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10 November, 2020

Mr. [REDACTED]  
Office of Senator [REDACTED]  
State House, Room [REDACTED]  
Boston, MA 02133-[REDACTED]

RE: MCI-NORFOLK/COVID

Dear Evan:

I hope this letter finds everyone well, and thank you for your recent correspondence. Allow me to give you an update on Norfolk.

Norfolk now has had over 200 positive cases of COVID and according to staff the number is closer to 230. There have been 10 [unconfirmed] cases of correctional staff and 5 of medical staff.

Men are being quarantined on the 2nd and 3rd floors of the SMU (Special Management Unit) or the hole/solitary; each floor has roughly 30 single cells. The 2nd and 3rd floors are also being used to quarantine men returning from hospital trips (over 48 hours). Men are also being quarantined in the Probation Blocks and the 8-2 Block.

Probation (P1 & P2) are modular constructed trailer type dorm units and each can house 60 men (30 bunk beds on each side). P-2 is currently full, and P-1 which was turned into offices is housing the overflow of about 10-15 men. Probation has a long history of black-mold and there are insufficient bathroom/shower facilities, as everything was removed from the P-1 side. The 8-blocks are modular units, 2 floors each with 60 double bunked cells each housing 120 men. These blocks have historically been used to house men with short amounts of time remaining, men released from the SMU, and men new to the camp. 8-2 was cleared out within the past couple of weeks and is being used to quarantine men and is currently full.

There is talk of using "South-Yard Housing Unit" (which was closed by the Norfolk Fire Chief because of an issue with gas lines), a another dorm setting, for either quarantine, or to house inmate kitchen workers once they are allowed to return to work.

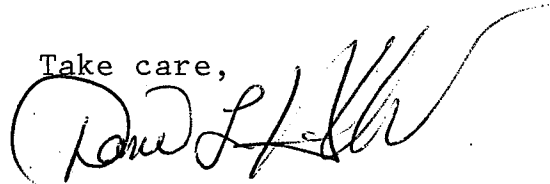
As I know you are aware, medical remains "a mess". I reside in the same House as Mr. [REDACTED]. The food had improved a good deal after the first lock down, and after the return of the Food Services Director, Steve Bianchini (but it is still a long way from where it

should be). This current lock-down started with an array of highly processed foods, and after much complaint it tempered and is somewhat better and a little more healthy from where it started, however, very far from being diabetic friendly. For example diabetics' are no longer receiving items such as low fat mayonnaise, sugar free syrup and sweeteners, or Promise margarine. Diabetics should receive strictly wheat flakes instead of sugar coated cereals, and rice krispies/corn flakes which have little to no nutritional value. Diabetics should receive items like wheat bread instead of sugar glazed doughnuts/cakes and cookies, and more fruits instead of chips, etc. There have been some healthy items serve, but infrequently, such as raw vegetables(carrots/celrey), and more fresh fruit for the general population, as well more "hot meals." But the meals as a whole appear to be just thrown together with very little thought. What has been noticed is that staff is still able to prepare meals for staff. I am waiting for the September/October invoices and getting some push-back, but it appears that these staff meals, now, consist of what we are getting, or are supposed to receive, i.e. proper beef, chicken, only prepared better.

Please find attached a list of the meals served to the population from October 28 thru November 9th; and a list of the deficiencies in how the DOC is handling the outbreak here.

As always, we hope all is well, and thank you for your attention and assistance.

Take care,

A handwritten signature in black ink, appearing to read "Dan Holland", with a large, sweeping flourish extending to the right.

Dan Holland

11/11/20

Defeciencies in how the DOC is handling the Covid  
outbreak at MCI-Norfolk  
October/November 2020

1. Staff members who work in quarantined areas are allowed to work in non-quarantined housing units during their same shift(or the following shift when working overtime). This can contribute to and/or facilitate "transference".
2. Men are not being tested before being cleared from quarantine. This allows those who might be a false positive to contract the virus while in quarantine areas and return asymptomatic positive to their housing unit.
3. One of the two quarantine areas is an open floor dorm where men are being held in close quarters. It is not possible to maintain any semblance of social distancing in this unit. Or, rather distancing is not being strictly enforced.
4. There continues to be "quarantine fatigue" among staff members who refuse to follow the DOC's guidance in enforcing social distancing and mask wearing in units. While staff members are taking the outbreaks seriously, there still have been multiple occasions in my unit where more than 20 men gathered tightly together in the unit's chow hall during meal time(meals are supposed to be called in small groups).
5. There is no real monitoring- should be done regularly or at least monthly- of possible symptoms inside of the units. A member of the I.P.S. team walked through my unit quickly yesterday, "simply asking" if anyone has COVID symptoms? There has been no one from medical staff in my unit to take temperatures or assess any possible symptoms.(Medical comes into the unit at least three times per day to dispense medications, and three times a day to dispense insulin, and could easily take those mens' temperatures as to ge a feel for the units.)  
Also, facing the reality of a 10- day or more quarantine in an environment many believe to be unsafe, many men are unwilling to be honest at this point about symptoms they may have.

Meals served to the MCI-Norfolk population  
during the lock-down of 10/28/20 thru 11/9/20

During this lock-down therapeutic, medically prescribed diabetic meals were not served, diabetics and a number of other medical diets including gluten-free were instructed to eat from the "main-line" - the same as the general population.

Wednesday(10/28), Breakfast=Wheat Flakes, bread and butter(diabetics received the "cold" tray portion of their meal containing Promise margarine). Lunch= peanutbutter and jelly, 4 slices of bread, chocolate pudding, and a "3-bean salad." Dinner= Buratto(containing only bean, not approved type), corn, two packages of cookies, salsa, (over cooked) pasta salad.

Thursday(10/29) B= corn flakes, sugar glazed doughnut/cake. L= processed meatballs, plain lettuce, dressing, hamburger roll, D= processed chicken patty, apple, plain lettuce, small bag potato chips, piece of cheese(does not melt in a microwave) hamburger roll.

Friday(10/30) B= puffed rice krispies, cake/muffin. L= Fish(not approved type), processed cheese, cookies, potato chips, peas. D= bologna, processed cheese, apple, lettuce, potato chips.

Saturday(10/31) B= 2 processed egg patties, bread and butter. L= hot dogs, lettuce, potato chips. D= a boxed meal(2 sandwiches, each 2 slices of bread, 2 pieces of cheese, ½ slice of roast beef), cookies, potato chips, pear.

Sunday(11/1) B=puffed rice krispies, doughnut/cake, banana. L= "baked Dinner loaf" a/k/a veal(because of color), or, chicken steak. (highly processed, sodium laden mechanically separated product(#SLDL040, made by Buona Vita containing a daily allowance of 23% sodium, and 25% cholesterol, 15% fat and 20% saturated fat) served with a side of over cooked(mushed) green beans, potato chips, a hamburger roll, and a pear. D= Processed "turkey ham" a/k/a mystery meat, a mixed vegetable, a pear, potato chips.

Monday(11/2) B= 2 hard boiled eggs(already peeled?), banana, bread. L= chicken stew(containing chunks of processed chicken) rice, bread and butter, pudding. D= processed soy burger, lettuce, unmeltable processed cheese, potato chips, cookies.

Tuesday(11/3)B= wheat flakes(sent only for diabetics) a sugar coated cereal with multiple colors for the general population, sugar glazed doughnut/cake, banana. L= fish(overcooked, and not approved type) . . . other. D= bologna, cheese, carrot/celrey sticks, lettuce, potato chips.

Wednesday(11/4) B= oatmeal, english muffin, banana. L=Chicken stew with chunks of processed chicken, rice, other. D= American chop suey, lettuce, banana

Thursday(11/5) 2 small waffles(stale and hard) syrup, butter. L= processed soy burger, potato chips, carrots, hamburger roll. D=Turkey(actually not bad, less salt than other, but not approved type)potatoes, corn, bread.

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lock-down meals  
10/28-11/9

Friday(11/6) B= corn flakes, doughnut. L=? D= Fish(not proper type)rice,  
broccoli

Saturday(11/7)B= (peeled?) 2 hard boiled eggs, english muffin. L= (stale) flat  
piece of pizza?, banana, lettuce, hamburger roll, 2 celery and carrot sticks.  
D= chicken stew(processed chicken chunks), rice, banana, bread.

Sunday(11/8) B=sugar coated cereal, sugar glazed doughnut, banana. L=chili,  
rice other, D+?

Monday(11/9) B= puffed rice krispies, some sort of packaged cake/bread. L=  
Fish(not proper type), lettuce, apple, potato chips, hamburger roll. D=  
Chicken Patty(highly processed and high in sodium and other, not good), potato  
chips, corn bread.