



Snake River Currents

February 17, 2022—February 23, 2022

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- COVID-19 UPDATE AS OF 02/16/2022
- 621 AIC CONFIRMED COVID cases originating at SRCI
- 3,185 Negatives—SRCI Tier 3
- IF YOU ARE EXPERIENCING COVID-19 SYMPTOMS, PLEASE REPORT IMMEDIATELY

COMMISSARY NEWS, UPDATES AND REMINDERS

NEWS:

Due to the COVID-19 social distancing protocols currently in place, we have been unable to have our Commissary committees meet to discuss new products being brought in and the removal of undesirable products from our commissary lists. So effective March 1, 2022, Commissary will be reinstating the AIC Suggestion forms until the committee members can return to their meetings. PLEASE UNDERSTAND THAT THIS HAS BEEN SETUP AS A SHORT-TERM TEMPORARY FIX. WE WOULD LIKE TO STAY ABREAST OF WHAT OUR CUSTOMERS WANT TO SEE ON THE COMMISSARY FORMS.

REMINDER:

Each form must be submitted by only one AIC. Forms must be legible and completed to be processed. Non-completed or inappropriate forms will not be accepted. All requests must adhere to Rule 117 – Personal Property (AIC) and Policy: 40.2.3 Commissary Operations. Please do not add more than three suggestions to each form. Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions Commissary receives we cannot respond to each request individually. New products must be approved through the ISM review process. Please watch your newsletters for periodic updates regarding items being added or discontinued. We strive to keep updated quality products and to remove unpopular items from Commissary.

SRCI PHYSICAL PLANT HAS AN OPENING ON THE LANDSCAPE CREW

In order to apply, all of the following criteria must be met (no exceptions): • Clear conduct for 1 1/2 years (No Major DR or Program Failures) • Must already be housed in Complex 1-A, 1-B, or 1-C • Classification 3 or less • No history of escape, or arson • 10 years or less remaining on sentence **RESPONSIBILITIES** for landscaping, planting and maintaining lawns, shrubs and trees; coordination of the irrigation system, and systematic watering of all plant life. Also performs the duties of turf/plant care, equipment area maintenance/checks, and other duties as assigned. **You must have a general knowledge** of all various hand tools, work well with others, able to complete assigned tasks, and able to troubleshoot problems. If you are interested in this program and meet all of the above requirements, **send a completed Physical Plant Work Assignment Application; along with an Inmate Communication expressing your interest to Physical Plant (B344)**. The applications will be screened by members of the Physical Plant staff. Qualified applicants will need to pass a security screening before being contacted for an interview. **APPLICATIONS MUST BE RECEIVED BY FEBRUARY 28, 2022.**

WEEKLY MOVIE SCHEDULE

FEBRUARY 16, 17 "WHY WE LAUGH" (Angela Bassett, Bill Belamy) An off-screen narration, four dozen talking heads, and clips of performances tell a chronological story. **FEBRUARY 18, 19, 20 "VANQUISH"** 1h 34min (Morgan Freeman, Ruby Rose) A mother, Victoria, is trying to put her dark past as a Russian drug courier behind her. **"SPENCER" 1H 57MIN** (Kristen Stewart, Timothy Spall) During her Christmas holidays with the royal family at the Sandringham estate in Norfolk, England, Diana Spencer. **FEBRUARY 21, 22 "HURRICANE SEASON"** 1h 42min (Forest Whitaker, Isaiah Washington) Al, a basketball coach at a New Orleans high school, finally has a winning team when Hurricane Katrina occurs. **FEBRUARY 23, 24 "Rejoice and Shout"** 1h 55 min (Smokey Robinson, Melvis Staples) A documentary on Gospel music's 200-year history.

NATIONAL NUTRITION MONTH® 2022 ADVICE FOR FOODS THAT ARE HARD TO DIGEST

Indigestion, or upset stomach, can often be caused by foods that the body has a hard time digesting. Food affects everyone a bit differently, and there are some types of foods that are easier to digest than others. Some of the healthiest foods don't agree with some people. For example, raw foods and certain vegetables can be hard to digest because of the high fiber content. People will experience symptoms like bloating, gas, diarrhea, and even constipation when they eat particular foods, especially in large amounts.

However, that doesn't mean that people with sensitive digestive systems need to avoid these foods forever. Instead, try these tips.

RAW VS. COOKED. Applying heat to your foods helps break them down and make them easier to digest. This is especially true when it comes to high-fiber vegetables and fruits. You may notice that cooked vegetables and fruits produce less symptoms than raw.

AVOIDING CERTAIN PARTS. Egg yolks have a high sulfur content which can cause gas in some people. You can avoid this by only eating the white of the egg when possible. For example, take the yolk out of hard-boiled eggs.

Peels are usually higher in fiber than the inside of a fruit or vegetable, and more fiber can be harder to digest. Removing the peel of certain fruits and vegetables can help you avoid an upset stomach. Eating canned fruit is usually easier on the digestive system than fresh.

MODERATING INTAKE. Eating a large amount of food that is hard to digest will most certainly cause symptoms. If eating cruciferous vegetables (cabbage, broccoli, cauliflower), or beans (black, kidney, pinto) causes digestive symptoms, it's best to not eat large portions of them. Try eating only a small amount of these foods and see what happens. You may experience less severe symptoms, or none at all. Over time you should be able to eat larger portions of these foods when your body has become used to having them regularly. It's also better to eat foods which are hard to digest in combination with other, plain foods. A good example of this is beans and rice. When you mix these foods together in each bite, the rice will moderate some of the effects of the beans. One of the best things you can do to have good digestion is to support the good bacteria in your gut by eating many colorful fruits and vegetables that are high in fiber. Exposing yourself to a variety of foods is key to good gut health and makes our digestion stronger and more resilient.

Elena Guevara RD, LD



OREGON DEPARTMENT OF CORRECTIONS



The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.

While visitation is not yet fully open for all DOC facilities, the department's Visiting Services section remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

Waiting to submit applications until visitation has resumed could result in a delay. **Now is the time to get applications submitted.**

- Encourage family and friends to submit applications online – the form is available on DOC's website.
- You may also submit applications directly to Visitor Services using: DOC.Visitors@doc.state.or.us

All visitors must ensure they are on the adult in custody's (AIC's) approved visitors list **before** scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section within information on:

- Visiting requirements and restrictions, A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and, Anti-drug smuggling information.

The site also has links to the following specifics:

- How to become a visitor, Visiting guidelines, Arriving at the facility, Visiting hours, Visiting alerts, & COVID-19 Visiting Rules for each Institution/facility

IMPORTANT NOTE: We are NOT processing any administrative review requests at this time. Updates will be shared once Visiting Services reengages with these requests.

El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.

Si bien las visitas aún no están completamente abiertas para todas las instalaciones del DOC, la sección de Servicios de visitas del departamento permanece abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares. Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. **Ahora es el momento de enviar las solicitudes.**

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.
- También puede enviar solicitudes directamente a Servicios para visitantes usando: DOC.Visitors@doc.state.or.us

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) **antes** de programar una visita en persona. Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita, Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y, Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante, Directrices de visita, Al llegar a las instalaciones, Horas de visita, Alertas de visitas, Reglas de visita de COVID-19 para cada institución/instalación

NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes.



	THU 02/17	FRI 02/18	SAT 02/19	SUN 02/20	MON 02/21	TUE 02/22	WED 02/23
	45/28	51/28	54/33	46/27	44/21	39/16	38/19