged gutters/drain systems can trap rainwater, providing excellent habitat for mosquito larvae. Carbon dioxide and certain wavelengths of light are attractants for adult mosquitos.” There are various other discussions of mosquitoes between pages 20 and 25 in this report which can be found at <https://dfcm.utah.gov/wp-content/uploads/Utah-State-Correctional-Facility-Site-Assessment-Report.11.16.16.pdf>

The new prison is basically an entire town of 4,000+ individuals in USCF. This includes inmates, correctional officers, administrators, and support staff. This population exhales carbon dioxide 24/7 with lights on throughout the grounds every day and night of the year.

UPAN maintains that the State of Utah should be responsible for providing insect repellent to all incarcerated persons and staff at USCF. UPAN has suggested to UDC and anyone who will listen that since it is the State Legislature that chose the new prison site and knew there would be a problem with mosquitoes, that it is the State’s responsibility to foot the bill to provide all inmates and staff working at USCF with insect repellent.

The Hot Topics article states, *“One big challenge has been the use of repellent. A number of such products are flammable, making them unsafe for a correctional facility.”* This is the reason given for not making repellents available this summer immediately after the move. However, inmates who have been housed in

CUCF have reported that when mosquitoes become a problem there, repellent is available to them as they walk out to recreation and all they have to do is squirt it in their hand and apply it. They do not possess it individually. UPAN has reminded UDC of this as an option, including the idea to put a repellent dispenser (similar to a hand sanitizer or soap dispenser) by each door leading to outside, which would allow staff and inmates to use it.

Another statement in the Hot Topics post reads, *“Prior to approving a repellent, our team reviewed potential safety concerns,” noted Felsted, who said a suitable product was found. “Bug repellent will be offered to the incarcerated through commissary in the coming weeks.”* UPAN has serious concerns about this approach. Meaning it requires prisoners to purchase it.

This is concerning. First, not every prisoner (or in many cases, the family that supports them) can afford bug repellent through commissary. Also, will it be supplied to those on indigent status like soap and toothpaste are?

Second, the UCI Commissary has had significant supply chain problems and inability to keep products in stock to supply to the approximately 5000 inmates who are housed in both USCF and CUCF over the past year. So there is little optimism that inmate accessibility to insect repellent via commissary purchase for the 9 months out of the year it is needed at USCF will be achieved.

The State of Utah should have some responsibility in footing the bill to keep inmates and staff that are subject to the onslaught of mosquitoes since it was the State’s Decision to build this prison in this prime mosquito habitat.

Life offers two choices, to wait for a special day, or to give thanks that every day is special.

Dell-Emerald **My Thanksgiving Psalm**

From Gaylene Dawes, Director of Women’s Issues

My thanksgiving psalm. A psalm for giving grateful praise. "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his

pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations." Psalm 100. (NIV)

Editor’s Thanksgiving contribution to *Dell-Emerald* - By Warren Rosenbaum (aka Ed.)

Thank you Gayle, for your favorite Psalm for Thanksgiving. In addition to that wisdom, let me add a few lines for our not-forgotten, frequently on our minds, cherished women in Dell-Emerald. The following narrative is based on an internet search of “Thanksgiving and women” and seeking ways to tell you of our interest, concern, and desire to help and offer hope for a much better life in your near future.

On Thanksgiving, most people review and contemplate the things that have touched our lives during the past year and often, over our entire lifetime. We’re thankful for parents, thankful for children, and thankful for the things that make up our life. Even the difficulties and disappointments often reveal themselves later (often years later) as some of the most important experiences that redirected our lives.

This sentimental journey should recognize that all the roles that people are involved in (yourselves included), are important, not just the big roles, but the small ones as well. Not just the nation's leaders or the local civic and church leaders, but even the grocery store employee that helps us find the peanut butter or the deli potato salad. Whatever role you are in, that allows or requires interaction with others, is important.

Incarcerated people, especially women, are in a temporary role that allows others to come forth with assistance and affection, understanding and protection, that will enable them to seek and find a better, hopefully happy life in the near future. We volunteers, here at UPAN, hope our efforts toward that goal are in some small way, a contribution to your successful reentry into the challenging world you are destined for.

So many of us recognize the importance that women bring to our world. In addition to the obvious, i.e., being moms and making contributions in ways only women can do, some have said, "If you want something done,

give it to a busy person." Equally important is the saying, "If you want something said, give it to a man. If you want something done, give it to a woman." That is one example of where our wonderful women fit in this world.

Some of the challenges you will face are the accurate use of our language and the importance of getting your words right (being a wordsmith and UPAN newsletter editor, I naturally had to bring that up) and in meeting obligations or deadlines. And if you can be a mentor to others, do so. If you have a mentor that has helped you in whatever way, be sure to thank them.

In conclusion, thank you, incarcerated ladies, for helping us (at UPAN) be the helpers we want to be. As a final reminder, give thanks every day. Appreciate and never take for granted, all that you have. Willie Nelson has some valuable advice for all of us, "*When I started counting my blessings, my whole life turned around.*" (Thanks, Willie! Ed.)

Help UPAN With Your Holiday Amazon Purchases – Join AmazonSmile

I believe most everyone knows that Amazon donates a small amount of customer purchases to a charitable (non-profit) organization of your choice. To financially help UPAN, either join or change your selected charity to UPAN. Here's how:

Change Your AmazonSmile Charitable Organization – On your first visit to AmazonSmile, you're prompted to select a charitable organization from a list of eligible organizations. Utah Prisoner Advocate Network is listed there. You can change your selection at any time.

To change your charitable organization:

1. Sign in to smile.amazon.com on your desktop or mobile phone browser.
2. From your desktop, go to Your Account and select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page.
3. Select a new charitable organization to support.

Note: You can also hover over the Supporting notice in the navigation at the top of any page, and then select the Change link next to the name of the charity you're currently supporting. Beaucoup thanks at Thanksgiving time for your assistance and support. Ed. For more info about the AmazonSmile program, go to <http://smile.amazon.com/about>.

"The charity that is a trifle to us can be precious to others." - Homer

Give thanks for small opportunities because mighty oaks grow from little acorns.

Couple of Smiles and Maybe a Laugh What do you call a turkey that's got no feathers? Thanksgiving dinner ~~ What's the difference between a chicken and a turkey? Chickens celebrate Thanksgiving ~~ There is always something to be thankful for at Thanksgiving, even if it's just not being a turkey ~~ Why did the farmer run a steamroller over his potato field a few months before Thanksgiving? He wanted to grow mashed potatoes.

Thanksgiving, a time to reflect, inspect, detect, reject, connect, and expect a better future ahead. Y'all are cool! Ed.

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Utah Prisoner Advocate Network Contact Info

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UPAN leadership, volunteers, and families have been "all hands on deck" doing our best to advocate!

"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

Diabetes Fact Sheet

Compiled by Marsha of the UPAN Med Team

This sheet is about diabetes. It is meant to help you know more about diabetes so you can stay healthy. The information should not take the place of medical care and advice from your healthcare provider.

What is diabetes?

Diabetes is a condition where the body does not make enough insulin or cannot use insulin correctly. Insulin is a hormone that helps sugar (glucose) move from the bloodstream into the cells in our body. Cells in the body use glucose for energy to function. All cells in the body use glucose to survive. Sugars and starches in food make glucose. When glucose cannot enter the cells, it builds up on the blood (hyperglycemia). Over time, high blood sugar levels can lead to damage of the blood

vessels, nerves, and organs like eyes and kidneys, heart issues along with other problems.

Forms of diabetes:

- Type 1 diabetes is a condition where the body does not make insulin
- Type 2 diabetes is a condition where the body does not make enough insulin or the insulin the body does not use insulin properly.
- Gestational diabetes – is a condition in which women develop diabetes during pregnancy.

What are the signs and symptoms of diabetes?

- Frequent urination
- Excessive thirst
- Increased hunger
- Blurred vision
- Weight loss
- Numbness or tingling in hands or feet
- Extremely tired
- Dry skin
- Slow healing sores
- More infections

What are risk factors diabetes?

Type 1: Family history

- Age – usually develops in children, teens and young people but can develop at any age

Type 2:

- Overweight
- Over 45 years of age
- Female
- Immediate relative with type 2 diabetes
- Lack of physical activity
- Had gestational diabetes or delivered baby weighing over 9 pounds
- African-American
- Hispanic/Latino
- American Indian/Alaskan Native
- Pacific Islander

Even with no risk factors, anyone can get diabetes.

How is diabetes diagnosed?

Type 1 and type 2 diabetes are diagnosed through a blood test. Gestational diabetes is diagnosed through an oral glucose tolerance test.

How is diabetes managed?

Diabetes cannot be cured but it can be managed. Managing diabetes can be challenging while incarcerated. It is managed education, testing blood sugar, taking insulin or other medicines, food, and exercise. It takes time and effort. You need realistic short and long-term goals: Short-term goals for today Medium-term goals for the next three months Long-term goals for life.

- **Education:** Learn about diabetes and taking care of yourself.
- **Blood sugar testing:** Monitor your blood sugars at least daily to measure the amount of sugar in the blood. Keep a record of all blood sugars to see what makes them go up or down.
- **Insulin:** Insulin is a shot for deficiency, used by people who do not make insulin to help the cells in the body use glucose. While doctors prescribe insulin for diabetes, it is important for you to choose to take insulin to stay healthy.

- **Oral Medicines:** There are various oral medicines used to treat type 2 diabetes. In general, these medicines help the insulin that is in the body to work better to control blood sugar. While doctors prescribe medicines for diabetes, it is important for you to choose to take them to stay healthy. Also, it may be necessary for you to take other medicines for things like high blood pressure.
- **Food:** Choose what you eat even though your choices may be limited. Healthy choices include foods with less sugar, less fats, less salt, more fiber, and protein. Eat fruit and vegetables, especially raw vegetables, whenever they are available.
- **Exercise:** Exercise helps maintain your health. Think of exercises that you can do, like push-ups, sit-ups, crunches, stretches, walk in place, lunges, or yoga.
- **Other things to keep healthy:** Take care of your feet. Keep your feet clean and free from sores. Wear shoes or sliders to keep your feet protected from injury. Also, keeping your teeth and gums healthy can cut down on dental problems and infections. It is important to get flu shots and other vaccines like

COVID. When people with diabetes get these illnesses, they can become very sick.

What are the symptoms of hypoglycemia (low blood sugar)?

- Shaking
- Nervous anxiety
- Dizziness
- Sweating
- Irritability or confusion
- Hunger

Low blood sugar can be dangerous and needs to be treated as soon as possible.

How to treat low blood sugar? If you feel these symptoms or if your blood sugar is below 70 mg/dl:

- Drink 4 oz of fruit juice
- Drink 4 oz regular soda
- Eat 4 pieces of hard candy

Wait 15 minutes and test blood again, do the above treatment until blood sugar is over 70 mg/dl.

Also, it is important to have snacks to help with low blood sugar available during nighttime and lockdowns.

What is diabetic ketoacidosis?

Diabetic ketoacidosis (DKA) happens when the body does not have enough insulin to let blood sugar into your cells for energy. When this happens, the liver breaks down fat for energy which creates acids called ketones. DKA is very serious and can cause coma or death. Common symptoms of DKA include:

- Extreme thirst
- Flushed face
- Muscle stiffness or aches
- Frequent urination
- Frequent urination or thirst that lasts for a day or more
- Nausea and vomiting
- Fast, deep breathing
- Fruity-smelling breath
- Stomach pain
- Dry skin and mouth
- Headache

If you think you have DKA, take a urine test for ketones, if ketones are high, call for medical help right away.

What are routine tests for people with diabetes?

Daily:

- Monitor blood sugar with glucose meter

Every 3-6 months:

- A1C is a blood test that measures the average of your blood sugar levels over the past 2-3 months.
- Blood Pressure

Yearly:

- Foot exam, except with those with history of open foot sores need exams more often
- Lipid disorders
- Eye exam
- Dental visit
- Kidney tests

Managing diabetes can be challenging. However, with knowledge about diabetes, you can become a better advocate for your health and wellbeing.

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