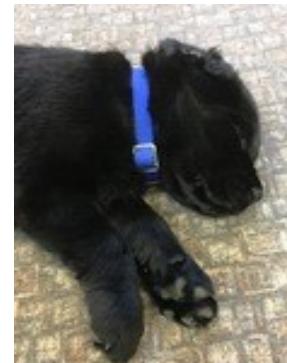


January 2019

SCCI Puppy Palooza

Since July 2018, SCCI has been partnering with Joys of Living Assistance Dogs (JLAD) to train service dogs for their program based on a similar program at Eastern Oregon Correctional Institution (EOCI) in Pendleton. On January 10th, SCCI and JLAD staff coordinated to host a Puppy Palooza for staff and adults in custody. Eleven puppies were born on November 14, 2018, and have been living at EOCI since they were two days old as part of their program. SCCI and JLAD staff were excited to take advantage of bringing the eight-week-old puppies to SCCI for the afternoon as part of their socialization training. Two older puppies joined in the visit, and a total of 13 puppies visited the institution for what was appropriately designated as a Puppy Palooza.

SCCI staff, JLAD Staff, JLAD handlers, and volunteer adults in custody wrangled the puppies for the afternoon and visited all areas of the institution to meet and play with staff and contractors. For the remainder of the afternoon, all adults in custody at the institution were given the opportunity for one-on-one time petting and playing with individual puppies. The day was a great success, and offered both staff and AICs some “puppy wellness enhancement” while also helping JLAD out with socializing the puppies into new environments.



January

2019

Back Pain

Ice for the first 24 hours!

This can help decrease inflammation (swelling).

After that-

Heat is your friend!

Hot showers and compresses can help relax muscles and increase blood flow promoting good healing.

Muscle Rub is also available for purchase on canteen!



Living with back pain is no joke!

Back pain is a normal part of life. Most people will experience back pain at one time or another. Some people live with back pain constantly. This is called chronic back pain.

There are numerous things you can do to prevent and treat back pain. You only have one back! Make sure you protect it and take care of it!

The first step to preventing back pain and injury is to practice proper body mechanics. Sudden, uneven, or awkward movements can cause muscle strains in your back that are a leading cause for back pain. When lifting heavy objects be sure to bend at the knees and use steady, even movements not jerky uneven motion that can throw your spine out of alignment or put your weight off balance. Keep heavy objects close to your body when lifting, and avoid twisting your body while lifting.

It is equally important to maintain a healthy weight. Excess weight causes extra strain on your body, including your back. Regular exercise and stretches can help maintain proper function and elasticity of your back muscles. There are recommended work outs on the following page to strengthen your core and back muscles to help prevent future back strain injuries.

If you do injure your back, there are several steps you can take to aid healing. Stop lifting/exercising/ whatever you were doing to get hurt. Apply ice in first 24 hours, combine with properly dosed NSAIDS, and then heat after initial swelling goes down. Most importantly, it make take some time. Ease back into your usual activities, but don't overdo it. Not moving at all can actually make things worse and cause your muscles to tighten up. Gentle stretches are recommended.

NSAIDS

Non-steroidal anti-inflammatories such as Aspirin, Ibuprofen, and Naproxen are used to treat pain and swelling. It is important to use as directed so you don't damage your organ function. Also, don't take more than one NSAID at a time. Instead alternate with Non-Aspirin (tylenol) because it is in a different drug class and is filtered differently by your body.

Ibuprofen: Too much can cause irritation and even bleeding in your stomach and intestines. You can also damage your kidneys with heavy/prolonged use. The packets found on your dorm contain two pills of 200mg each, or 400mg/packet. You can take 2 tablets every 4-6 hours. Take with food.

When to seek further medical attention:

if you have burning/tingling/numbness radiating down your legs (especially below the knee), loss of bowel or bladder function, feel feverish, or the pain is severe and not improving contact medical ASAP.

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Pelvic tilt



Partial curl



Extension exercise



Quadruped arm/leg raise



Gluteal stretch



Side plank

Processing Procedure		Average Time
1	You complete the CD-28 and deposit it into the mailbox	1 day
2	All mail is picked up and delivered to the mailroom	
3	BSO sorts, reviews and approves the CD-28 requests and processes them by the end of the week.	4 days
Average Total Processing Time		5 days
<p>Please note that the average total processing time does not take into account the following factors that can add additional time, i.e. weekends, holidays, workload (always more CD-28s to process after payday), staff vacation, staff sick leave, weather delays and CD-28s returned for insufficient funds or a missing signature.</p>		

Counselor Open Call Outs Tuesday

Open call out is every Tuesday from 1pm to 3pm for Counselors. Please wait to see the counselors after your unit has been called to canteen and you have picked up your canteen and returned it to your locker. If you are not getting canteen for the day you are welcome to come at any time. If you are waiting in line to see a Counselor and you leave that line to go to Canteen you will receive a Conduct Order for Unauthorized Area.

The Oregon Department of Corrections (DOC) **will not** collect a portion of eligible trust account deposits for Court Ordered Financial Obligations (COFO) starting on January 1, 2019. Additional time is required to ensure the money is collected correctly. DOC is working with the Oregon Judicial Department to guarantee the technology is functioning as required.

There is no new implementation date. Transitional savings accounts will continue as already established.

If you have any questions, please submit an electronic inmate communication via the Telmate Station or Tablet. Or, inmates may submit a paper inmate communication to AIC Financial Services.

Senate Bill 844 Update - Inmate Communication

Please read the below information for an update on the next phase of Senate Bill 844 (ORS 423.105).

Court Ordered Financial Obligations

- The anticipated go-live date for the Oregon Judicial Department's (OJD) Court Ordered Financial Obligations (COFO) collection is January 1, 2019.
- Any eligible deposit on or after January 1, 2019, will be subject to collection of transitional savings and COFO. Although, transitional savings collection has been occurring since August 1, 2018.
- DOC has been working with OJD to gather what COFO is owed by the adults in DOC custody.
- Electronic systems and automation have been put in place to implement the new collection process.
- The COFO debt will be placed on your account in the middle of December, but no funds will be collected until January 1, 2019.
- Please remember, the OJD COFO is debt that you currently owe and may continue to owe upon release.

Transitional Savings Accounts

- The majority of inmates are required to have a transitional savings account. Five percent of all eligible deposits will go into the account until it reaches \$500. Inmates will receive what is in their transitional savings account upon release.
- Deposits can now be made directly into the transitional savings account. However, the transitional savings account cannot exceed \$500, unless COFO is paid off.
- To date, over \$462,000 has been saved for reentry purposes in inmates' transitional savings accounts.

Trust Statement

- DOC is working with our partners, OJD and Telmate, to allow you to view your debt on the kiosks and tablets with the following features:
 - View debt owed to participating partners collecting COFO. OJD COFO collection will begin January 1, 2019.
 - Update debt owed to OJD monthly at the kiosk and tablet.
 - DOC is moving toward electronic trust statements. Although this feature is currently not available, we are working to get it functioning as soon as possible.
- Starting January 1, 2019, if you have questions about the debt you owe, please send an electronic kytic directly to OJD.

Interest on Protected Funds

- Interest earned on protected funds (i.e., veterans, railroad retirement, PERS, tribal funds) will be placed into the protected funds account.
- Interest earned on all other trust accounts is applied to the general spending account.

See Temporary Adopted Trust Rule (158) for definitions of relevant terms related to SB 844/ORS 423.105.

We will continue to update you and your family and friends as we move forward.

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

Inmate Name:		SID #	
Work Performance Reviewed with Inmate:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Type of Review:	<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 _____
Assignment:			
Score:	5 = Excellent 4 = Good 3 = Acceptable 2 = Fair 1 = Poor		
1. Attendance:	<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 _____	2. Pays attention to detail and quality:	<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 _____
3. Works at a favorable pace and has acceptable work habits:	<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 _____	4. Communicates well with supervisors and follows directions:	<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 _____

Below is the list of status changes made to DOC administrative rules since 11/15/18.

PROPOSED RULES:

291-127 DOC Visitation Program

Adopts new rules to update language and provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.

Last day to submit comments: 02/08/19

291-031 Community Corrections Programs

Updates the established processes used to support county community corrections programs that provide appropriate sentencing alternatives and improve local services for persons charged with criminal offenses. These changes are necessary in order to carry out recent legislative changes made to drug related misdemeanors.

Last day to submit comments: 02/08/19

TEMPORARY RULES:

291-127 DOC Visitation Program

Adopts new rules to update language and provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.

Effective Date: 12/17/18 – 6/24/19

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

We all know that eating too much sugar has many adverse health effects; the most obvious is weight gain. But did you know that added sugars can increase your risk for type 2 diabetes and heart disease? Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found in foods such as fruit (fructose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing, or added at the table. They include high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey or fruit juice concentrates. When these sugars are ingested, it drives your insulin level up, which interferes with your metabolism and can cause these calories to turn into belly fat. Added sugars can have other damaging effect to your health, such as lowering your levels of HDL's (good cholesterol) and increasing LDL's (bad cholesterol) and triglycerides (blood fats). Bad cholesterol and blood fats clog up arteries and blood vessels leading to heart disease. People who have diets where at least 25 percent of the calories came from added sugar are twice as likely to die from heart disease than those who have diets where added sugars make up less than 10 percent of the food they eat. Next time when you go through the commissary list, consider choosing a healthier snack such as unsalted nuts or dried fruit, rather than a package of cookies or a candy bar.

The majority of Oregon Department of Corrections institutions have removed sugar from inmate dining areas. This is being done in an effort to promote good health. **To be consistent throughout ODOC**, SCCI will no longer provide sugar dispensers on the tables in the dining halls during meals. It is however your discretion to bring sugar you have purchased from canteen to breakfast to add to your meals.

Pow Wow

Shutter Creek Correctional Institution transitioned from offering a Change of Seasons celebration annually to hosting our first ever Pow Wow for the Native American population. The Pow Wow was held on December 8, 2018, at the institution; and 25 adults in custody participated in the celebration along with 50 family, friends, and guests from the community. The gathering opened with a grand entry of the flags, followed by prayers, drumming, dancing, and sharing. Members of SCCI's circle designed and painted rocks which were gifted to each participant. Through generous community donations, funds were available to provide traditional foods of buffalo, salmon, steelhead, and fry bread for the meal. SCCI recognizes Trish Jordan with Red Lodge Transition Services; Volunteer Galen Black; the Coquille Indian Tribe; the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians; the Cow Creek Band of Umpqua Tribe of Indians; and the Native American Cultural Association of Oregon for their support of the Native American population at Shutter Creek and for making this Pow Wow possible.





TOASTMASTERS

...invites you to one of our upcoming meetings...
held the first and third Thursdays of every month.
The upcoming February 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.

To: Adults in Custody
From: Sallie Jurgensmeier Manager
Subject: Commissary News, Updates and Reminders

Updates:

Statewide Commissaries are resuming the sales of the electric guitars and basses. The pocket rockets for guitars are discontinued and no longer available with a limited quantity of the bass version available. A replacement for the Pocket Rocket has not been identified with no identified timeframe for a replacement.



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Office of Constituent Services
900 Court Street NE, Suite 160
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates.

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

Provide confidential support and crisis intervention

Inform you about the investigation and medical examination process

Educate you about healing from sexual abuse

Offer resources and referrals

Advocates will:

Not tell you what to do

Not communicate with the institution unless you request them to do so and sign a release

Not provide legal advice

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St.NE
Salem, Oregon 97301

From the desk of Administrative Rules:

Below is the list of status changes made to DOC administrative rules since 11/15/18.

PROPOSED RULES:

291-127 DOC Visitation Program

- ❑ Adopts new rules to update language and provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.
- ❑ Last day to submit comments: 02/08/19

291-031 Community Corrections Programs

- ❑ Updates the established processes used to support county community corrections programs that provide appropriate sentencing alternatives and improve local services for persons charged with criminal offenses. These changes are necessary in order to carry out recent legislative changes made to drug related misdemeanors.
- ❑ Last day to submit comments: 02/08/19

TEMPORARY RULES:

291-127 DOC Visitation Program

- ❑ Adopts new rules to update language and provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.
- ❑ Effective Date: 12/17/18 – 6/24/19

Incentive Level Overrides

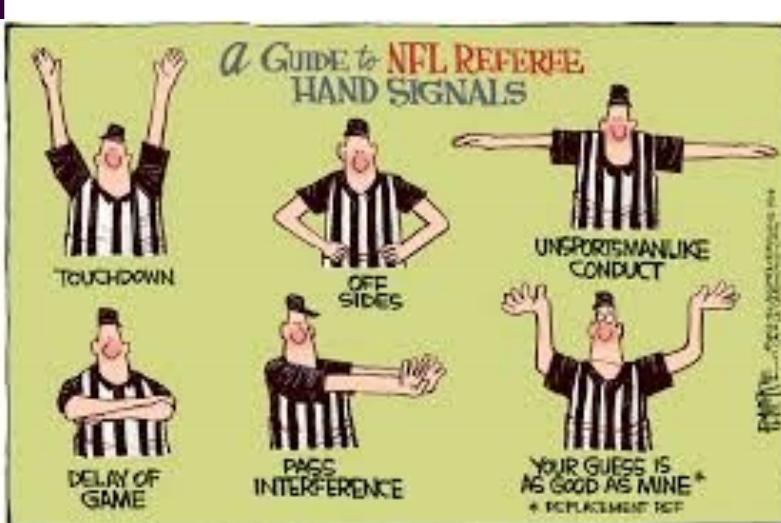
SCCI offers incentive level overrides to inmates who have demonstrated that they can maintain clear conduct while at Level 2 at this institution.

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.



"Hey Kevin! Care to enter the office football pool?"



FOR YOUR COLORING PLEASURE

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

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.

Answers from Last Month's Quiz

Answers to Last Month's Puzzle:

1. Have Yourself a Merry Little Christmas
2. The First Noel
3. God Rest Ye Merry Gentlemen
4. It Came Upon a Midnight Clear
5. Silent Night
6. The 12 Days of Christmas
7. Deck the Halls
8. Santa Claus is Coming to Town
9. Joy to the World
10. Rudolph the Red-Nosed Reindeer
11. I Saw Mommy Kissing Santa Claus
12. Silver Bells
13. Hark the Herald Angels Sing
14. Grandma Got Run Over by a Reindeer
15. Oh Holy Night
16. All I Want for Christmas is my Two Front Teeth
17. Jingle Bells
18. We Three Kings
19. White Christmas
20. The Christmas Song
21. It's Beginning to Look a lot Like Christmas
22. O Little Town of Bethlehem
23. Winter Wonderland
24. I'll Be Home for Christmas
25. We Wish You a Merry Christmas
26. I Heard the Bells on Christmas Day
27. Frosty the Snowman
28. Jolly Old St. Nicholas
29. Good King Wenceslas
30. Up on the Housetop
31. Jingle Bell Rock
32. Blue Christmas
33. The Little Drummer Boy
34. Feliz Navidad
35. Do You Hear What I Hear
36. Here Comes Santa Claus
37. I Want a Hippopotamus for Christmas
38. It's the Most Wonderful Time of the Year
39. Oh Holy Night
40. O Christmas Tree

This Month's Contest: Write in the correct answer below. Answer at least 10 correctly to be put in a drawing for a chance to win a candy bar. Answer at least 13 for a second chance to win. Correctly answer all 15 for a third chance to win. Entries must be received by Wednesday January 213rd. 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. This franchise played in Cleveland, Los Angeles, and St. Louis. Which team is this?
2. This team in 1983 made the playoffs for the first time in their franchise history. Curt Warner rushed for over 200 yards in a game, and QB Dave Krieg had a 400-yard passing game also. Which team was this?
3. This team began their NFL endeavors in 1960, and went 0-11-1 in their first season. It would take the team seven seasons before they had a winning record. In that 1966 season, they would make the playoffs for the first time in their history, but lose to the Packers in the Conference Championship game. Running back Dan Reeves had over 1300 combined yards for the team in 1966. Which team was this?
4. The first NFL Championship game took place in 1933, and continued each year until the Super Bowl was introduced between the AFL and NFL. In the first 10 NFL Championships, the Chicago Bears were in it six times. Which other team also appeared in the big game six times?
5. This 1991 team did not have a running back rush for even 500 yards, but they did have Michael Haynes who caught 1122 passing yards. The team also saw Brett Favre as a rookie in 1991. Which team was this?
6. In 1989, this NFL team went a respectable 11-5 in the season. In Super Bowl XXIV, they went up against the 14-2 San Francisco 49ers, but forgot to wear their game-face as they lost 55-10. Which team was this?
7. Which NFL team was on the losing end of the NFL Championship game which they lost 73-0?
8. This franchise began in the AFL in 1960, and later merged with the NFL in 1970. The franchise found themselves in the first Super Bowl. What was the name of this franchise in 1960?
9. Which team was the first in NFL history to have two 1000-yard rushers in the same season?
10. This Chicago team began their play in the APFA in 1920, then joined the NFL in 1922. They've also played in St. Louis and Phoenix. Which team is this?
11. Which of the following places is NOT the first name of an NFL team? Miami , Houston, Florida, or Washington.
12. Which of the following is NOT an NFL team name? Oilers, Tigers, Bengals, or Seahawks.
13. Which team's defense had the nickname 'The Steel Curtain'?
14. What NFL team plays at Adelphia Coliseum?
15. What two teams use the same field for home games?