



OMBUDSMAN UPDATE

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FROM THE OMBUDSMAN

By Lauren “Laurie” Andersen, MM, RN, CEN, CCRN

The summer is winding down – the weather is lovely and the temperature has dropped. As the days get shorter and the sun is out less time, you will have more time indoors and more time with artificial light. What are you going to do this fall? How are you going to use your time to make you a better, more well-rounded person? How are you going to keep in touch with friends and family? How are you going to keep yourself healthy? After all, health includes physical, mental, and emotional aspects.

You all have tablets with a lot of information on them. Perhaps you could learn a new skill, read a book, or listen to a podcast. Be sure to check out wellness and mindfulness options too. Learning more about what the tablets have on them will enhance your development of knowledge and fill some hours.

Remember, wellness includes your mind and your body. This is your chance to care for yourself. You could start an exercise program or pay more attention to what you are eating.

Sincerely,
Laurie Andersen



REFLECTIONS

***“The trees are about
to show us how
beautiful it is to let go
of the negative.” -
Unknown***



UPDATES AND ANNOUNCEMENTS

The Fall Colors are Starting:

The late summer and early fall are beautiful in New England. The air is clean and crisp. The temperatures go from 40s to 80s – sometimes in the same day. The summer humidity is usually minimal and time outside is pleasant. This glorious weather is a short window transitioning summer to fall quickly! Enjoy this season – it's the best!

This season also has some holidays and celebrations that you and your family may be celebrating. Children of all ages love Halloween! Dressing up and trick or treating is a fun experience and memory for children. If you have children in your life, this is a great time to send a message to them that you want them to have a great time on Halloween. This season also has Thanksgiving. It is a good time for you to focus on the positive things in your life to be thankful for. Perhaps you start a "gratitude" journal to notice what is good for you! It doesn't have to be a big thing but could be a "beautiful day". It is also a good time to send a positive message of gratitude to your family and friends.

Contacts with the Office of the Ombudsman:

We appreciate when you reach out to the Office of the Ombudsman through our phone number (**833-662-8410**) or email system. We receive all calls and contacts. Please know that we follow up with facility leadership with your concerns and ideas. If you ask us not to share your name, **we do not!** We do share your concerns and questions to help find solutions to your challenges. We are here to support your wellness and will do all we can to have facility resources address your concerns.

Please be advised that the Corrlinks system is not set up for us to respond personally to your emails. What we will always do is forward your concern to the appropriate people at the DOC or VitalCore.

Please keep reaching out if you need to.

Wellness:

The Office is invested in the wellness of everyone within the DOC. Our goal is to offer support and share ideas that can enhance the well-being of all incarcerated individuals.

Your investment in your own health, as well as the health of those around you, plays a key role in building a better, more positive community. The Office is here to support you in your wellness journey and appreciates your collaboration in finding ways to improve it.

ABOUT US:



Office of the Ombudsman

Independent Health & Wellness
Advisor to Corrections

The mission of the Office is to promote a healthy environment for everyone living or working in DOC facilities. Initially responsible for monitoring and reporting on the DOC's COVID-19 mitigation efforts, the role of the Office has since expanded. Post-pandemic, the Office advises the DOC on infection control and wellness initiatives by developing comprehensive health and wellness programs, along with training and education initiatives. In collaboration with the DOC, we implement these programs to positively influence the DOC's culture and environment for the benefit of all.

GET IN TOUCH:



Website: <https://ombudsman-madoc.org>

Free Call: 1-833-662-8410

Inquiries can be submitted anonymously through the website. If you choose to provide your contact information when filling out the web form, we will make every effort to respond within two business days. We look forward to addressing your infection control and wellness-related questions, concerns, and inquiries.

You may also submit your inquiries or suggestions via our telephone number. Infection control and wellness-related inquiries can be left anonymously. If you would like a response, please be sure to leave your contact information as instructed on the voicemail.