



April 2019

Health Beat



Some see a wish...

others see a

sneeze-inducing-weed-of-death.

Allergy season is fast approaching! This time of year it can be difficult to determine if that runny nose you've been experiencing is a cold that won't go away or seasonal allergies. Typically, symptoms of seasonal allergies include: runny nose with thin, clear mucus, sneezing, sore sinuses, congestion, and red, itchy, or watery eyes.

You can differentiate allergies from a cold because a cold will often (not always) cause thickened, yellow mucus. Colds also can produce fevers, body aches, and typically symptoms resolve within a couple of weeks. If symptoms are persistent and continue for several weeks, you may have seasonal allergies.

It is entirely possible to have seasonal allergies even if you have never had allergies in the past. Especially if you are not from this area. Being in a different location can possibly expose you to allergens you haven't been around before. Allergies occur when your body reacts to certain substances in the air- such as pollen- and produces a chemical called histamine which causes you to experience symptoms. Basically, your body identifies harmless substances as something that could cause harm and it reacts to fight it. This is what it means to be allergic.

What can you do? Stay inside if you are having a flare up and it is a dry, windy day. The best time to go outside if you suffer from allergies is after it rains, which clears some of the pollen out of the air. You can also do sinus rinses to remove the irritant from your sinuses. To do this you put a very small amount of salt in water and rinse your sinuses. You can use the palm of your hand to snort or gently trickle a small amount of water into one nostril, try not to swallow the water instead blow it out the other nostril or out of your mouth. Be sure to wash your hands before and after and use clean water. You can apply a cool compress with a wash cloth to sooth your eyes. You can use the over the counter pain medications such and ibuprofen and non-aspirin available on the dorm if you experience sinus headaches. And you can purchase Loratadine (generic form of Claritin) off of canteen.

Most people can manage allergy symptoms on their own. However, if you have symptoms of a sinus infection such as fever, chills, and extreme pain and pressure please submit a kyte to health services.

SCCI Health Services

Wishes you a happy and healthy spring!



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

NOTICE REGARDING PETITION REQUESTING AMENDMENT OF ADMINISTRATIVE RULE

On February 21, 2019, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-063-0120(2)(g). A copy of the petition may be obtained from the agency by submitting a request to the Rules Coordinator.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-063-0120 (2)(g), including any comments on whether options exist for achieving that rule's substantive goals in a way that reduces any negative economic impact on businesses. Any public comment must be received no later than May 10, 2019, at 5:00 PM. Comments must be submitted in writing to the address below:

*Rules Coordinator
Department of Corrections*



**Promotion Items available for
purchase starting
April 1st- May 31st, 2019**

Almond Joy Candy Bar	1.61 oz.	\$0.99
Eastview Farms Bacon Jalapeno Cheese Stick	3 oz.	\$1.29
Chewy Lemonhead Fruit Mix	4 oz.	\$1.12

If these items are not listed on the Commissary Order Form
please write them in and we will be happy to process your
order accordingly.



From the desk of Administrative Rules:

Below is the list of status changes made to DOC administrative rules since 12/15/18.

PROPOSED RULES:

291-149 Work Release Programs

- Proposed amendments to rules to standardize terminology and to provide clarification to the processes related to work release programs.
- Last day to provide comment: 05/16/19

291-158 Trust Accounts

- Amends the rules to implement SB 844 (2017) which authorizes DOC to collect a portion of inmate trust account deposits for the purposes of creating transitional fund accounts, and to pay court ordered financial obligations the inmate may owe.
- Last day to provide comment: 05/16/19

TEMPORARY RULES:

291-058 Structured, Intermediate Sanctions

- Amends rules to implement changes made in 2017 legislation related to the supervision of drug-related misdemeanors. Rule changes will now include application to drug related misdemeanors as defined in ORS 423.478 for crimes committed on or after August 15, 2017, removing the conflict that the existing rules created.
- Effective: 02/12/19 – 08/10/19

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

PRAS Revisions:

As many of you may remember, the Department has been analyzing the current PRAS system in response to a petition to amend the rule. Thank you for your patience as we looked into this very complex system. We are pleased to announce the first PRAS revision; the elimination of the 120-day evaluation period. By eliminating this waiting period, people arriving into our custody will be eligible to earn daily PRAS points on their first day of a qualifying program assignment and no longer need to wait 120 days to do so. This change will go into effect April 1, 2019, and from that time forward the 120-day evaluation period will not be applied. Please note there will be no back dating of points for those impacted prior to April 1, 2019.

Additional positive changes are in store for PRAS, and efforts to automate those changes are underway. We are eager to provide you system improvements and will communicate those changes as they become ready.

While supplies last !!!!

Part of the Holiday Items	Price	SALE PRICE
Cornal BBQ Pulled Pork	\$3.56	\$2.67
Rip N Ready Shredded Beef	\$4.50	\$3.38
Rip N Ready Meatballs w/Spaghetti Sauce	\$3.22	\$2.42
Brushy Creek Chili w/Beans	\$2.85	\$2.14
Smoked Cheddar Squares	\$2.86	\$2.15
City Cow Hot Pepper Cheese	\$2.26	\$1.70
El Huesoso Corned Beef & Sausage - Hal	\$1.79	\$1.82
Coffeemate Hazelnut Creamer	\$4.54	\$3.41
LDM Peppermint Crème Cookies	\$1.79	\$1.34

New Stock items:

write in if not on order form

Hometown Mozzarella Bar	\$1.43
Hometown Select Beef Salami	\$1.72

Post where authorized

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.

Photo Update

As of April 1st, 2019, photo prices will be raising to \$2.00 per ticket. We will also be offering more options for your photos including sizes and color. Please see the following for the updated sizing information:

SIZE	Quantity	Price
4x6	3	\$ 2.00
5x7	2	\$ 2.00
8x10	1	\$ 2.00
2x3 Wallet (2 on 1 photo)	1	\$ 2.00

We will also be offering photos in **black & white** as well as **sepia** tone.

Please note that this does not change the visiting photo prices or options. Everything else will still be the same and you will still need to send a CD28 to receive photo tickets.

If you have any questions about this, please see the inmate photographers or send an inmate communication form to Ms. Robertson.

To Minimum Custody Adults in Custody:

As some of you have already learned, Corban University and Paid In Full Oregon (a non-profit organization) have partnered with the Oregon Department of Corrections to provide a four year Bachelor Degree of Science program at the Oregon State Correctional Institution. One of the requirements for this program is that the AIC must have at least eight years remaining on their sentence at time of enrollment. While the graduates will earn a Bachelor of Science degree, the goal of this program is much larger. It is about transforming adults in custody into spiritual leaders and then sending those leaders throughout DOC to transform the lives of others. Therefore, a minimum sentence length of eight years remaining is necessary.

Please do not write to staff asking to get into the program, as no exceptions will be made to the minimum requirement of eight years remaining.

Ms. A. Pinkley-Wernz
Assistant Superintendent, General Services
Oregon State Correctional Institution

Reading a Nutrition Label for Sodium Content

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

menus as well.

How can I reduce the salt in my diet? **READ LABELS!** Unfortunately, many items in our commissary are very high in sodium, as they are highly processed and need to be shelf stable. Top Ramen packs a whopping 1800 mg of sodium in one package. That is nearly an adult's recommended daily allowance of 2300 mg! Processed meats such as beef jerky, lunch meats, salted nuts, snack foods, desserts and condiments also contain large amounts of sodium. Dried fruits and unsalted nuts are good choices for snacks without high amounts of sodium.

An easy way to tell if the sodium content is acceptable is to look for food items with the same or less sodium as calories per serving. For example, in this label, you can see that the sodium (160 mg) is less than the calories (230 cals). This product would be a good choice. If it is more, than you should look for something else. The 2015-2020 Dietary guidelines for Americans advise limiting sodium to less than 2300mg per day. DOC is working to reduce the salt in the

You're Going To Bite My Ears off First, Aren't you?





**State of Oregon
Department of Corrections Commissary**

Date: Monday, April 01, 2019
To: Adults in Custody *[Signature]*
From: Anita Nelson, Statewide Commissary Operations Manager
Subject: Commissary News, Updates and Reminders

Commissary News:

Due to year-end inventory, all pre-sale items will be suspended from Friday May 31st, 2019, through June 30th, 2019.

Pre-sale items:

- Music Vouchers
- Musical Instruments
- MP4 Accessories
- Shoes
- Televisions
- NCI Level 3

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning July 1, 2019.

**Please DO NOT contact Telmate with questions
about suspended items.**

Thank you for your continued support of DOC Commissaries.



FOR YOUR COLORING PLEASURE

3		6	5		8	4		
5	2							
	8	7					3	1
		3		1			8	
9			8	6	3			5
	5			9		6		
1	3					2	5	
							7	4
		5	2		6	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 to Last Months Quiz

- | | |
|---------------------|--------------------------|
| 1. Man in the Moon | 10. Moral Support |
| 2. First Aid | 11. Too Little Too Late |
| 3. Wake Up | 12. Turn the Other Cheek |
| 4. Big Deal | 13. For Once in My Life |
| 5. Forgotten Hero | 14. Skating on Thin Ice |
| 6. Fat Chance | 15. Shop Till You Drop |
| 7. Once Upon a Time | 16. Top Hat |
| 8. Side Show | |
| 9. Get Up and Go | |

This Month's Contest: Identify the state in which each National Park listed below is located. Note, three of the National Parks are located in more than one state, as shown by the number in parenthesis after the park name. Identify at least 16 states correctly to be put in a drawing for a chance to win a candy bar. Identify 19 states correctly for a second chance to win. Identify all 23 states correctly for a third chance to win. Entries must be received by Wednesday, April 10th.

To: Ms. Paluch

From: _____

SID: _____

Dorm/Bunk: _____

- | | |
|--|--|
| 1. Badlands National Park | 13. Grand Teton National Park |
| 2. Big Bend National Park | 14. Great Smoky Mountains National Park (2 States) |
| 3. Biscayne National Park | 15. Joshua Tree National Park |
| 4. Bryce Canyon National Park | 16. Mammoth Cave National Park |
| 5. Carlsbad Caverns National Park | 17. Mesa Verde National Park |
| 6. Channel Islands National Park | 18. Olympic National Park |
| 7. Crater Lake National Park | 19. Redwood National Park |
| 8. Death Valley National Park (2 States) | 20. Valley Forge National Park |
| 9. Denali National Park | 21. Yellowstone National Park (3 States) |
| 10. Everglades National Park | 22. Yosemite National Park |
| 11. Gettysburg National Park | 23. Zion National Park |
| 12. Grand Canyon National Park | |