



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. P. Johnson

JUNE 18, 2020



About Roots of Success

Roots of Success (RoS) was developed by Dr. Raquel Pinderhughes, a Professor of Urban Studies and Planning at San Francisco State University. She is an internationally recognized expert in the Green Economy and Green Work Force Training. This curriculum is designed out of Dr. Pinderhughes' decades of experience working with and teaching underserved populations, as well as, by her in depth research with employers in 21 sectors of the Green Economy Trades.

Dr. Pinderhughes created the Roots of Success curriculum for youth and adults who had been failed by the education system and have barriers that make it difficult for them to access stable, family-supporting jobs and restrict their opportunities. RoS provides an empowering educational experience that focuses on a student's success, making learning relevant, building on prior experiences and connecting education to employment. The green economy is one of the fastest growing sectors of the economy, providing workers in entry-level jobs with higher wages, better benefits and greater occupational mobility than entry-level jobs in other sectors.

Modules taught are: Fundamentals of Environmental Literacy, Water, Waste, Transportation, Energy, Building, Health, Food and Agriculture, Community Organizing and Leadership, Financial and Social Entrepreneurship, and Application and Practice of the prior modules taught. Classes run from 12-14 weeks.

Does this sound like something that you would like to get involved in? You must be 6 months clear conduct in the medium and 3 months in the minimum. Workbooks are \$50 and we ask that you be willing to pay half or all. **Due to lack of finances, the Green Team is only able to offer 1 class in this next round and it will be in the MINIMUM facility.** Classes will be on Weds. and Fri. evenings 6:00-9:00 pm in the MINIMUM beginning July 1st.

Please kytic Ms. Fitts/Roots of Success with an explanation as to why you would like to participate and what you think you might gain from this curriculum. All previous kytes will be recycled. Looking forward to hearing from you.

Visiting to Begin July 1, 2020 for CCCF/CCIC/CCCM

Keeping our staff and adults in custody healthy and safe, while doing our part to stop the spread of COVID-19 is our top priority for opening safe visitation at our facilities. Visitors will not be allowed to access the building lobby until they complete the screening process. The screening process will take place in the screening tent located near the exterior vehicle gate. Failure or refusal to participate in the process will result in no visit for that day. Visiting sessions will remain the same for all three sections, however, the medium and minimum facilities will have their sessions split into 1 hour increments. The AIC's family and friends can call 503-570-6447 starting June 26, 2020 from 6:00am to 12:00pm to schedule a visit. We will only take calls on Fridays and Saturdays from 6:00am to 12:00pm to schedule visits for the following week. Visitors are encouraged to bring their own appropriate-mask which must always be worn. Exceptions will be made for small children only. Two adult visitors per AIC or one caregiver and AIC's children are permitted at a time. Unfortunately, there will be no food, drink, or contact with your visitors until further notice. There is a limit of **one visit per week** per visitor.

WEEKEND AT THE MOVIES

June 20: Annabelle Comes Home (R)

June 21: Support the Girls (R)

June 27: Queen & Slim (R)

June 28: Toy Story 4 (G)





DMV STAR AGENT

(Star to Agent Recognition)

Please join the Coffee Creek DMV Team in congratulating this quarter's * STAR * employee!

This award is given to an exemplary DMV/Coffee Creek agent who has met the criteria set forth by the STAR Committee. The STAR Committee consist of four phone agents, who were nominated then voted upon by their peers, one DMV Technical Specialist staff member, and final oversight provided by the DMV Center Manager. This committee meets quarterly to review the award processes, making recommendations or improvements as needed, and prepare for the next STAR agent. The initial eligibility criteria is based upon: customer service excellence, performance stats, attendance, team participation, team cohesiveness, co-worker observations and the consistent display of values associated with integrity, honesty and professionalism.

Our 2020 First Quarter STAR Agent



Lisa Peterson

Lisa has shown herself to be an outstanding employee who goes above and beyond normal DMV excellency standards. She is a goal-oriented team player who is always willing to help and encourage her fellow agents. She consistently demonstrates outstanding "soft skills" on the phone and in person with her fellow peers. She is diligent with the task of delivering accurate and complete DMV information to every customer throughout each day.

A fun fact that Lisa would like her community here at Coffee Creek to know about her is that she likes puns and loves to laugh. Some short-term goals of hers are to learn enough about DMV to someday become a lead. Lisa would like to encourage her fellow peers by saying, be kind, be honest, and learn to laugh at yourself. Her favorite quote is "We are the most alive and closest to the meaning of our existence when we are most vulnerable, when experience has humbled us and has cured the arrogance which, like a form of deafness, prevents us from hearing the lessons that this world teaches." - Dean Koontz, Author

*Just a few of the comments submitted in the nominations
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by co-workers were: "She is always willing to listen and help, she is an amazing person," "She puts complete effort into each of her customers, she's very dedicated," and "She's very easy to work with and very understanding" Great job and congratulations! CCCF Manager, Ms. Mathews

State of Oregon, DOC Commissary

Updates NCI Level 3:

Due to vendor availability the Statewide Commissaries will no longer be offering the NCI Level 3 Art Supplies. The vendor has been struggling to keep up with the demand of product that we need, significantly delaying the distribution of product to our customers. We in commissary will make every attempt to fill orders that have been processed. Sorry for any inconvenience this might have caused.

News:

HOT BUY While Supplies Last!

Colgate Toothpaste Total Clean 3.3 oz. \$2.65

KITCHEN MENU UPDATE:

Please be advised that the most recent (Spring/Summer) menu was released without dinner rolls on the menu. However, a change was made to the menu to include the following items:

Week 2: Breadsticks Week 3/4: Dinner Rolls

KLAMATH COUNTY RE-ENTERING

Greetings – I would like to make sure each of the Tribal Members that are Re-Entering Klamath County know the following:

The Klamath Tribes' Youth & Family Guidance Center (YFGC) is currently offering Re-Entry Services to Tribal Members being released to Klamath County. Those Services include:

- Transportation home from DOC
- A&D Counseling
- Mental Health Assessment
- Case management
- Anger Management classes
- Spookless (sweat lodge)
- Maqlaqs gempga (The people are going) Monthly visits to our sacred landscape
- Transitional Housing Voucher program
- Recovery Support
- Help finding a job

Please call the Case Manager's work cell **541-892-0794** if you have any questions.



BEE TEAM #7

A few years ago, I planted a vegetable garden and while other gardens were seeing growth, my plants didn't appear to be producing. I spoke to my daughter for advice regarding my issues and she asked me about bees. She said, "If I wasn't seeing bees, then pollination wasn't happening, and I would have to pollinate them myself". She walked me through the process of female - male flowers and the need to join them in order to pollinate. It was quite difficult for only 4 plants and mine were considerably larger. What an amazing job the bees do! These furry, docile creatures are so important for the earth to continue to flourish. They are imperative to our survival.

AJC Escutia

About six years ago, my family and I decided to go on a camping trip. It was the very first time I had gone camping, so I was a bit nervous. When we got to our campsite, settled down, and unloaded the truck, my kids were very excited to jump in the water. So, they put their swimming shorts on and ran into the water. Behind them was our family dog. While my kids were running, they stepped on a beehive that had fallen from a nearby tree. Then, all the bees went crazy, and swarmed our dog. My kids were trying to get the bees away and while doing so, they got stung all over their hands, feet and stomach.

AJC Arredondo

When I signed up for the bee program, I didn't know anything about bees except for they made honey! I had no idea how essential one little bee was to a huge world. When I started to read about them, I was very fascinated. I love how each one of them have their very own job and that every job was important to their hive. I also love how they dance to communicate with one another. My first time going to the hive was both terrifying and exciting at the same time. I didn't really know what to expect. When we were putting on protective gear, I started thinking "Is this really going to keep them from getting to me?". Then, when you get out there and you have them buzz in all around you, even landing all over your body, you need to stay calm. Bees can sense your fear and even your mood. So, I had to tell myself, they are just checking you out as well. It was an introduction for the both of us. I got my nerves under control and it was a great experience. Getting to see them hard at work in their hive, being busy little bees, was so cool. Knowing what I know now about bees, gives me new perspective on them. No more wasting or stepping on them. I am very excited to go back out to the hive and see what round two with the bees will be like.

AJC C. Mayse

I first entered the bee keeping program for one reason and one reason only...to impress my children. This was an opportunity to wear a suit that resembled one of an astronaut and work with Bee's, "Coolest mom ever!" What more to know? How about a ton, starting with a question to yourself, "Are you scared of Bees?" This is a hands-on program. Have you ever had a pesky bee buzzing around your personal bubble longer than your comfort level would like? You swat at it, maybe run or yell at it to go away out of fear of being stung. Well remember the astronaut suit that I mentioned earlier? It's made of cloth! I guess you don't need the same level of protection as a woman traveling to space. And, it's not just one bee buzzing around, it's a whole team of them flying, crawling, and searching for a way to get into your suit to protect the colony and show you who's boss. I froze like a deer in headlights, forgot how to breathe, closed my eyes, and repeated to myself that this is just the sound of 100 fans to cool me off. I was the only one in the bee team that day that did not touch the hives. Not so cool after I told my kids to impress them. To make matters worse, Olivia my 7-year-old said, "Mom, you mean after the bees work all day to make honey; you steal it?" "That's terrible!" I personally was not expecting that reaction. All I could say, was "Yes, I guess so". Another bee keeping expectation laid to shame. By the end of this day, I too was ready to quit. It's what I do when something feels too hard, is a little scary, and not as easy as I hoped. But it is that same thinking that helped me end up here at Coffee Creek. So, I decided to do the unexpected and keep showing up and challenging myself to go outside of my comfort zone. I'm currently still on the bee team building up my confidence. Bees are some of the most amazing insects, fearless and smart beyond their size. They all have a job, but only one queen per colony and all the others work to serve the queen. This is where the term "Queen Bee" came from. Being the queen bee has its perks; such as young worker bees to groom and feed her. That is, if the colony doesn't reject her, kill her, or replace her with a new queen. In the bee colony, everyone has a purpose and a job to do; and when the job has run its course, the life of the bee dies and a new one is born.

AJC C. Antonuccio

I have to say this is the coolest thing I have been a part of since coming to Coffee Creek. I am on Bee Team 6 and I just love the bees. I first started to learn about the importance of bees on our planet when I lived in Utah, which is the bee state. Our neighbors had hives and shared honey with my family. They told us that without bees, there would be no people. So, living there, I learned a lot about the bees. When I learned I could become a bee keeper at Coffee Creek, I jumped at the chance. It is so much fun! The girls are great, the teachers are great, and we all have a really good time together learning and checking our hives. I have three and half years left at CCCM and I plan on becoming a Journeyman Beekeeper. If you have a positive personality, you will fit in. The bees can sense negativity, so come with a good attitude and not your fears, because it will agitate the bees. Hope to see you out there!

AJC J. Hansen Fisher

SUSTAINABILITY NEWS

From: The Green Team



New butterflies arrived after the US Fish and Wildlife collected 18 specimens from Crestmont Farms and Beazell Memorial Forest, two protected habitats in Corvallis, OR. While Taylor's Checkerspot butterflies tend to live 10 days, much to our surprise, the AIC Lab techs reported one female active and healthy after an unheard of 28 days! Surprising even our butterfly partner from USFWS who gathered the live butterflies. The CCCF Lab Techs had excitedly looked into her netted cage each morning to witness her longevity, beating all odds despite typical lifespans. Each butterfly is labeled and distinguished to track offspring data to further scientific analysis and cared for through 6 instars that progress almost a year. Even during hibernation periods, high standards of care are upheld in the manner taught by Oregon Zoo Staff. Boosting populations of the endangered Checkerspot will encourage the full circle of ecosystems throughout the Northwest and beyond!

Despite canceling Earth Day celebrations to adhere to social distancing, we can still take time to reflect on why we celebrate the Earth. How many times have you looked outside, taken a deep breath and enjoyed the fresh breeze? Crawdad hunting, ocean waves, abundant forests, rivers and streams filled with fish are all good reasons to show our appreciation. Join us in fighting the excessive use of natural resources by reducing, reusing and recycling each day. We're all responsible for the toll upon our planet, even in the smallest measure; let's turn that around and be responsible for making a difference, even the smallest bit will do good. Digging through the trash? Why not, try digging up a few recyclables to make up for what you previously trashed.

During this temporary standstill as we socially distance ourselves, practice proper hygiene and guard against disease, help boost cleanliness with earth-friendly WAXIE® cleaning products, hospital grade and effective. Keep up good morale, enjoy lots of oxygen-rich fresh air, watch the **NEW Peaceful Nature Scenes** on Ch. 50 and drink lots of water. Join the conscientious fight to stay healthy!

To learn more about sustainability and the environment, sign-up for future Roots of Success classes. Check your calendars and the upcoming Coffee Talk newsletter for the next start date; and drop a kye to Ms. Fitts/Green Team to get on the waiting list.

JUNETEENTH CELEBRATE FREEDOM

Juneteenth, also called **Emancipation Day**, or **Juneteenth Independence Day**, holiday commemorating the end of slavery in the United States, observed annually on June 19.

In 1863, during the American Civil War, Pres. Abraham Lincoln issued the Emancipation Proclamation, which declared more than three million slaves living in the Confederate states to be free. More than two years would pass, however, before the news reached African Americans living in Texas. It was not until Union soldiers arrived in Galveston, Texas, on June 19, 1865, the state's residents finally learned slavery had been abolished. The former slaves immediately began to celebrate with prayer, feasting, song, and dance.

The following year, on June 19, the first official Juneteenth celebrations took place in Texas. The original observances included prayer meetings, the singing of spirituals, and celebrants wore new clothes as a way of representing their newfound freedom. Within a few years, African Americans in other states were celebrating the day as well, making it an annual tradition. Celebrations have continued across the United States into the 21st century and typically include prayer and religious services, speeches, educational events, family gatherings and picnics, and festivals with music, food, and dancing.

Juneteenth became a state holiday in Texas in 1980, and several other states subsequently followed suit. The day is also celebrated outside the United States, with organizations in a number of countries using the day to recognize the end of slavery and to celebrate the culture and achievements of African Americans.

A few words from AIC's at Coffee Creek...

June 19th is an important day for black people because it was the day the proclamation for emancipation was signed to abolish slavery. To black people all around the globe, this day has special meaning to us as a race and has become part of our culture. It's a time to reflect and it's a time to celebrate. In the words of Martin Luther King, Jr., "Free at last! Free at last! Thank God Almighty, we are free at last!" Happy Juneteenth Coffee Creek! - *Taryanne Rahmaan*

Juneteenth is a holiday that my family and I celebrate every year. Our ancestors would celebrate by gathering together making feasts, dancing, singing, and playing music. This was the foundation of our time to appreciate our loved ones and everything our ancestors had been through, sacrificed and overcame. Slaves were asking to be "released". Not released from prison but released to freedom. The freedom to think for themselves, live in their skin, marry whomever they wished. Freedom for education, and free to be who we were created to be without judgement or curses over something there is no control over. To live, learn and to love as a spiritual being having a human experience. We all were created equal in the eyes of our father. *-Rinita Lowe*

Emancipation Day represents freedom for my ancestors and is a celebration of freedom from slavery. Joy came from knowing black lives finally belonged to ourselves. It meant no more pain, slavery and no more beaten bodies. No more nursing of our scars slave owners gave us in the dark of night. No more screams as our children were being stolen and sold. No more husbands being dragged away. As we overcome our past and begin to heal, the crying and screaming fade. We hold up our ancestors in honor and cherish their struggle for this freedom. Juneteenth allows other's ears to hear our prayers, songs, and gives the world an opportunity to dance with us. We celebrate in honor of our ancestors. *-Kiesha Johnson*

Greetings Gentlefolk! I know times are rough and it may make some of you minimize the importance of self-discovery and self-care. It may also create a fear of being unseen during everything else. Please know you are all worthy and it is important to be the unique individual who exists inside, that spark of being that makes you, you. The LGBTQ+ community is a safe place to reach out and lean on. We know how to thrive in chaos and come out even stronger than before. As RuPaul says: "If you can't love yourself, how in the hell are you gonna love anyone else." Be well and be kind. *-Manda Hancock*

One thing we can all depend on is change. Understanding this and allowing ourselves to stay in the flow of life makes change not so formidable. I start with this thought because I have seen so much change in the last year since our first LGBTQ+ event. It feels like there is a stronger sense of community. When a group of people is addressed, I hear them referred to as "Ladies" less and less, thus giving a greater sense of inclusion for all. After all, this is Coffee Creek Correctional Facility, the only place in the state where women are housed yet we are more than that. We have Trans-women (male to female), Trans-men (female to male), people who are gender fluid, cisgender women, and many other identifiers. Everyone is welcome to be a part of the CCCF community. We all have a purpose and being active and engaged will help all of us have a fulfilling life, even behind these walls. I leave you with this quote by Mary Engelbreit: "If you don't like something, change it; if you can't change it, change the way you think about it." Live authentically, *-Edward Benton.*

I hope everyone in our community is doing well and staying safe during this pandemic. Now is the time to celebrate our uniqueness and reflect on the beauty of how sexual and gender diversity shape the world we live in. People from all walks of life dancing to their natural rhythm, loving our bodies not just because we have one, but because it's truly ours to do with as we please. Though we are not together in body, we are together in spirit. Our community is resilient, intelligent and absolutely fabulous. So, stay true to who you are, wherever you are, and with whoever you're with. *-Sasha*

The recent tragic news stories remind us of what can happen because of bigotry and intolerance. I have family and friends in the LGBTQ+ community. They are talented, amazing people. We need to embrace our similarities, not point fingers at the difference. We are all worthy of love and respect. Knowledge and acceptance is the key. I am an ally. *-Lisa Peterson*



LGBTQ+ PRIDE MONTH

As many of you know, June is well known for the celebration of Gay Pride and unity of the LGBTQ+ community. Last year we were able to enjoy our own cultural event to share some things and reach out to one another. Due to the events of 2020, the decision was made to wait until next year to plan another celebration. However, this does not stop the support from within our community. A few of us would like to share some words of encouragement even when we can't celebrate together.

HIRING ADL WORKERS: MEDIUM FACILITY

From: Health Services



Are you looking for a new job? Are you a kind, caring, compassionate person? Are you looking for a way to help others and give back? Are you

respectful and responsible? CCCF is currently accepting applications for ADL Worker positions. Activities of daily living (ADL's) are day to day activities like walking or pushing a wheelchair, bathing, dressing, feeding, and toileting that some AIC's may not be able to do on their own; as they may require assistance.

In order to be considered for this position you must be housed in the **MEDIUM FACILITY**, have **6 months** clear conduct and no program failures in the last 6 months. You must also have at least one year remaining on your sentence and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are patient, and respect the need for confidentiality. If you are interested in an ADL Worker position, pick up and complete a work application on your unit. Address your completed application to **Health Services Nurse Manager** and submit by placing in the Health Services kytic box on your unit. Applications received will be screened by Institution Work Programs (IWP). Applicants who meet the minimum qualifications may be scheduled and called out for an interview. Thanks for your interest.

CCCF/CCCM Medical Operations



Effective **June 1st, 2020**, CCCF/CCCM Medical Services will be resuming normal operations with an emphasis on social distancing, handwashing and the mandatory wearing of masks. If you have health concerns you would like to discuss with Medical staff, please send an AIC Health Communication to CCCF/CCCM Medical.

Medications Expiring Soon



Expiration dates on medication labels can be updated if the medication is renewed by your health care provider. Please do not return medications you regularly take to Medical Services unless they are expired or being discontinued. If your medication has been renewed and you currently have a supply in your cell, please send an AIC Health Communication to Medical Services and request your medication label be changed to reflect the new expiration date (*especially if it is going to expire before you take it all*).

COVID-19

From: DOC



As you may be aware, state health officials have announced positive cases of novel coronavirus (COVID-19) in Oregon. It's understandable you may have questions and concerns about this situation. We want to assure you DOC is taking appropriate precautions to protect employees, contractors, visitors, and all adults in custody.

What can YOU do?

- ✓ Wash your hands often with soap and water **for at least 20 seconds**, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ✓ Avoid close contact with people who are sick.
- ✓ Avoid touching your eyes, nose, and mouth.
- ✓ Stay in your cell or housing unit when you are sick.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Clean and disinfect your personal area frequently.

So, what are the FACTS?

(from the Centers for Disease Control and Prevention)

- ✓ There is presently no vaccine for COVID-19.
- ✓ There is no specific-antiviral cure for COVID-19.
- ✓ Symptom relief, close medical monitoring, and standard precautions are the standard-of-care.
- ✓ The coronavirus is spread through the air by coughing and sneezing, touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

As with any health condition, **YOU** are the best person to take care of **YOUR** health!

If you think you may have been exposed to COVID-19, please contact Health Services immediately.

FLU VACCINATIONS

From: Health Services

I've got mine-have you gotten yours??? Get a FLU Shot-it's not too late...

If you did not receive a flu shot during the scheduled Flu Clinics **OR** previously chose not to get one when it was offered and have now changed your mind... please kite Health Services and request a flu shot.

Thank you for your cooperation.

PREA INFORMATION

From: DOC

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

AIC's who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the AIC telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and only if you sign a release of information. Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the AIC telephone system, writing an AIC communication (kyte), filing a grievance, or writing the Governor's Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing AIC's with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

PREA Advocate Coordinator

Oregon Department of Corrections
2575 Center Street NE
Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled like legal calls/official mail.

You may reach your community-based advocate by dialing "711" from the AIC telephone, dialing their direct crisis line number, or sending written correspondence.

COFFEE CREEK CORRECTIONAL INSTITUTION:

Center for Hope and Safety (CHS)
605 Center St. NE, Salem, OR 97301
1 (866) 399-7722

CHS advocates are confidential. Dial 711 to speak with an advocate or write to us at: Center for Hope & Safety 605 Center St NE, Salem OR 97301

The Center for Hope & Safety offers a safe refuge and supportive services for victims and survivors of domestic and sexual violence. Services are provided to survivors of any race, color, creed, disability, religious belief, status, gender presentation or sexual orientation. All services are free and confidential.