

February 2019

# Congratulations!

Mr. O'Dell just received his Limited Manufacturing Plant Journeyman Electrician License from the Oregon Building Codes Division. Mr. O'Dell has had 8000 hours of on the job training and 621 classroom hours before earning his license with a score of 92%. Not only does this enable the AIC to leave ODOC with a valuable skill that will help him throughout the rest of his life, this program saves the Department of Correction thousands of dollars every year.

ODOC is updating the fiber optics, cameras, data, and telephone systems throughout our many Institutions with the aid of Mr. O'Dell and other AIC's in the same program.



**The education department is proud to announce the newest GED graduate:**



Myers, Brandon

## 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.*
- 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!



## 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 from scratch with lower sodium broth)
4. Breads/rolls (adds up, due to the # of servings per day)
5. Chicken/turkey (processed)
6. Sandwiches

The 2015 -2020 Dietary 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.

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

Betty Hansen, RDN

2/13/19

# \*\*\* HEALTH SERVICES NOTICE \*\*\*

## Comfort Items

January 31, 2019

DOC Health Services does not provide comfort items or accommodations without sound medical justification.

Some examples of these include:

<i>Comfort Items &amp; Accommodations</i>	<i>Medications (with canteen recommendations)</i>
Bottom Bunk	Triamcinolone Cream (red/itchy skin) – try hydrocortisone
Medical Shoes	PC Tar Shampoo (dry scalp/dandruff) – try medicated shampoo(s)
Extra Pillow	Clotrimazole (fungal rash/athlete's foot) – try Tolnaftate
Extra Mattress	Claritin (seasonal allergies) – try generic Loratadine
Work Restriction	Benzoyl Peroxide (acne) – now available on canteen

**Please do not request medical intervention(s) pertaining to issues not relevant to a significant medical need, or without first attempting to self-manage minor concerns using:**

- proper hygiene
- health & safety practices
- self-care using available canteen items

Thank you,

Brenden Magee, SCCI Medical Services Manager

## Sale... Sale... Sale!

Beginning Friday (1/25/19), ALL holiday items will be marked down 25% off the regular price while supplies last. Sale prices will be posted at the commissary windows.

# \*\*\* HEALTH SERVICES NOTICE \*\*\*

## Measles Infections

*January 31, 2019*

If you have been watching the news, you have heard of the recent occurrences of diagnosed Measles cases in northern Oregon and southern Washington. Measles is an infectious viral disease which typically occurs during childhood and is avoidable through a two-part vaccination. Most often, it is recommended that the first part be administered shortly after your 1<sup>st</sup> birthday, and the second part between the ages of 4-6.

If you know that you have not been vaccinated for Measles in your lifetime (or if you were vaccinated between 1963-1967) and you would like to request vaccination, please kyte SCCI Medical.

Thank you,

Brenden Magee, SCCI Medical Services Manager

From the desk of Administrative Rules:

### **PROPOSED RULES:**

#### **291-127 DOC Visitation Program**

- Amends the rules to update language to provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.
- Last day to submit comments extended to: 03/04/19

DOC rules are available for review and copies in the inmate legal library.

## **To all Adults in Custody at the Shutter Creek Correctional Institution**

The Oregon Department of Corrections is committed to providing education, programs, and work experience for your benefit so that when you leave DOC custody, you will have additional skills, education, and work experience that will contribute to your success returning to the community.

Effective immediately, SCCI will begin implementation of a long-standing DOC tool used to measure work performance. This tool will be shared with you when you are evaluated on your work performance so that it is a transparent process. The work performance expectations will help develop or improve positive work ethic while providing meaningful and positive feedback, including areas that can be improved upon.

Work performance evaluations will be conducted for everyone in job assignments. The work performance evaluations will be considered with other factors, such as custody level, off-site clearance (if applicable), conduct history, etc. for job change assignments. This includes review for applicants seeking higher level positions that offer more PRAS points as well as for off-site work crews, and host agency work crew positions.

We ask that you please review this form as it will be part of the a standard of measurement for work assignments and is directly related to helping you with a successful transition back into the community. Every work position has a job/position description and expectations of work performance. This form is universal and applicable to every pro-social job setting. It is our hope that you see this as an opportunity to achieve or improve upon a positive work ethic that will be beneficial for you now and in the future.

Thank you,

Corey Fhuere  
Superintendent, Shutter Creek Correctional Institution



## Shutter Creek Correctional Institution Inmate Work Performance

<b>Inmate Name:</b>		<b>SID #</b>	
<b>Work Performance Reviewed with Inmate:</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Type of Review:</b>	<input type="checkbox"/> Assignment Change <input type="checkbox"/> Annual Review <input type="checkbox"/> 6 Months to Release <input type="checkbox"/> Initial Review <input type="checkbox"/> Other _____
<b>Assignment:</b>			
<b>Score:</b>	5 = Excellent    4 = Good    3 = Acceptable    2 = Fair    1 = Poor		
<b>1. Attendance:</b>	<input type="checkbox"/> + Arrives on time and ready to work <input type="checkbox"/> + Does not miss work for unnecessary reasons <input type="checkbox"/> * Minimal unscheduled absences <input type="checkbox"/> * Meets required attendance standards <input type="checkbox"/> - Makes excuses for attendance problems <input type="checkbox"/> - Arrives late and/or unprepared to work <input type="checkbox"/> - Misses Work Often  Score _____	<b>2. Pays attention to detail and quality:</b>	<input type="checkbox"/> + Shows integrity in work duties and in relations with co-workers and supervisor <input type="checkbox"/> + Openly and appropriately communicates potential issues with staff <input type="checkbox"/> + Demonstrates consistent dependability <input type="checkbox"/> * Shows average attention to details on the job <input type="checkbox"/> * Quality of work is average <input type="checkbox"/> - Work not completed to an acceptable level <input type="checkbox"/> - Not dependable on the job  Score _____
<b>3. Works at a favorable pace and has acceptable work habits:</b>	<input type="checkbox"/> + Able to work with minimal supervision <input type="checkbox"/> + Willing to put forth effort <input type="checkbox"/> + Completes work on time <input type="checkbox"/> * Meets minimum standards for the job <input type="checkbox"/> * Works at an average pace <input type="checkbox"/> * Shows acceptable work habits <input type="checkbox"/> - Needs regular redirection and supervision <input type="checkbox"/> - Does not accomplish tasks on time <input type="checkbox"/> - Needs to be shown tasks repeatedly  Score _____	<b>4. Communicates well with supervisors and follows directions:</b>	<input type="checkbox"/> + Works well with supervisor <input type="checkbox"/> + Open to feedback and able to implement changes to work processes <input type="checkbox"/> + Communicates respectfully <input type="checkbox"/> + Strong verbal communication skills <input type="checkbox"/> + Strong written communication skills <input type="checkbox"/> + Accepts accountability when given feedback <input type="checkbox"/> - Poor written communication skills <input type="checkbox"/> - Poor verbal communication skills <input type="checkbox"/> - Not open to constructive feedback <input type="checkbox"/> - Does not take direction well from supervisors  Score _____



## Parenting Graduation Dec 21, 2018

10 Graduates

7 received 100% Attendance Certificates:

Mr. Rodriguez, Mr. McFarland, Mr. Roye, Mr. LaCorte, Mr. Noland, Mr. Umbarger, Mr. Bloss

Picture from left to right Top Row:

Mr. Eppink Teacher's Aide, Mr. Rodriguez, Mr. Kaufmann, Mr. McFarland, Mr. Mendoza, Mr. Lennon, Mr. Noland and Ms Nelson, Parenting Coach.

Bottom Row from left to right: Mr. Roye, Mr. LaCorte, Mr. Umbarger, Mr. Bloss

Family member enjoyed the Graduate presentations and cake and Kool Aide. Children played activities. Fun was had by all.

Guest speaker was Mr. O'Bannon who also congratulated the Graduates along with Counselors, Ms. Baysinger and Ms. Lintner.



## **TOASTMASTERS**

...invites you to one of our upcoming meetings...  
held the first and third Thursdays of every month.  
The upcoming March meetings are on the 6th and 20th.  
Be ready for the call-out at 6:00pm.  
(The meeting generally lasts about an hour and a half.)

This is one of the best ways to learn how to present one's self in a  
recognized, world-wide organization!

One of our members said...

"The way I look at it, every time, I have to fight my fear of speaking in public... When I do my speeches at the Toastmasters meetings [it means] I won't have to struggle with that in real life situations when I get out [like] talking to my PO, at the job interview, etc."

Add some muscle to your communication skills and improve your ability to  
communicate to those who can affect your future success:



Program Directors, Parole Officers...  
Potential employers, etc...

Learn to run your own business by  
developing critical communication skills.

Learn to think on your feet and  
provide a professional response in any situation!

You may attend any meeting as a guest.

*See You There!*

There is no obligation to join.

## Incentive Level Overrides

SCCI offers incentive level overrides to inmates who have demonstrated that they can maintain clear conduct while at Level 2 at this institution.

The following is information about when inmates are eligible for override consideration.

### Incentive Level Override Minimum Standards:

- At Level 2 for at least 3 months.
- Housed at SCCI for a minimum of 3 months
- No Conduct Orders in the last 3 months
- No Misconduct Reports in the last 6 months
- No Program Failures in the last 3 months

If you meet all of these requirements, you may request an override by sending an inmate communication form to Ms. Paluch in Administration. Once the request for override is received, your history will be reviewed, and a determination will be made on your override status.

## PRAS AWARDS AND CORRECTIONS

Every month you can request a printout of your PRAS awards for free up to the 7<sup>th</sup> of the month. Kyte Ms. Wells, Accounting Tech, before the 7<sup>th</sup> of the month, after the 7<sup>th</sup> printouts are \$.50.

If there is day(s) that you weren't awarded PRAS points for; what do you do?

Here are the step by step procedures:

Keep track of your time that you work every day.

If you find where you weren't awarded PRAS points for the day(s):

Kyte your supervisor with the specific day(s) that you are missing points for.

Have the supervisor verify and sign your kyte whether you worked or not.

Send that kyte to Ms. Wells, Accounting Tech.

A PRAS correction is done once a week, Wednesday.

The correction will be reflected on your Trust account on Thursday of that week.



FOR YOUR COLORING PLEASURE

5	3		7					
6			1	9	5			
	9	8				6		
8			6				3	
4		8		3			1	
7			2				6	
	6				2	8		
		4	1	9			5	
		8			7	9		

Complete the grid so every row, column, and box contains every digit from 1 to 9 with no repeats in a row, column, or box



**This Month's Contest:** Write in the correct answer below. Answer at least 12 correctly to be put in a drawing for a chance to win a candy bar. Answer at least 15 for a second chance to win. Correctly answer all 18 for a third chance to win. Entries must be received by Wednesday February 20th. A total of 3 candy bars will be given away. You can use these pages to submit your answers. One entry per person and only one answer for each puzzle.

To: Ms. Paluch

From: \_\_\_\_\_

SID: \_\_\_\_\_

Dorm/Bunk: \_\_\_\_\_

\*\*\*\*\*

1. What popular move was banned from college basketball in 1967, to be reinstated in 1976? \*\*\*\*\*

2. Who is the all-time leading NCAA Division I scorer? \*\*\*\*\*

3. Where was the first NCAA Men's Basketball Championship Tournament held? \*\*\*\*\*

4. What school did NBA great, Larry Bird, play for in the NCAA? \*\*\*\*\*

5. What was the first team in NCAA Men's Basketball history to start five African-American players? \*\*\*\*\*

6. Which school's father-son (coach-player) duo "drew" up a great last second play to beat Ole Miss in the opening round of the tournament in 1998? \*\*\*\*\*

7. Which 15th-seeded underdogs upset No. 2 seed, Arizona, in 1993? \*\*\*\*\*

8. What name did Arkansas give to its pressure defense style during the nineties? \*\*\*\*\*

9. Which team won ten out of twelve Titles from 1964 to 1975? \*\*\*\*\*

10. What team won two consecutive Final Four Titles in 1991 and 1992, the first to do so since 1973? \*\*\*\*\*

11. What year saw seven players from the Final Four get drafted into the NBA? \*\*\*\*\*

12. Which 1980 team was known as "the Doctors of Dunk"? \*\*\*\*\*

13. What team shares second place with Duke for most consecutive Final Four appearances after UCLA? \*\*\*\*\*

14. What non-sports related event led to the elimination of a 3rd place game in the Final Four? \*\*\*\*\*

15. Who is the only coach to win both an NCAA and an NBA title? \*\*\*\*\*

16. What do the 1985 Villanova team, the 1988 Kansas team, and the 1983 NC State team have in common? \*\*\*\*\*

17. What is the only team to have scored over 100 points in a final? \*\*\*\*\*

18. What player scored the most points in a Final Four game? \*\*\*\*\*

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