

January 19, 2026

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To: Joint Committee on Judiciary

Dear Joint Committee on Judiciary,

I want to thank you for the opportunity of voicing my concerns on the conditions of being confined within Connecticut Department of Corrections. The issues at hand that need to be addressed are Connecticut's DOC has an aging prison population that is growing at its hand and getting worse day by day as the average age per prisoner is 40 years old which is the tops in the US. These correctional facilities within the DOC are not built or designed to house elderly people and the conditions they have. There should be housing units specifically for them in every correctional facility wherever they are at.

Currently there needs to be single cells for older prisoners as they are not able to live in bunk bed double cells where they are climbing to top to get on bed which is dangerous. Elder prisoners have a hard time with this and it is unsafe to house them this way as they are being taken advantage of when placed in cell with someone younger. This should be addressed with the utmost urgent care. Also there needs to be a mechanism for Elder Parole for those 55 and over who have been incarcerated for decades and pose no threat to public safety and can be released with supervision.

The food within Corrections Food Services served to prisoners is leaving them with health issues as it is highly processed food to keep the costs down but affects prisoners health with the high starch in all the food they serve such as cake **every** morning for breakfast and bread in every meal they serve.

In this facility they did a wellness check last year to check health issues like high blood pressure. That is not by accident at all that this causes obesity, high blood pressure, diabetes, cancer and other health issues.

There needs to be better food options for prisoners where the costs can be effective.

Lastly, the DOC has a drug and alcohol problem and coming with it violence. It is due to people having no hope and within it comes despair.

More hope for the future giving people incentive by offering time credits for work, school, programs and behaving themselves where legislators would give prisoners hope.

Sincerely,
Mark Ambrose