



OMBUDSMAN UPDATE

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FROM THE OMBUDSMAN

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

Spring, a season of renewal, has arrived! May is a busy month as we transition from spring to summer. Hopefully you too are looking forward to longer days and more daylight. Now is a great time to start a new, positive practice or idea to improve your health and wellness! Perhaps now you could look to do more on your tablet, including taking classes, reading, listening to new music, or trying meditation and mindfulness exercises. Your tablet gives you access to subjects and learning that are new to you but may help you expand your learning and understanding.

You have a chance to do something better for yourself and to use the time you have while incarcerated to grow as a person and learn.

Wellness includes your mind and your body. Invest in yourself and improve both mind and body with positive habits that will make you a stronger, healthier person and will help to pass the time you have while incarcerated. Spring is a good time to start something new!

Sincerely,
Laurie Andersen

REFLECTIONS

***Happiness is the
highest form of
health.***

Dalai Lama



UPDATES AND ANNOUNCEMENTS

Summer Heat is Coming!

While weather this spring has been cool and rainy, summer is right around the corner – so we need to get ready for rising temperatures and the possibility of heat advisories.

Before we get there though, I wanted to review a few ideas on how to avoid ill effects of too much heat!

1. Avoid excessive physical activity in the hottest part of the day. If you want to work out or do physical activity, try to find time in the morning or evening to do that.
2. Use a fan in your space if you can and use the fan misters outside to keep your body cool.
3. Take a cooler shower than usual to lower your body temperature.
4. Drink lots of water and stay hydrated.
5. Wear light clothing and shower shoes if allowed.
6. Let the health staff know if you develop headaches, excessive sweating, increased heart rate, fainting, muscle pain, nausea, and/or vomiting.

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 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.