



OMBUDSMAN UPDATE

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FROM THE OMBUDSMAN

Winter message from Lauren
“Laurie” Andersen, the
Executive Director/
Ombudsman



UPDATES AND ANNOUNCEMENTS

Important updates and
announcements concerning
health and wellness
initiatives



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REFLECTIONS

“The mind and body are
not separate. What
affects one, affects the
other.” - **Unknown**

FROM THE OMBUDSMAN

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

Winter has arrived in full style this year! It has been cold and snowy and everything that the season can be. With the best highlights of the winter season comes the opportunity to enjoy the outdoors at its best! Snow brings out the kid in all of us and allows snowball fights, building snowmen, sledding, and angels to be made! Take some time and breathe in the beautiful fresh air of the winter cold and spend time with your family and friends to enjoy the beauty of the season. Enjoy!

“Winter forms our character, and brings out our best.” - Tom Allen

We appreciate all that you do — your work and time matter!

Unfortunately, the other important piece about winter is it is the season for respiratory illnesses. The Flu, Covid-19, and RSV are easily shared and spread during the cold, indoor season of winter. Please remember to use the tools you have to stay healthy including frequent handwashing, covering your mouth when you cough or sneeze, eating well, drinking water frequently, and sleeping well at night. The viruses of winter spread easily at home and at work. Good health hygiene habits are the best prevention and the best opportunity to avoid the illness. If you do get sick, remember to take good care of yourself, treat your fever, and seek medical care if needed.



The review of the DOC recruitment and Academy videos will be happening in the upcoming months. *Rob Ranney Productions* has done an excellent job of showing others the essential work you do. I hope each of you will promote the video once you see it on social media or the DOC website. The goal is to increase DOC staff numbers! Thank you for your help and support on this important project!

The Academy is about to start with the largest class of recruits that DOC has seen in five years! Hopefully this class will add some more volume to your much needed numbers!

Thank you for your hard work — we care about you!

Sincerely,

Laurie Andersen

UPDATES AND ANNOUNCEMENTS

Evening Town Halls

DOC leadership is continuing to make rounds of all facilities with town halls. This Office is attending the town halls to listen to the discussion and questions being shared. We appreciate the challenges you all face and admire your professionalism in sharing those challenges with leadership. If we can assist you in making things better for you or your work, we are happy to hear those ideas.

Mental Health Concerns

The Office of the Ombudsman is here to support you. The winter months are often long and dark and sometimes hard to manage. If you, or someone you know, needs support or is looking for a place to turn, please reach out to EASU or to other mental health resources. The strongest people are the ones that get the mental health support they need, when they need it.

Interact with the Office:

We invite you to visit our website at www.ombudsman-madoc.org to explore the resources we have to offer.

As always, the Office encourages you to connect with us and share your thoughts, questions, concerns, or ideas related to health and wellness.

You can reach out through our web-based inquiry form at www.ombudsman-madoc.org/submit-inquiry/ or by calling us toll-free at 833-662-8410.

Additionally, be sure to speak with any member from the Office when we visit your facilities. We care deeply about each of you and are committed to supporting you in the important and challenging work you do.

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.