



Weekly Views

Indiana Department of Correction

January 15, 2016

POLAR PLUNGE PARTICIPANTS! By now your facility has received an information packet on this year's Polar Plunge Challenge. They jury's still out on who will dominate however a certain central Indiana team has already notified me that this year they are poised to break al previous records! I guess we'll see.

ENTER THE FLEX ZONE! Special Olympics has a great opportunity for you to compete with in the SHOWDOWN OF THE SHIELD, a weightlifting competition featuring exercises where the participants compete as many repetitions as the can in one minute according to the percentage of their body weight. *Exercises are: Bench Press – 70%, Standing Curl – 35%, Leg Extension – 45%.* A team consists of 4-5 members. Individuals who agree to raise \$200 with a goal to raise \$1000 per team. Awards will be presented for 1st-4th in total Team Repetition, Team Fundraising and Individual Repetition and Individual Fundraising. Lunch will be provided by Texas Roadhouse after the competition. **REGISTRATION DEADLINE: February 25, 2016. The first six teams to register will be eligible to compete, contact Indiana State Trooper Tommy Walker @ 812-350-4638 to register or questions. COMPETITION DATE: March 12, 2016 10am @Fairoaks Mall, Columbus, IN.**



WVCF KEEPS THE 'WHEELS' ROLLING A one thousand dollar donation from the Wabash Valley Correctional Facility (WVCF) will help keep Meals on Wheels rolling in Knox and surrounding counties. Generations, part of Vincennes University's Community Service Division, provides the meals three days a week. Stacey Kahre, Generations Director of Client Services, said the Meals on Wheels donation comes at a good time as nutrition funding has been drastically cut. She said the WVCF gift helps ensure no homebound senior has to go on a waiting list for meals. The Wabash Valley Fatherhood and PLUS programs donated the funds to Generations after learning the senior population is the largest in history with many living below the poverty level.



RCF STARTS THE NEW YEAR WITH GRADUATES 64 Rockville Correctional Facility held a graduation for the Purposeful Living Units Serve (PLUS) program on January 13, 2016. The 64 graduates and their visitors and family were welcomed to the ceremony by Superintendent Julie Stout who thanked those in attendance for showing their support for the graduates. Director of Religious and Volunteer Services for the Indiana Department of Correction, David Liebel was the guest speaker. After the presentation of the certificates and a moving graduate speech, the attendees were treated to the PLUS choir performance of "The Storm Is Over Now" and the PLUS "Victory Chant". At the conclusion of the ceremony, guests were invited to enjoy the meal prepared by the RCF Aramark In2Work and DOL (Department of Labor) participants.



ISR FAMILIES BID FAREWLL TO ICAN PUPPIES On Saturday Pendleton Correctional Facility staff and their families had an opportunity to interact with the ICAN (Indiana Canine Assistant Network) puppies, who in the near future will move on to the Indiana Women's Prison for their next level of their training before becoming an assistant dog. The kids enjoyed cuddling with the

sleepy puppies and romping with the older dogs. Staff families will have a second opportunity to see the puppies this Saturday from 1 p.m. to 4 p.m. at the Pendleton Complex Training Center.

WCC HOPING FOR A LOSING YEAR! Westville Correctional Facility staff committed themselves to a New Year's resolution to scale down – in weight! Eleven teams of four staff members each have started a weight loss contest. For the next three months, each team will be weighed every week. The team with the greatest percentage lost and the one with the greatest amount lost will each receive a complimentary one month membership to a local gym. Each competitor is also receiving a free team training class at a nearby fitness club at the start as an incentive to get healthy. May the biggest loser win!



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