

Masks Update

Phase One Timeline: 8/8/22 – 8/22/22

Masks are not required to be worn on the housing units, outdoor areas, or during active movement between areas of the institution. HOWEVER, masks are still required to be worn at an AIC's work assignment, all callouts, classes, medical appointments, and during Treatment Hours on **Units 7 & 8**.

If we're still Green come 8/22/22 then we may proceed with the following masking modifications:

- Removal of masks while in indoor breakrooms within the secured perimeter
- Removal of masking in congregate areas in which AICs mix from various housing units while indoors. Some examples would include but are not limited to:
 - Areas in which AICs mix from different units, interior recreation areas, gymnasiums
 - Visiting
 - Classroom
 - Religious Services
 - Sites where AIC work, but do not reside

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SPECIAL POINTS OF INTEREST:

- *Free the face! Mask Update*
- *Heat Warning*
- *Soda coupon price change*
- *Clemency letters*
- *New promotional Items*
- *Popeyes Fundraiser*
- *Popcorn Fundraiser*
- *Food Changes*

Commissary Changes



State of Oregon Department of Corrections Commissary

DATE: WEDNESDAY, JULY 20, 2022
TO: Adults in Custody *skn*
FROM: Anita Nelson, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Commissary has been working diligently with our vendor to renegotiate the price increase of the soda coupons. We were successful in our negotiations; the new price of the soda coupons is \$ 2.15 effective immediately. Thank you for your patience and understanding as we worked through the process.

In addition, Commissary has been thinking outside the box on special order items, more specifically electric guitars. There is a 6 – 9 months wait on guitar orders so about 6 months ago we decided to stock guitars and are excited to announce we have finally received a limited number of Schecter Guitar packages. They will be available for purchase on a first come first serve basis throughout the state.

We have several more guitars on order but do not have an estimated time of arrival. A newsletter article will be sent out once we have those addition items in stock.

Vaccinations Update

Date: July 21, 2022

To: All Adults in Custody

Subj: COVID-19 Vaccine and Booster Dose Update

The COVID-19 virus is still present in our institutions and communities. Vaccines continue to be the safest and most effective way to protect from COVID-19 hospitalizations and deaths. If you are not yet vaccinated and would like to be, please contact Health Services.

DOC Health Services offers both the Moderna and the Johnson & Johnson (J&J) vaccinations and boosters.

If you have questions, contact your health care provider.

Fecha: 21 de julio de 2022

Para: Todos los adultos bajo custodia Vaccinations Update

Asunto: Actualización de dosis de refuerzo y vacuna COVID-19

El virus COVID-19 sigue presente en nuestras instituciones y comunidades. Las vacunas continúan siendo la forma más segura y efectiva de protegerse de las hospitalizaciones y muertes por COVID-19. Si aún no está vacunado y le gustaría estarlo, comuníquese con Health Services.

DOC Health Services ofrece vacunas y refuerzos tanto de Moderna como de Johnson & Johnson (J&J).

Si tiene preguntas, comuníquese con su proveedor de atención médica.

**Autobiographical
writing, Illustration,
and publishing
workshop.
Fridays from 2-4pm.**

Read and discuss autobiographical prison related books. Write and get feedback on your own life story, commission an illustrator, and publish an autobiographical book as part of a project by the PSU Art and Social Practice MFA Program. Workshop facilitated by Professor Harrell Fletcher along with MFA students, other professors, local writers, artists, and designers.

Workshop limited to 12 participants who have at least 6 months remaining time at CRCI. If you are interested send a kyte to Ms. Fanta. First class starts Friday August 19th.

Food Survey Results 2022

Here are the results of the AIC Foodservice Survey that was done earlier this year. Survey responses were compiled from all institutions and the top answers are listed below. We received some great suggestions for future menus. Please keep in mind that some of your suggestions may not work with our budget. A few suggestions were able to be worked into the next Fall-Winter menus. Thanks to everyone for your input!

Suggestions to Improve Meal Service:

1. Larger portions
2. More protein/meat
3. Less carbs (pasta, potatoes, rice, bread)
4. Serve hot foods hot
5. Use more seasoning
6. Desserts with every dinner or once daily
7. Less casseroles
8. Clean the meal trays better
9. More variety of fruits & vegetables
10. Cook potatoes properly/completely
11. Better accuracy & consistency with portions/scoops
12. Increase food budget for better food quality
13. More or better training for FS staff and AIC cooks
14. More variety for MAT meals (not always beans & rice)
15. Less onions in the recipes
16. FS staff & AIC cooks should care about/take pride in the food they make
17. Offer fresh vegetables on mainline
18. More fried food/bring back deep fryers
19. Take more time to cook foods well
20. Don't overcook the frozen vegetables

Favorite Main Dish Items: Favorite Breakfast Items:

- | | |
|------------------------|-------------------------|
| 1. Chicken Drumsticks | 1. Fried/Scrambled Eggs |
| 2. Hamburger | 2. Hobo Breakfast |
| 3. Pork Loin | 3. Sausage Gravy |
| 4. Enchilada Casserole | 4. French Toast |
| 5. Pizza | 5. Veggie Scramble |

Items to remove from the menu: Items to add to the menu:

- | | |
|---------------------------|------------------------------------|
| 1. Tuna Salad Sandwich | 1. Corn Dogs |
| 2. Chicken Salad Sandwich | 2. Chicken Nuggets |
| 3. Pancakes | 3. Breaded Chicken Strips/Tenders |
| 4. Tuna Casserole | 4. Pepperoni |
| 5. Turkey Tetrazzini | 5. Lasagna |
| 6. Turkey ala King | 6. Tater Tots |
| 7. Tamale Pie | 7. Fish Nuggets/Sticks |
| 8. Waffles | 8. More fresh vegetables |
| 9. Italian Casserole | 9. Steak |
| 10. Chicken Burger | 10. Enchiladas/Enchilada Casserole |

Administrative Rule Change

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 04/26/2022.

PROPOSED RULES:

291-019 Transfer (Community Corrections)

- Amends the rules to update or add business terminology, reorganize to improve comprehension and convenience for reader, and create a rule specific to the transfer of those on leave status.
- Last day to provide comments: 08/02/2022 at 5:00 PM

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.

NOTICE REGARDING PETITION REQUESTING AMENDMENT OF ADMINISTRATIVE RULE

On June 23, 2022, the Oregon Department of Corrections received a petition requesting an amendment to OAR 291-131-0035 and 291-131-0050. A copy of the petition is posted in the legal library rule manual.

Pursuant to ORS 183.390(2), the Oregon Department of Corrections invites comment on OAR 291-131-0035 and 291-131-0050. 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 September 1, 2022, at 5:00 PM. Comments must be submitted in writing to the address below:

Rules Coordinator
Department of Corrections
3601 State St.

Administrative Rule Change

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 06/14/2022.

PROPOSED RULES:

291-073 Mandatory and Desired Criteria for Siti *From the Administrative Rules Program:*

Below is the list of status changes made to DOC administrative rules since 06/22/2022.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amended to clarify the definition of Sexual Activity, to clarify language for Staff Assault I, and to add exceptions around DSU sanctions for AICs designated as Seriously Mentally Ill (SMI) and acts of self-harm.
- Last day to provide comments: 09/05/2022 at 5:00 PM

PERMANENT RULES:

291-209 Earned Discharge

- Amends the rules to expand EDIS eligibility, revise the restitution payment requirements, add an eligibility notification requirement, and limit some crimes that will be considered for EDIS.
- Effective 06/29/22

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division and topic per communication. Do not include multiple divisions and topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.**ng Oregon Correctional Facilities**

- Amends the rules reflect current terminology related to Oregon Health Plan and adults in custody, and for minor technical correction.

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Clemency Letters

Date: July 14, 2022

To: All Adults in Custody

From: DOC Correctional Services Division

Subject: AIC Letters for Clemency Applications and Parole Board Hearings

DOC has a process for providing adults in custody (AICs) with a letter for their clemency application or Parole Board hearing. Individual DOC staff or contractors do not write letters for AICs. Instead, through DOC's statewide letter process, staff feedback and information from all the program areas is collected and put into a single letter documenting program and conduct history. For those not working with an attorney, institution staff/contractors are the starting point for requesting a DOC letter. These are the basic steps:

1. AICs must first submit their request for clemency to the governor's office or be scheduled for a parole hearing.
2. AICs may then request a letter from DOC through an institution staff person or a contractor.
3. If the DOC staff person or contractor believes the request should be supported by DOC, they will request a letter through Correctional Services.
4. Correctional Services will check history for clear conduct.
5. If DOC determines it will proceed with a letter, DOC work and programs staff and their counselor will be contacted for input for the letter.
6. If DOC moves forward, a letter will be prepared for the Assistant Director of Correctional Services' signature, and it will be sent to the governor's office or Board of Parole, as appropriate.

DOC's letters do not indicate support for an early release, speculate on how an AIC will do on the outside, or include character evaluation statements. Instead, they focus on quantifiable program participation, work participation and advancement, and other observable facts.

Fecha: Julio 14, 2022

Para: Todos los Adultos en Custodia

De: DOC Correctional Services Division

Tema: AIC Cartas para aplicación de Clemencia y Audiencia de la junta de libertad Condicional

DOC tiene un proceso para proporcionar Adultos en Custodia (AICs) con una carta para su aplicación de Clemencia oh Audiencia de la junta de libertad Condicional. Personal individual de DOC oh Contratistas no escriben las cartas para los AICs. En cambio, a través de DOC's proceso de carta a nivel estatal, las notas del personal eh información de toda el área de programas es coleccionado y puesto en una sola carta documentando programas e historial de conducta. Para aquellos que están trabajando con un abogado, personal de la institución y contratistas son el punto de partida para solicitar una carta de DOC. Estos son los pasos básicos:

1. AICs deben primero enviar su solicitud para Clemencia a la oficina del Gobernador oh ser programado a una audiencia de libertad condicional.
2. AICs después pueden solicitar una carta de DOC a través de un personal de la institución oh contratista.
3. Servicios correccionales revisara la historia para conducta clara.
4. Si DOC determina que procederá con una carta, personal de trabajo y programas de DOC y sus consejeros serán contactados para su aporte en las cartas.
5. Si DOC avanza, una carta será preparada para la firma del Subgerente de Servicios Correccionales, y será enviado a la oficina del Gobernador oh a la Audiencia de la junta de libertad Condicional.

Las cartas de DOC no indican apoyo para una liberación temprana, especular en como un AIC servirá afuera, oh incluirá declaración de evaluación de personaje. En lugar, se enfocan en participación cuantificable en programas, participación laboral y avance, y otros hechos observables.

Heat Stress Safety

HEAT EXHAUSTION

SYMPTOMS MAY INCLUDE:

Headaches, dizziness, light-headedness, weakness, personality changes, irritability or confusion, feeling sick to your stomach, vomiting, fainting, decreased and dark-colored urine, and pale, clammy skin.

WHAT SHOULD BE DONE:

Move them to a cool, shaded area. Don't leave them alone. If they are dizzy or light-headed, lay them on their back and raise their legs about 6-8 inches. If they are sick to their stomach, lay them on their side.

-Loosen and remove heavy clothing.

-Have them drink some cool water (a small cup every 15 minutes) if they are sick to their stomach.

-Try to cool them by fanning. Cool their skin with a cool spray mist of water or wet cloth.

If their condition worsens, call 911 for emergency help.

If heat exhaustion is not treated, the illness may advance to heat stroke.

HEAT STROKE - A Medical Emergency

SYMPTOMS MAY INCLUDE:

Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); personality changes; irritability, confusion, and not making any sense; seizures or fits, and collapse (will not respond).

WHAT SHOULD BE DONE:

-Call 911 for emergency help.

-Move those suffering to a cool, shaded area. Don't leave them alone. Lay them on their back and if they are having seizures, remove close objects for safety. If they are sick to their stomach, lay them on their side.

-Remove heavy and outer clothing.

-Have them drink some cool water (a small cup every 15 minutes) if they are alert and not feeling sick to their stomach.

-Try to cool them by fanning. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.

If ice is available, place ice packs in armpits and groin area.

LA INSOLACION – Una Emergencia Médica

LOS SÍNTOMAS PUEDEN INCLUIR:

Piel pálida y seca (no suda), piel caliente y ruborosa (parece quemada por el sol), cambios de humor, irritable, confuso y no tiene sentido, convulsiones o ataques, y colapsos (la persona no responde.)

QUE SE DEBE HACER:

¡Llame 911 por ayuda inmediatamente.

¡Mueva la persona a un lugar fresco y con sombra. No deje a la persona sola. Acuéstela boca arriba y si la persona está teniendo convulsiones, remueva cualquier objeto cercano para que no los golpee. Si la persona se siente mal del estómago acuéstela de lado.

¡Remueva cualquier ropa pesada y de exterior.

¡Haga que la persona tome un poco de agua fresca (un vaso pequeño cada 15 minutos) si la persona está lo suficientemente

alerta como para tomar algo y no tiene malestar estomacal.

¡Abanique a la persona para refrescarle. Refrésquele la piel con un rocío de agua fresca, un paño humedo, o una sábana mojada.

¡Si hay hielo disponible, coloque bolsas con hielo debajo de las axilas y en la ingle.

AGOTAMIENTO POR EL CALOR

LOS SÍNTOMAS PUEDEN INCLUIR:

Dolor de cabeza, mareos, debilidad, cambios de humor, irritable, o confuso, malestar estomacal, vómito, desmayo, reducción y oscurecimiento de la orina, y piel pálida y húmeda.

QUE SE DEBE HACER:

¡Mueva la persona a un lugar fresco y con sombra. No deje a la persona sola. Si la persona está mareada, acuéstela boca arriba y levántele las piernas aproximadamente 6-8 pulgadas. Si la persona tiene náusea, acuéstela de lado.

¡Afloje y remueva ropa pesada.

¡Haga que la persona tome un poco de agua fresca (un vaso pequeño cada 15 minutos) si no tiene malestar estomacal.

¡Abanique a la persona para refrescarle. Refrésquele la piel con un rocío de agua fresca o un paño humedo.

¡Si la persona no se siente mejor en unos minutos, llame por ayuda inmediatamente (ambulancia o al 911.)

Si el agotamiento por calor no es tratado, esta condición puede avanzar a una insolación.

Road to Success August Update

Greetings from RTOS! Have you heard about the services Road to Success (RTOS) offers? Are you wondering how you can sign up for the classes? Here's how it works: **Once you're about six months to release, you will be automatically scheduled for an assessment.** That's where you'll receive info about RTOS classes and have the opportunity to sign up. All classes are voluntary and held in Classroom 5 (on unit 5). So watch your callouts and when your time comes, sign up for any (or all!) of the classes. Once you finish all five classes you become an RTOS Superstar and mentor to other participants!

**Must wear pants, mask, bring pen/pencil, and be on time ☹*

Road to Success offers the following core classes:

- *Employment* – job skills, résumé building, interview practice (get a flash drive containing various resources to take with you!)
- *Tenant Education* – overcome barriers to housing and learn your rights as a tenant
- *Money Management* – budgeting, financial goals \$\$\$
- *Working Effectively with Your PO* – develop a positive relationship with your PO
- *Your Family, Your Community, Your Release* – reunify with family and friends

This Month's Road To Success class spotlight is: Tenant Education!

Who needs affordable, stable housing? **You!** Finding stable housing after being incarcerated is often very difficult. Having a criminal history is a significant barrier. The first step to overcoming your barriers is knowing what they are. This class can help you do that. You have certain rights and responsibilities as a tenant – and so does a property manager. Knowing these rights/responsibilities can save you time and money (not to mention stress!)

Some questions Tenant Ed. addresses are:

- >What's the difference between a lease and a month-to-month rental agreement?
- >How long does an eviction stay on your public record?

Latest Road To Success Superstars

Eston Blackerby, David Borrego, Jayson Bridges, David Calderon-Luna, Kenneth Church, James Cole, Jeffery Fahey, Ryan Garrette, Robert George, Michael Gillooly, Nickolas Hiatt, Tyler Jorgenson-Carbajal, Kale Kingman David Larue, Robert Lopez-Parker, Brandon Morgan, Eric Oscarson, Kevin Palmer Hernandez, Timothy Sheeler, Billy Teeter, Ryan Vanhorn, Jesse Vaughn-Silva, Kylen Wood

Congratulations on completing EVERY class!!!

FLAGGING CERTIFICATION

In July we had 23 AIC's complete the Flagging Certification Course!!! Congratulations!!

We'll be offering another course in October! Stay tuned for more details!

South Fork Forest Camp RTOS Info:

What? SFFC folks who are within six months of release are also eligible for Road To Success services! Classes, one-on-one consultation, release resources, etc.

Who? Ms. Gaidosh, the Transition Coordinator from CRCI

When? Third Friday of each month from 8-11am in Administration Office

>>Next SFFC sessions scheduled for August 19 & September 16<<

General Unit 5 Info:

Unit 5 is a transitional unit and is incentive-based. Advantages to being on Unit 5 include: special guests, regular one-on-one support with a Transition Coordinator, exercise time in classroom 5, "late night" on weekends and holidays, a generally quiet environment, the company of others who are working to succeed upon their release, and access to other incentives from time to time. Recently, RTOS has hosted poetry contests, "Dave Ramsey's Financial Peace University" course, several book clubs, and info sessions with Iron Tribe and SE Works.

To be eligible for Unit 5 you must be six months or less to release, sign up for all RTOS classes, & be incentive level two or three. Once on Unit 5 you must maintain good behavior, a clean bunk area, and pro-social behavior. If you receive three

State of Oregon

**Columbia River
Correctional Minimum
9111 NE Sunderland Ave
Portland, OR 97211**

**www.or.gov/
doc.com**




Rose city graphix

Fundraisers

Rose City Toasters Popeyes Chicken Feed

- *For units 1, 3, 5 and 7 the feed will be September 1st*
- *For units 2, 4, 6 and 8 the feed will be September 2nd*

**All orders must be submitted by August 14th. Order forms can be found on housing units.*

Do Good Club Popcorn Fundraiser (monthly)

Buttered or Seasoned Limit of 10

\$2.15

Do Good Club Family Day Event

Family day event will be held on 9-10 & 9-24

New Items

- *GV Berries Bunch O Krunch 20oz \$3.95*
- *GG Atomic Fire Balls 3.25oz \$1.12*

Summer Promotion

- *Pure Kick Strawberry Watermelon 6ct \$1.42*
- *Pure Kick Citrus 6ct \$1.42*