

DEER RIDGE PRINTS

February 22, 2019

WHO'S WHO AT DRCI

Superintendent – Mr. Causey
Asst. Supt. Security – Mr. Jorgensen
Asst. Supt. General Services – Mr. Ackley
Business Services – Ms. Bryan
Education Director – Ms. Narum
Mailroom Supervisor- Ms. Simmelink-Rask
Food Service Manager – Ms. Peel

Grievance/Diversity Coordinator - Ms. Geils
Health Services Manager – Ms. Carter
Hearings Officer – Mr. Sturdevant
Inmate Work Programs – Mr. Chapman
Library Coordinator - Ms. Jordet
Mental Health Services Manager – Mr. Quaid
Pathfinders – Ms. Bauman and Ms. Choin

Physical Plant Manager – Mr. Fritz
Religious Services – Chaplain Ball
OCE- Mr. Wright
Transition Coordinator – Ms. Wilson and Ms. Madden
Transitional Services Manager – Mr. Boyer
Warehouse/Commissary Manager – Mr. Brabb

IWP

IWP is now accepting applications for the 2019 Fire Crew Season. You must have Unfenced gate clearance and 6 mos. clear conduct is required! Minimum of 10 months remaining on your sentence is also a must.

Please contact Mr. Chapman in IWP to apply, thank you for your interest.

Nutrition Article

The Salty Six

Did you know that many common foods are loaded with sodium? Sodium is used as a preservative and flavor enhancer for food. Most Americans consume too much salt. In fact, you only need 1 tsp. per day, which is equivalent to 2300 mg. Too much sodium can increase blood pressure, which can lead to heart disease. Excessive sodium also puts you at risk for stroke, osteoporosis, stomach cancer, kidney disease and kidney stones. These six food categories contain large amounts of sodium, some of them over half of your daily

requirements.

1. Cold cuts & cured meats
2. Pizza
3. Soups (unless made lower sodium broth)
4. Breads/rolls (adds up, servings per day)
5. Chicken/turkey
6. Sandwiches
7. The 2015 -2020 Dietary



from scratch with

due to the # of

(processed)

guidelines for

Americans advise limiting sodium to less than 2300mg per day. ODOC has been working to reduce the salt in the menus as well. We have been reformulating recipes and purchasing items that contain less salt as well as reducing the amounts of processed meats. This is an ongoing process.

8. Stay tuned for "Reading a nutrition label for sodium content"

Betty Hansen, RDN
2/13/19

DRCM Medical

Measles Update for IM Newsletters



Measles – What You Need to Know:

You may have read or heard a lot about the Clark County (Vancouver area), WA and Multnomah County, OR measles outbreak.

The facts from the Washington and Oregon Public Health Departments and the Centers for Disease

Control and Prevention (CDC) are:

- Measles is a **vaccine-preventable** yet highly contagious airborne virus that can cause potentially serious illness, mostly among:
 - Children 12 months and younger;
 - People with weakened immune systems; and
 - Pregnant women.

DRCM Medical

- MOST Oregonians have been vaccinated against the measles!
- If you or loved ones have not been vaccinated that can be resolved.
- Vaccine *for You*~ contact medical!
- Vaccine *For loved ones*, they can contact their local health departments often for *free* vaccine.
- Living inside prison puts you at **no higher risk** than living anywhere else, in-fact the opposite may be true because exposure sources are limited;
- **The main way you may be exposed to measles is through visiting!**
- Take responsibility to keep yourself and your community safe. Communicate clearly with your visitors, ensure they are aware of their risks, their potential exposure and ensure everyone is healthy before each visit!

YOU are the Key to Good Health While You are incarcerated!

For more information Kyte your *Health Promotion Program Contractor* or *Medical* at your institution!

Oregon Department of Revenue

How To File & Tips for Filing

- Get the appropriate forms and instructions (such as IRS Form 1040 and Oregon Form OR-40) from a trusted source. The institution is unable to provide these forms.
- You may appoint a qualified person as your power of attorney (POA) and have them file your tax return for you. Make sure to choose a person you trust to be your POA.
- Don't disclose your Social Security number (SSN) to others or let someone use your SSN for fraud. If fraud occurs, it will take a lot of work for you to clean up your account once you're out of prison.
- Request your W-2 from your employer if you didn't receive it.
- The award amount you receive from the Oregon Department of Corrections as an inmate is taxable income. You will receive Form 1099-MISC if your award totals exceed \$600.
- Be aware that the award amount you receive from the Oregon Department of Corrections as an inmate doesn't qualify as earned income when calculating your Earned Income Tax Credit.
- If you have a filing requirement, file or request an extension by April 15, 2019.

Oregon Department of Revenue

Do I need to file taxes while I'm in prison?

The same rules for filing a tax return that apply to you outside of prison still apply while you're in prison. You must file a tax return if your gross income* for the tax year is over the filing requirements set by law (*see chart below*).

For example, a tax return may be necessary if you:

Worked part of the year and were in prison part of the year.

Received income while in prison, such as: retirement income, investment income, or alimony payments.

** Gross income is all income you receive in the form of money, goods, property, and services, unless that income is nontaxable.*

Taxable income

These are examples only. For complete information, see IRS Publication 525.

- Employee compensation such as wages, salaries, commissions, fees, and tips.
- Miscellaneous compensation such as bonuses, severance pay, and sick pay.
- Business income (partnerships, S corporations, self-employed) (see IRS Publications 541 and 334).
- Unemployment benefits.
- Alimony received (see IRS Publication 504).
- Retirement income (distributions, pensions, annuities) (see IRS Publication 575).
- Investment income (interest, dividends, capital gains) (see IRS Publication 550).
- Gambling winnings.
- Some Social Security benefits (see IRS Publication 915) (Social Security isn't taxed by Oregon, but may be taxed by the IRS).
- Rental property income (see IRS Publication 527).

Nontaxable income

These are examples only. For complete information, see IRS Publication 525.

- Veterans' benefits such as disability pay or pension pay for disabilities paid to veterans or their families; veterans' insurance proceeds and dividends; and allowances for education, training, and subsistence.
- Qualified combat pay (see IRS Publication 3).
- Governmental benefit payments from a public welfare fund.
- Child support payments received.
- Medicare benefits.

Do I need to file?

You need to file if your gross income is more than the amount shown below for your filing status.

Amounts apply to full-year residents only.

Your filing status is:	Number of boxes checked on line 7a of return:	And your gross income is more than:
Can be claimed on another's return	Any	\$1,050*
Single	0	\$6,075
	1	\$7,275
	2	\$8,475
	0	\$12,150
Married filing joint	1	\$13,150
	2	\$14,150
	3	\$15,150
	4	\$16,150
Married filing separate	0	\$6,075
	1	\$7,075
	2	\$8,075
Head of household	0	\$7,590
	1	\$8,790
	2	\$9,990
Qualifying widow(er)	0	\$8,455
	1	\$9,455
	2	\$10,455

In addition, file a return if:

- You are required to file a federal return.
- You had \$1 or more of Oregon income tax withheld from your wages.
- * The larger of \$1,050, or you earned income plus \$350, up to the standard deduction amount for your filing status.*

