



SYLVIA BOYKIN
451 Fullerton Ave
Cambridge Springs, PA 16403

STATUS

Incarcerated in 1994 at the age of 33
Hometown: Philadelphia, PA

OBJECTIVE: Upon my release, I would like to spend time with my three daughters and seven grandchildren. Give them lots of hugs, cook meals for them and spoil my grandchildren. I would like to take them to church, to make sure they know the Lord. I would like to work with young people to make sure they don't make the same bad choices I've made. I would like to work as a Mental Health Certified Peer Specialist. I love talking to and helping people. I would like to put my family back together and go out and share the good news of the Lord. I would like to die at home with my loved ones, not in prison-this is not my home.

WORK HISTORY/SKILLS

Laundry and Housekeeping, PICC, Philadelphia, 1992
Library Clerk, PICC, Philadelphia, 1993
SCI Muncy:
Project Impact, 1994-2005
Chapel, Clerk, 1994-96
Law Library, Clerk, 1996-97
Tutor-Teacher's Aid: GED, Computers, New Choices and Homemaking, 1997-2008
Unit Detail, Housekeeping, 2009-12
SCI Cambridge Springs:
Mental Health Certified Peer Specialist, 2013-14
General Labor Pool, 2015
Unit Detail, 2018

EDUCATION

Time to Read, 1995-96	Payroll Tax, 1996
Business Math, 1997	Bookkeeping I, II, 1997
Personal Tax, 1997	Literacy Tutor, 1996-98
Microsoft, Word Perfect, 1998, 2001	ADHD Training, 2001
Mavis Beacon Typing, 2001	Business Simulation, 2001

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Alpha Numeric Data Entry, 2001
CPR/First Aid, 2003-04
HIV Education, 2006
Money Smart, 2010
Certified Peer Specialist, 2013
EDUCATION continued:
AOD Peer Training, 2015

Microsoft Word 4.0, 2001
Entrepreneurship, I and II, 2004
International Computer Drivers License, 2010
Outpatient AOD, 2013

PROGRAMS

Building a New You, 1994
Conflict Resolution, 1996
Homemaker Services, 1996
Stress Awareness, 1997
Long Term Survivors, 1998
Character Development, 2002
Fresh Start/New Mothers, 2003
Self-Esteem, 2006
House Of Hope, 2007
Thinking For A Change, 2009
Positive Relationships, 2013

Self Esteem, 1994
Teen Parenting, 1995
Anger Management, 1996
Parenting and Parenting on Anger, 1998
Grandmother's Group, 2000-01
Parenting Skills, 2002
Assertiveness Group, 2006
Seeking Safety/Abuse, 2007
Long Term Offenders, I and II, 2009
Violence Prevention, 2009

COMMUNITY ENGAGEMENT

Talent Show, 1998, 2001
Inmate General Welfare Fund, 2004-13
Monthly Message of Encouragement on Sharon Wiggins Facebook Community Page, 2015
Muncy Inmate Organization, 1995-2018

SPIRITUALITY

Gospel Echoes Bible Study, 1994
PA Baptist Seminar, 1997
Ancient Face of Modern Man, 2009
Walking Your Faith, 2013
Member of Church of Christ: Meadville, Williamsport, Philadelphia, PA and Richmond, Virginia; Sisterhood, The Netherlands
Fish member
Steps to Christian Growth, 1995
Getting To Know Jesus, 2008
Kaeros Retreat, 2013
Light of Hope, 2013
I am a Christian of great faith. I attend church every Sunday, go to bible study, read my bible several times a everyday. God is first and foremost in my life. I know that its His Grace and Mercy that has kept me.

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HEALTH REPORT

2018:

I suffer from asthma, sciatica nerve damage (I live in pain daily), cataracts, depression, anxiety, IBS, high blood pressure, high cholesterol, herniated discs: C4, C5, C6, C7, arthritis has set in so its hitting bone and it has spread to my hands, legs and feet, fibroids on and in my uterus, and skin disorders. I go to physical therapy one a week for an hour and I am given ice everyday for my back pain. The following are medications that I am prescribed:

Hyzaar 100-25mg, Lipitor 80mg, potassium Cl 20mg, Oyst. Cal+D 500mg, Colace 100mg, Relafen 750mg, Dulera 200mcg/5mcg, Xopenex HFA, Triamo 0.1% Crlubr Lot 1:4, Hytone 2.5% ointment, vitamin E lotion. These are the medical orders I am given: medical mattress, two pillows, bottom bunk, extra toilet paper, no chemicals, no smoking, no lifting over 20 pounds and daily ice. I am mental health code D which is the highest code due to depression and anxiety. I attend group counseling with Howard Woodring for life sentenced women.

In The Works:

1. Restaurant Trades, recently signed up to attend
2. Paralegal course, recently signed up to attend
3. "Read to My Child", recently signed up to participate
4. Reapplying for commutation, 2019

THE WOMAN I AM NOW:

I am a changed woman. I have a different outlook on life. I made a lot of very bad choices in life that I am very sorry for. I was young with a lot of pain of being abused and raped as a child growing up in a dysfunctional home AOD. I acted out sexually and getting high to numb the pain. I always wanted someone to love me. I have lost all of my family since being here, all three of my daughters are very sick now. But through all of this, I know it was to make me stronger and to make me the woman I am today: loving, kind, gentle and caring. I am a mother, grandmother, sister, friend, aunt, cousin, sister-in-law, daughter-in-law, niece...most importantly I am a child of The King and I didn't take a life, I was charged with conspiracy.