

THE ROLL CALL



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The most recent class of new recruits graduated on Friday, January 12th at the NYPD Academy. Here, the recruits take their final oath before a cheering crowd of their loved ones and department leadership.

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BOLD THOUGHTS

Welcome to the first edition of our relaunched Roll Call newsletter! Each month we will bring you news from within our department, important updates on training and resources available to you, and vital information to support your health and wellness. Plus, we will put the spotlight right where it belongs: the heroes of DOC who boldly serve our city. Our cover this month is dedicated to our most recent class of recruits who graduated at a wonderful ceremony in January. Thank you to everyone who was involved in recruiting, training, and overseeing the graduation of these new officers. At the event, we also honored four veteran members of our department - Captain Franklin Holmes, and Officers Joseph Fina and Waldo Alejandro who have perfect attendance for 33, 19, and 19 years respectively; as well as Officer Walter Nelson who has served our department with distinction for an incredible 51 years! These four individuals have been role models to generations of staff and their inclusion was especially important for our newest officers to see. The members of our Boldest family should always be celebrated because you do difficult, often dangerous work that is essential to public safety for all New Yorkers. Each of you - uniformed and civilian - is a valuable member of our team. I see that every day, and it is why I am so proud to serve as your Commissioner. I'm looking forward to our continued success together and to even more celebrations of your great achievements, which you will read about here.

Heroes Work Here

Heroes work at the New York City Department of Correction. In emergencies in facilities in the city or even while off-duty, DOC Officers never hesitate to boldly answer the call for help. Today, meet Officer Ferguson, a DOC hero who helped to stop a New Yorker from attempting to commit suicide in The Bronx last year. While off-duty and driving home with her family from City Island, Officer Ferguson pulled over and immediately went to assist at the scene of the emergency. The individual, who was visibly in distress, was climbing over the fence of the City Island Bridge to jump in the bay while two other individuals at the scene tried to intervene. The woman was climbing over the fence and one guy was holding her leg trying to stop her and I went to her and said: 'Ma'am, I'm an off-duty Correction Officer and I'm a mother, I have my kids in the car and I saw what was happening and want to help you.' I told her 'Please don't do this. Please come down. Whatever is going on, it's not that bad and we can help you and please come down' and I just kept talking to her until she finally climbed down," recalled Ferguson, who has 16 1/2 with the department. "After that, I just stayed with her and kept talking to her to keep her calm and support her until NYPD ESU arrived. I wanted her to know that no matter what she was going through, there's always help."



Dr. Morash, a City Island resident, who was the first person to pull over at the scene, called 911 and was the one holding the woman's leg, noted his appreciation for Officer Ferguson's dedication to help others because so many motorists passing by didn't stop to help. "Quite honestly, it could have been a different outcome if Officer Ferguson had not stopped her vehicle and assisted in the rescue. Many others would have simply driven by, but she didn't. She is a hero and I really want to pass along that she is a good human and made a difference in saving a life that night," the retired U.S. Navy Officer added.

If you or someone you know is experiencing suicidal thoughts, please call or text NYC Department of Health, and mental hygiene 988 for help. Counselors are available 24 seven to listen to provide support. In addition, C.A.R.E (718-546-5001) and the National Suicide Prevention Lifeline (800-273-TALK) are always available.



Officer Jonescia Ferguson is pictured here with her mentor, Captain Odetta Williams, a 20-year DOC veteran. These two Boldest Heroes both serve at the Otis Bantum Correctional Center (OBCC).

"Since joining DOC, I have developed a profound respect for the work of our uniformed staff. Given the dangers and uncertainties they encounter, it takes a lot to just show up. Yet showing up is only half the battle. I often hear uniformed staff reference the topic of "professionalism". Professionalism is hard to define but easy to identify— you know it when you see it! There are several hallmarks of a profession, one being a unique body of knowledge. Part of being a professional is taking ownership of correctional knowledge by mastering and maintaining it so that you can be effective in any situation. The Training and Development Division provides initial and refresher trainings for DOC staff, and so much more. This monthly column will be a space to highlight upcoming trainings, professional development programs, and educational opportunities available through our Scholarship Unit. I am deeply committed to helping members of service achieve their professional goals, setting DOC up for sustained success."

-Assistant Commissioner Jeremiah Johnson

Members of service can check [DOC's Learning Management System](#) to ensure they are current with all DOC and DCAS trainings.

TRAINING



Boldest Spotlight

For Captain Nicola McKenzie, a veteran staff member in her 23rd year and assigned to Elmhurst Hospital Prison Ward (EHPW), focusing on doing basics well and maintaining a positive attitude on duty are keys to a long and successful career. "Having a positive attitude makes a difference," she said, adding it often determines whether you have a good or bad day. McKenzie worked with challenging populations at GRVC, RMSC, and Elmhurst throughout her career. In addition to staying positive, focusing on providing care to persons in custody, networking with fellow officers to answer questions about the job, supporting one another, and knowing policy and procedure, are all important, McKenzie said. She now works at the newly renovated Elmhurst Forensic Psychiatric Unit, a specialized unit that prevents self-harm and provides safe, intensive mental health treatment to women in custody in a hospital setting. In the unit, she sees women who have experienced trauma in their lives. McKenzie said that she spends time with family to decompress from the pressures of the job, adding that it is very important to not bring the job home. She also goes to the gym, dances, and goes on vacation to de-stress.

McKenzie was helped over her career by mentors, mostly notably several supervisors including Chief Ada Pressley, Chief Tanisha Mills and Warden Felene Breeland. Breeland taught her the importance of deciding and sticking by a decision when encountering a situation, explaining that even if it was the wrong decision, it is better than not acting. Mills encouraged her to have confidence and not to second guess. Pressley helped her improve her correctional skills and practices. McKenzie believes that a good uniform staff member needs to listen, even when working challenging posts, such as being the B officer in a housing area. One of her greatest accomplishments while in uniform was when she and a colleague convinced a woman in custody at the RMSC to come out of her cell after days of refusing. She was a RMSC security captain at the time. "I said 'let me try.'" After speaking to the person in custody for about an hour, she took a break, and came back with a colleague without wearing HAZMAT suits and spoke to her calmly.



"I tried to say to her that staying in the cell was not good for her, and that if she came out, she could eat or make a phone call to her family. "The person in custody finally emerged, gradually her mindset changed, and when she returned to the jail next she was in a completely different frame of mind. "We don't have full training in psychology, but sometimes just using common sense and not focusing on them being locked up, but talking to them like we would on the street can help them gain compliance." McKenzie immigrated from Guyana when she was 11-years-old and attended John Adams High School and LaGuardia Community College, and worked briefly at a 911 call center before joining DOC. If she were not a Captain, she'd like to be a social worker. "I like the challenge of helping people," said McKenzie. "Even with 100 people, if I could change one person's life, it is gratifying." Her younger brother, Eron Augustus, who she mentored, is a Correction Officer in EMTC. She also has a niece who is waiting to be called to join an academy class.

PROGRAMS

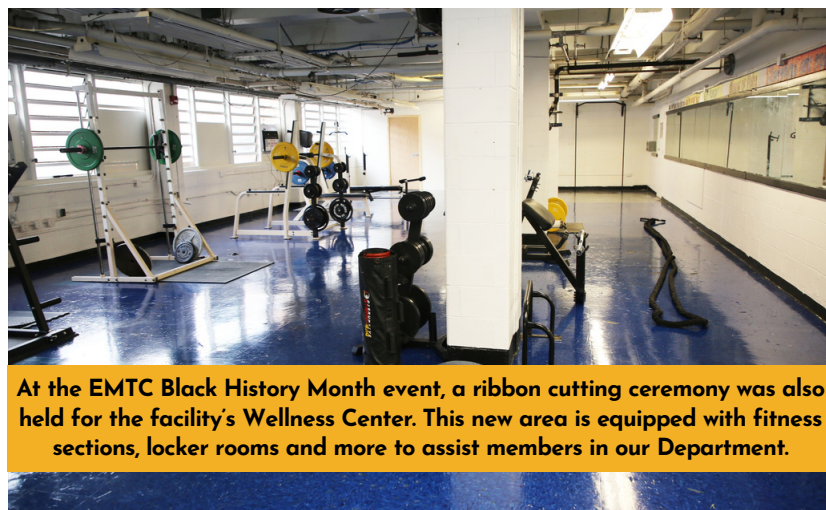


Department of Correction programs Recreation Team hosts engaging events to enable incarcerated individuals to discover and nurture their talents, develop teamwork abilities, and foster personal development. In December, the RMSC-based Recreation Team led the efforts in organizing a highly successful Winter Festival, providing a platform for incarcerated individuals to showcase their talents in singing, poetry, and motivational speeches. Over the course of four weeks, this initiative brought together five housing units, with 30 PIC attendees actively participating. Events like this not only foster a sense of community but also provide valuable opportunities for skill-building and self-expression.

JoinTheBoldest



On Wednesday, February 21, EMTC held a black history month celebration and honored Chief Lemon for his nearly 37 years of service, professionalism, dedication and mentorship.



At the EMTC Black History Month event, a ribbon cutting ceremony was also held for the facility's Wellness Center. This new area is equipped with fitness sections, locker rooms and more to assist members in our Department.

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IMPORTANT REMINDER ABOUT INAPPROPRIATE USE OF YOUR DOC EMAIL ACCOUNT

- DOC employees should use their email primarily for work-related purposes
- Misuse of email can cause many legal, privacy and security risks.
- The owner of an email account is responsible for its use and is presumed to send all email actually sent from that account.
- Only accept email from someone you know or received from before or were expecting.
- Don't open an email or an attachment you do not recognize because doing so may download malware to your computer.

IF YOU THINK YOU RECEIVED A PHISHING EMAIL CALL THE HELPDESK AT 718-546-1800 OR EMAIL ITSUPPORT@DOC.NYC.GOV AND PHISH@DOITT.NYC.GOV

C.A.R.E

- C.A.R.E has been awarded a two-year \$180,000 grant to support and improve mental health at work, reduce the impact of workplace trauma and stress, as well as provide opportunities to learn about resilience, life skills and healthy coping strategies. C.A.R.E is committed to increasing access to peer programs and other social supports while decreasing barriers to wellness options at work.



Medical Monday

Monday, March 11th
12:30 p.m. & 3:30 p.m.
GMDC Wellness Center

Women's History Month Paint Brunch

Thursday, March 28th
11:00 a.m. - 3:00 p.m.
GMDC Wellness Center 2 FL

Susan M. Hunter Scholarship

Deadline to apply March 31st

Scan here:

Questions: scholarships@correctionalleaders.com

- Monroe College is offering Uniformed Members 50% Tuition Reduction and 20% Grants to civilian members of the NYC Department Of Correction

March 5th

2 p.m. 4 p.m. 7:30 p.m.



HR NEWS

A new Workplace Conflict Intake Form is on its way and is due to be published in March. The new form will entirely electronic, thus ensuring your privacy and will be immediately directed to the proper authority, depending on the type of conflict noted on the form. This will allow for a prompt and more effective response, and will enable us to ensure that your voice is heard and that your concerns are addressed timely and effectively.

-Deputy Commissioner Lynn Grubiak

Aisle by Aisle: Choosing Foods Wisely



Choosing Healthy Beverages



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose water. It is your best beverage choice.
- Choose drinks with 0-20 calories per 8 ounces.
- Limit fruit juice. It has as many calories as soda. When you do choose juice, make sure the label says 100% juice.
- Skip sugar-sweetened sports drinks unless you're a competitive athlete.
- Skip energy drinks.

Small Steps = Big Rewards: If you drink regular soda, mix half diet and half regular until you can switch to all diet or water. Do the same trick with juice—mix with plain or sparkling water. Gradually switch to water with a splash of juice or a slice of orange, lemon, lime or cucumber.

GO GREEN.

Buy a BPA-free water bottle and fill with tap water to cut costs and shrink landfills.

For information and recipes go to www.MyEatSmartMoveMore.com

Aisle by Aisle: Choosing Foods Wisely



Choosing Whole Grain Bread



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose “100% whole grain” or “100% whole wheat” breads; brown and multi-grain breads don't necessarily contain whole grain.
- Choose breads with 60 calories or fewer per slice.

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTAN YEAST, YEAST CONTAINS LESS THAN 2% OF THE FOLLOWING: RAISIN JUICE CONCENTRATE, DOUGH CONDITIONER MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODIUM PROPIONATE (PRESERVATIVE), GUAR GUM, YEAST NUTRIENT AMMONIUM SULFATE, CALCIUM SULFATE, POLYSORBATE 60. CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

F29720228
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, CORN SYRUP, VINEGAR, CULTURED WHEY, CA DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOSULFATE AND/OR MONOCALCIUM PHOSPHATE), 100% INTERSTATE BRANDS

GO GREEN.

Reuse your plastic bread bags.

Small Steps = Big Rewards: If you love white bread, look for whole-grain white flour listed as the first ingredient; this may make the switch to whole grain easier.

For information and recipes go to www.MyEatSmartMoveMore.com

Aisle by Aisle: Choosing Foods Wisely



Shopping for Seafood



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose fresh salmon. It is high in healthy fats.
- Choose plain, fresh fish instead of frozen or breaded.
- Avoid these fish to keep mercury intake low: shark, swordfish, king mackerel, tilefish, walleye and blue-fin tuna. This is important if you are a woman of childbearing age.



GO GREEN.

Check out Monterey Bay Aquarium's National Seafood Guide on the web, www.montereybayaquarium.org/cr/seafoodwatch.aspx. Download their free app for seafood advice.

Small Steps = Big Rewards: Gradually switch to baked, broiled or grilled fish instead of fried.

For information and recipes go to www.MyEatSmartMoveMore.com

Aisle by Aisle: Choosing Foods Wisely



Navigating the Snack Aisle



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

The best snacks—fresh fruits, vegetables, low-fat dairy products, whole grains or small portions of nuts—are usually in other aisles.

- Choose granola bars that have 200 or fewer calories, 5 or fewer grams of sugar per 100 calories and at least 3 grams of fiber per serving.
- Choose low-fat, low-sodium popcorn.
- Choose whole-grain crackers with fewer ingredients.
- Look for fruit snacks made with 100% fruit.
- Choose low-salt nuts. Stick to one serving.

GO GREEN.

Make your own 100-calorie packs. Use and re-use your own container.

Small Steps = Big Rewards: Gradually swap chips, cheesy crackers, candy bars, honey buns and other high-calorie snacks for fruits and vegetables, low-fat dairy products, whole grains or small portions of nuts.

For information and recipes go to www.MyEatSmartMoveMore.com

Aisle by Aisle: CHOOSING FOODS WISELY



GO GREEN.

For information and recipes go to www.MyEatSmartMoveMore.com

Shopping for Canned Fruits and Vegetables



GO GREEN.
Recycle the cans!

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Select canned fruit packed in water; when not available, choose fruit packed in its own juice, drain well and discard the juice.
- Choose low-sodium or no-salt-added canned vegetables; when not available, drain and rinse well to reduce the sodium.
- Choose plain, low-sodium canned beans; drain and rinse well to further reduce the sodium.

Small Steps = Big Rewards: Skip the salt shaker when eating canned vegetables and beans. Switch to low sodium, and then move to no-salt-added. To add flavor, try salt-free herbs and spices.



For information and recipes go to www.MyEatSmartMoveMore.com

Choosing Whole Grain



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- | | |
|--|--|
| Cereal
200 calories or fewer per serving

Fewer than 6 grams of sugar per serving
At least 3 grams or more of fiber per serving | Cereal bars
200 calories or fewer per serving

Fewer than 5 grams of sugar per 100 calories
At least 3 grams or more of fiber per bar |
|--|--|

- The first ingredient should be whole grain: whole wheat or oats.
- Look at the serving size to make sure it's how much you would actually eat.
- Choose plain oatmeal for a great whole-grain choice, and skip the flavored kind.

Small Steps = Big Rewards: If you are having a hard time switching to whole-grain cereal, try mixing your usual cereal with a whole-grain choice.

GO GREEN.
Recycle the cans!

For information and recipes go to www.MyEatSmartMoveMore.com

Selecting Fresh and Frozen Produce



GO GREEN.

Make your own fruit and vegetable snack packs. Use and re-use your own container to save on packaging. Buy local and decrease the carbon footprint of your food.

For information and recipes go to www.MyEatSmartMoveMore.com

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Supersize it! More is better when it comes to fresh and frozen produce.
- Buy what's in season; you'll save money.
- Buy local if your store offers it; it's often the freshest.
- Choose a variety of colors—be sure to include dark green and deep orange.
- Stock your freezer with plain, frozen vegetables and fruits.



Small Steps = Big Rewards: Try one new fruit or vegetable per week. It's a fun way to experiment and who knows, you just may discover a love for brussels sprouts.

Selecting Frozen Meals

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Aim for frozen meals that are:
—500 calories or fewer
—5 grams of saturated fat or fewer
—600 milligrams of sodium or fewer
—At least 3-5 grams of fiber
- Look for meals that have no trans fat and are low in total fat.
- Eat only one serving of frozen pizza—most pizzas have three or four servings in one package.



GO GREEN.

Many frozen meal cartons are recyclable.

Small Steps = Big Rewards: Add a salad to your frozen meal or frozen pizza. Limit the number of frozen meals you eat each week.

For information and recipes go to www.MyEatSmartMoveMore.com

Managing the Cookie Aisle



- Avoid this aisle when possible.
- Choose your favorite cookie when looking for an occasional treat, but stick to the serving size.
- Look for 100-calorie packs.
- Compare food labels and look for cookies with the least number of calories and no trans fat.

Small Steps = Big Rewards: Don't feel like you have to give up your favorite cookies. Just eat fewer of them, eat them less often and enjoy them when you do.

GO GREEN.
Make your own 100-calorie packs to save money and reduce packaging.

For information and recipes go to www.MyEatSmartMoveMore.com

Choosing Dairy



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose skim or 1% milk.
- Choose low-fat cheese or use less regular cheese.
- Select low-fat or fat-free sour cream or cream cheese.
- Choose low-fat or fat-free yogurt with "live, active cultures" and fewer than 12-15 grams of sugar per 6 ounces.
- Limit flavored milk to an occasional treat.

Small Steps = Big Rewards: If you drink whole milk, try 2% for a few weeks and then switch to 1% milk. Eventually switch to fat-free (skim) milk. Another option is to mix whole milk with skim, gradually decreasing the amount of whole milk.

GO GREEN.

Buy large containers of yogurt and make your own single-serving portions. If you do buy the single-serve, recycle them where you can.

For information and recipes go to www.MyEatSmartMoveMore.com

Navigating the Frozen Desserts Aisle



GO GREEN.

Recycle your cartons and cardboard!

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Limit frozen desserts to an occasional treat.
- Look for desserts that have:
—150 calories or fewer
—2 grams of saturated fat or fewer
- Choose low-fat or fat-free mini ice cream bars, frozen yogurt, sherbet, fruit sorbet or fudge pops.
- Take note of serving sizes when scooping ice cream—a serving is 1/2 cup.

Small Steps = Big Rewards: Try pre-portioned, low-fat frozen treats. Or, rather than keeping your freezer stocked with treats, take your family out for an occasional treat.

For information and recipes go to www.MyEatSmartMoveMore.com

Choosing Meats

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



- Choose lower-fat cuts of meat such as "loin" or "round."
- Choose ground meat with the highest percent lean, such as 93/7.
- Choose white meat instead of dark meat chicken and turkey.
- Avoid processed meats like deli meat, hot dogs, bacon and sausages—they are loaded with sodium.



GO GREEN.

Buy local meat, poultry and seafood, or try meatless Mondays.

Small Steps = Big Rewards: Serve appropriate portion sizes of meats. A proper portion is the size of a deck of cards or a computer mouse.

For information and recipes go to www.MyEatSmartMoveMore.com