

DEER RIDGE PRINTS

December 14, 2018

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

MEDICAL

Flu and Colds

How can I tell if I have a cold or the flu?

A cold and the flu have many of the same symptoms. But a cold is generally mild, while the flu tends to be worse. Your symptoms may vary with each cold or flu.

A cold often starts with feeling tired, sneezing, and coughing. There can be a low fever and a runny nose. You may also have muscle aches, a scratchy or sore throat, watery eyes and a headache. As the cold worsens, your nasal mucus may turn from thin and watery to yellow and thick. A cold usually lasts 3 or 4 days but can last up to 10 days. Many adults will have at least 1 or 2 colds a year. Colds are most common during months when people tend to gather indoors.

The flu, which is a nickname for the influenza virus, starts suddenly and hits hard. Your fever may go as high as 105°F. You'll probably feel weak and tired, and have a dry cough, a runny nose, chills, muscle aches, severe headache, eye pain and a sore throat. The fever may last for 3 to 5 days. After the flu goes away, you may still feel weak and tired or keep coughing for up to 3 weeks. The flu is most common in winter and early spring. It often occurs in outbreaks.

What causes colds and the flu? Viruses. Over 100 different viruses can cause colds. The flu, on the other hand, is caused by just a few different viruses each year. That's why there's a vaccine for flu but not for colds.

What can I do to feel better? There's no cure for a cold or the flu. All you can do to feel better is treat your symptoms while your body fights off the virus.

- Rest.
 - Don't smoke.
 - Drink plenty of fluids like water and fruit juices. Fluids will help loosen mucus. Fluids are also important if you have a fever because fever can dry up your body's fluids, which can lead to dehydration.
 - Drink hot tea to soothe a sore throat and help loosen the mucus in your nose.
- Eating chicken soup can also help loosen the mucus.
- Don't drink alcohol.
 - Gargle with warm salt water a few times a day to relieve a sore throat. This works by creating a high salt barrier to pull out fluids from the tissue in your throat to help wash the virus out. Salt gargles won't magically fix your sore throat, but it might soothe your throat while the virus has time to run its course.
 - Suck on hard candy to quiet a cough.

Should I take medicine for my cold or the flu?

Although Americans spend more than \$1.9 billion a year on over-the-counter cold remedies, none of these products can cure a cold or make it end sooner. In fact, some of the side effects from the medicine could make you feel worse. The Oregon Department of Corrections Health Services does not provide cold pills for the common cold.

Why won't antibiotics help treat a cold or the flu?

Antibiotics don't work against viruses, so they can't cure a cold or the flu. Antibiotics can be helpful if you get an infection from bacteria, such as a sinus infection or an ear infection.

What can I do to keep from catching colds and the flu?

The viruses that cause colds and the flu are spread through hand-to-hand contact and through the air in droplets released in sneezes and coughs. You don't catch a cold or the flu by getting wet or chilled.

The most important thing you can do to prevent catching a cold or the flu is to wash your hands often with soap and warm water, and avoid rubbing your eyes or nose. Use tissues instead of handkerchiefs to blow your nose so they can be thrown away.

Should I See a Doctor?

In most cases, you don't need to see Health Services when you have a cold or the flu.

If you have any of the following symptoms, contact Health Services:

- A cold that lasts for more than 10 days
- Earache or drainage from your ear
- Severe pain in your face or forehead
- Temperature above 102°F
- Shortness of breath
- Hoarseness, sore throat or a cough that won't go away in two weeks
- Wheezing
- Vomiting or diarrhea that last more than a day or two or that you think might be causing dehydration

COMMISARY

State of Oregon Department of Corrections Commissary

Date: Saturday, March 23, 2019
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.

EDUCATION

El Programa
Spanish Speaking Workshop – Non credit and informal
Conversational Spanish
Thursday evenings, 5:30 to 7:30 p.m. in V Building
Beginning Thursday, January 24
Orientation will take place on Thursday, December 20th in V building
Approximately eight week course
This will include homework (Two hours of study per week and classroom presentations)
Requirement: Must have GED and six months clear conduct
If you are interested, please send a kyte to Ms. Narum, Education Director, explaining in 100-150 word essay how being in this class would benefit your future. If you already sent a kyte but did not include this essay, please resubmit a kyte with an essay.

KITCHEN

Eat what you take: We appreciate the cooperation and support for eat what you take, we have noticed a reduction in food waste. Thank you!

Kitchen work: If you are interested in working in the kitchen please send a kyte to IWP and request to be added to the kitchen waitlist. If you work in the kitchen you are limited on items that you can bring to work with you, **ONLY** the following items are allowed:

1. Watch
2. Comb
3. Hair Tie

4. Chap stick
5. Handkerchief
6. Authorized Wedding Band
7. Authorized Religious Medallion on a Neck Chain
8. 1 Pair of Prescription Glasses
9. Medication as Authorized by Health Services

If you work in the kitchen and do not have a valid food handler card you will be required to get one, you will be added to the list for food handlers automatically if you do not have a valid card.

Food Handler Cards: Oregon Department of Corrections offers Food Handler cards free of charge to all inmates. If you are interested in getting your card please send a kyte to Ms. Pineda or Ms. Peel and we will add you to the list. Your card is good for 3 years and valid in every County in the State of Oregon. If you are within 6 months of release or planning on working in the kitchen you may want to consider getting your card.

A Few Rules to Remember:

- Special diets are available on B side of serving line.
- Veggie trays are available on both A and B sides.
- Once you have gone through the line you will not be allowed to go back through, so please make sure you get all the items you want the first time through.
- Please do not argue with the servers they are just doing their jobs.
- Please do not eat in line, it is unsanitary.

ODOC **does not** recognize food allergies it is up to you to self-select your food or choose the meat alternative tray. Menus are subject to change if product is not available, we will make every effort to note the changes on the menu board in the dining room. When menu changes are made we do our best to match items as closely as possible however, the calories may be more or less than stated on the menu due to the change.

SENATE BILL 844

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 kyte 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.

DEER PRINTS – PRO SOCIAL

Deer Prints Newsletter Pro Social update

Pro Social is also excited to begin to fill in the beautiful tree mural (named the "Positive Affirmation Tree") in the dining hall with leaves. The theme; words of motivation, empowerment, inspiration and/or encouragement. Due to the size of the leaves we are using, only one word will fit– so make it a good one! We will be circulating slips of paper to fill out during activity night and in the units so that you can submit them in the Pro Social box on your unit. The box is the same one you use for gratitude slips with the wooden lid next to the bulletin board. The slips will be collected and leaves will be hung in a timely fashion.

We are excited to hear from you all and thank you for your participation!

Once again, if you break your green wristband, please keep it and bring to Mrs. Allen for exchange. We will not replace it if you do not have the broken one to exchange! Kyte Mrs. Allen to be put on a callout

