



Health Beat



Did you know? SMOKING IS BAD FOR YOU!

You're probably thinking who cares or DUH! It's no secret that smoking is bad for your health. By now, most people know that smoking tobacco is a leading cause of cancer. But, did you know, according to the CDC: *"Cigarette smoking causes more than 480,000 deaths each year in the United States. This is nearly one in five deaths!"*

The biggest causes of death in the US are heart disease and cancer. These two diseases are most common among people who (you guessed it)... people who smoke!

You may not know that the toxins you smoke and inhale do not just affect your lungs, they affect your whole body! Smoking has been linked to blood clots, decreased immune system, high cholesterol, infertility (even in men), wrinkly skin, and can also have a negative impact on your mood.

Look below at all the nasty chemicals found in cigarettes!



Reasons to quit:

The reasons to quit are endless such as: breathing better, being more active, living longer, saving money, and preventing second hand smoke exposure to those around you.

Eventually, when you release from prison, you may be living with or around people who are sensitive to smoke and you don't want to put them at unnecessary risk for respiratory issues—especially children and the elderly! Use your time wisely and work on quitting now so your family doesn't have to put up with it when you get out.

Save yourself from getting misconducts along the way. If you end up in DSU you miss out on canteen, yard time, phone calls etc. As you know, smoking is prohibited in ODOC custody. Just don't do it.

STOP

The
time
to quit
is
NOW!!!

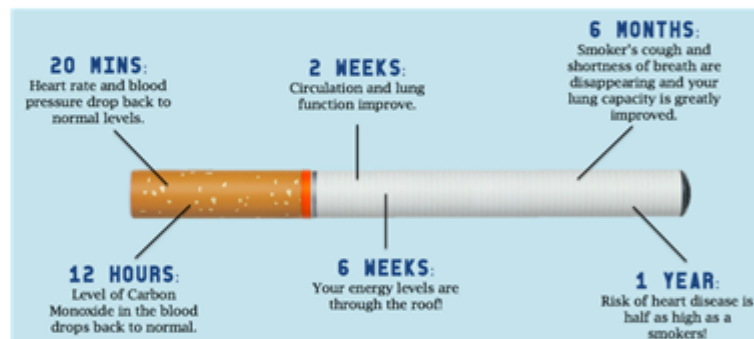


It might not be easy, but quitting is worth it!

Quitting isn't easy but 50 million ex-smokers in the United States are proof that it is possible!

Instead of smoking try: listening to music, writing, meditate, exercise, make a list of your goals, talking with a friend, programs, attend religious call outs. Many people find it helpful to keep their hands busy. Even something as simple as holding a pencil, or a paper clip can distract your mind from craving a cigarette.

THE STAGES OF QUITTING:



It's never too late! Quitting can add years back on to your life. Studies have shown that quitting now can reduce your risk of developing disease later! After just one year, your risk of heart disease is half that of someone who still smokes! And after 10 years your risk of death from lung cancer is similar to that of someone who never smoked. After 15 years your risk of heart disease is the same as a non-smokers.

Sources:
CDC
Mayo Clinic
Smokefree.gov

SCCI Health Services
Thanks you for not smoking!



State of Oregon
Department of Corrections Commissary

Date: Friday, February 08, 2019
To: Adults in Custody
From: Anita Nelson, Statewide Commissary Operations Manager
Subject: Commissary News, Updates and Reminders

Price Changes:

Our vendor has raised the price of Raisin Bran cereal. It is now \$3.00 for a 15 ounce box. The United States Postal Service has also raised their prices. Please refer to the chart below for the new prices.

Item #	Description	Price
1035	#10 Standard Envelope	\$0.64
1069	Domestic 6.5 X 9.5	\$1.34
1072	Domestic 10 X 13	\$1.87
1076	9X12 International/Domestic	\$3.41 C. America/USA
1074	12.5 X 18.5	\$4.97
1075	Priority Mail	\$7.85
1080	Small Flat Rate Box	\$8.40
1081	Medium Flat Rate Box	\$14.85
1082	Large Flat Rate Box	\$20.45
1083	Tube/Triangle Flat Rate Box	\$9.80

New Product:

Commissary is pleased to announce that we now have remotes for the 9 inch televisions. The cost is \$8.59.

Write for Your Self

Learn how to heal, empower, and grow with paper and pen.

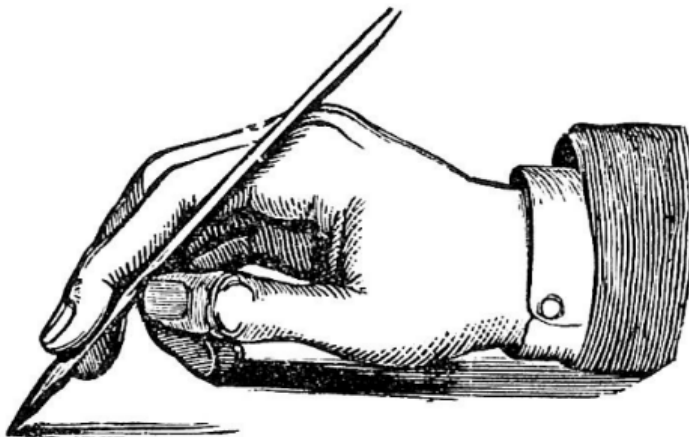
Writing can ease physical pain, improve your emotional and mental health, and help build your immune system. Research shows writing about emotional or traumatic events in your life has both immediate and long-term healing effects. Spelling, grammar, and punctuation don't matter. Come learn, write, and share as you like. You will leave with tools and techniques you can use the rest of your life.

This is presented by writing teacher Jessica Lloyd-Rogers, who has years of working with a variety of audiences in using writing for healing and process.

Write for Your Self

Wednesday evenings • March 20 – April 10

You MUST have education to join • Participation is limited to 12



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



Coyle, Robert



Be Write Back is a program created to make it easier for children of incarcerated adults to stay in touch with the people they love and miss. Supply kits have been given to each institution which will be distributed through visiting to children who come to visit.

The box containing the Be Write Back kits for SCCI has been placed in the stuffed animal toy box beside the visitor lockers. If you have a minor visitor, they can ask the visiting room Officer for a kit as they are leaving the visiting session.

Each kit is contained in its own envelope and contains the following:

- 4 greeting cards with envelopes
- 4 stamps
- 1 pen
- Addresses of the Oregon county jails and prisons
- Tips for writing letters

Televisions: You must use headphones, and may not be loud enough for others to hear. You are authorized to use a splitter for others to view, but they must be from your immediate bunk area. Others **may not** view your TV unless you are present. You can locate this on page 17 of your handbook.



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 _____			

5. Works well with Co-workers:	<input type="checkbox"/> + Demonstrates positive teamwork <input type="checkbox"/> + Communicates respectfully <input type="checkbox"/> + Willing to share knowledge with co-workers <input type="checkbox"/> + Readily assists co-workers when he/she can <input type="checkbox"/> + Works to resolve conflicts appropriately <input type="checkbox"/> - Negative influence in the job environment <input type="checkbox"/> - Has difficulty working as part of a team <input type="checkbox"/> - Has conflicts with co-workers <input type="checkbox"/> - Has poor or aggressive communication with co-workers Score _____	6. Asks questions, shows initiative, accepts responsibility and strives to improve:	<input type="checkbox"/> + Good attitude about the job <input type="checkbox"/> + Open to learning new skills and processes <input type="checkbox"/> + Demonstrates critical thinking <input type="checkbox"/> * Performs at an average level <input type="checkbox"/> - Does not demonstrate personal accountability for actions <input type="checkbox"/> - Does not take initiative <input type="checkbox"/> - Shows little interest in the job <input type="checkbox"/> - Reluctant to learn Score _____
7. Exhibits favorable safety practices, understands basic maintenance and sanitation, <u>adheres</u> to work policies:	<input type="checkbox"/> + Neat and careful worker <input type="checkbox"/> + Consistently follows safety procedures <input type="checkbox"/> + Maintains a clean work environment <input type="checkbox"/> * Meets minimum standard for safety <input type="checkbox"/> - Often works in an unsafe manner <input type="checkbox"/> - Must be reminded to follow safety procedures Score _____		
Comments: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			
Completed By:	Printed Name:	Date:	
	Signature:		
Reviewed By:		Date:	
Entered By:		Date:	

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 7th of the month. Kyte Ms.Wells,Accounting Tech, before the 7th of the month, after the 7th 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.

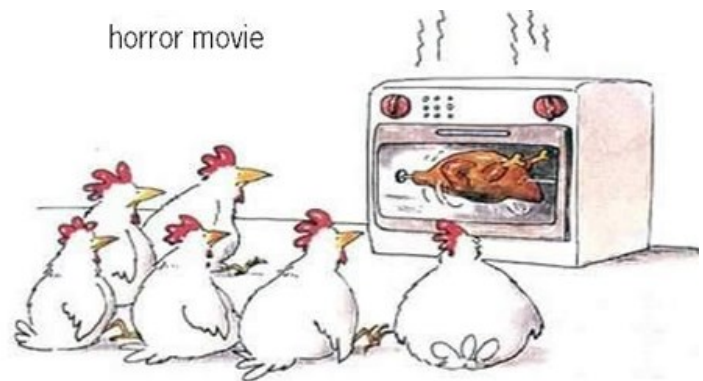
The correction will be reflected on your Trust account on Thursday of that week.



FOR YOUR COLORING PLEASURE

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

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: Solve the picture riddles below. Get one point for each correct answer. If you get at least 8 points, you will be put in a drawing for a chance to win a candy bar. Get at least 12 points for a second chance to win. Get all 16 points for a third chance to win. Submit your answers to Ms. Paluch. Entries must be received by Monday, March 11th. A total of 3 candy bars will be given away. You can use this page to submit your answers. One entry per person.

To: Ms. Paluch

From: _____

SID: _____

Dorm/Bunk: _____

MOMANON	 AID AID AID	E K A W	DEAL
GOT HERO HERO GOT HERO HERO GOT HERO HERO GOT HERO HERO	CHANGE	1111 — TIME	SHOWS
GET GO	MORAL 	LITTLE LITTLE LATE LATE	CHEEK  CHEEK
MY LIFE	SK8 — IIIIII	SHOPSHOPSHOPSHOP U	HAT

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____