

# Coffee Talk

February 2023



## What's New in the News at The Creek?

### From the Superintendent's Office

#### Actualización COVID-19

El 29 de noviembre de 2022, los Centros para el Control y la Prevención de Enfermedades (CDC) actualizaron su guía para la respuesta al COVID-19 en entornos correccionales. Desde entonces, hemos estado trabajando en la actualización del plan estatal COVID-19 de ODOC, que ahora está completo. Las instituciones han actualizado sus planes específicos de instalaciones. En general, el plan estatal continúa permitiendo la toma de decisiones locales y reduce las medidas de prevención mejoradas relacionadas con el COVID-19, y la institución toma decisiones según las pautas de los CDC y el plan estatal. Algunos cambios significativos:

\*En la mayoría de los casos, las pruebas se limitarán a AIC sintomáticos y contactos cercanos.

\*Descontinuaremos el sistema de niveles de color (rojo/amarillo/verde).

\*Los CDC ya no exigen la cuarentena de rutina de los contactos cercanos. Sin embargo, algunas instituciones pueden continuar poniendo en cuarentena a los contactos cercanos debido al diseño operativo o físico. En aquellas instituciones que no pongan en cuarentena a los AIC identificados como contactos cercanos, estos AIC deberán usar una máscara durante diez días. Los AIC que no cumplan con este requisito deberán ser puestos en cuarentena. Las copias del plan estatal están disponibles en la biblioteca de su institución.

#### COVID-19 Update

On November 29, 2022, the Centers for Disease Control and Prevention (CDC) updated their guidance for COVID-19 response in correctional settings. Since that time, we have been working on updating the ODOC Statewide COVID-19 plan which is now complete. The institutions have updated their facility specific plans. In general, the statewide plan continues to allow local decision making and reduce enhanced prevention measures related to COVID-19, with the institution making decisions based on the CDC guidelines and statewide plan. Some significant changes:

- Testing in most cases will be limited to symptomatic AICs and close contacts.
- We will be discontinuing the color levels system (red/yellow/green).
- Routine quarantining of close contacts is no longer required by the CDC. However, some institutions may continue to quarantine close contacts due to operational or physical layout. In those institutions not quarantining AICs identified as close contacts, these AICs will be required to wear a mask for ten days. AICs who do not comply with this requirement will need to be placed in quarantine. Copies of the statewide plan are available in your institution library.



# REDUCE>REUSE>RECYCLE

## From: The Green Team

### Sustainability News

**WE ONLY HAVE ONE EARTH!** Please, let's protect what we can for our children and RECYCLE everything: Paper, Magazines, Shampoo & Lotion bottles, Food Containers, Pop Bottles, Toothpaste Tubes, Toothbrushes, Deodorants, Batteries, Pens & more! **Do what you can today to save for the children of tomorrow!**

To learn how you can protect the earth, check out **Roots of Success**, a vital program offered at CCCF. Taught by AIC peer-educators, the environmental education class will help prepare you for job interviews and employment with "Green" companies when you parole. The fascinating classes inspire you to be sustainable both in and out of prison. RoS promotes positive behavioral change, increased confidence, and **leadership development**. Plus, it fosters teamwork and collaboration while reducing conflict and violence.

Did you know that Roots of Success has helped facilities transition into reducing \$90,000 in yearly trash bills and save 60% in electricity usage over 3 years on average; it has even helped reduce up to 12,000 lbs. of food waste weekly! **To sign up** for Roots of Success, write a kytic to Ms. Suhr or Colonel Naugle and express your interest to get on the waiting list! Check out the two RoS testimonials below:

**>>>** Roots of Success not only ignites change for the planet, it ignites change for all of us behind bars. This program was therapeutic and helped me understand how to be a solution for problems regarding climate change, corruption, and devastated ecosystems. ~ Daniel Carter, ROS Student

**>>>** "Roots of Success has proven to be instrumental in providing a compass, guiding students as they discover a healthy and sustainable direction for the future. Women graduate with an eagerness to reach out and rejoin their community on a pro-social, eco-forward, career pathway." ~ Lori Moseley, CCCF Peer Instructor

What we do at CCCF makes a difference.

By working together, we can help preserve natural resources for our children's future!

# Girl Scout Cookies

**Are you interested in supporting a unique Girl Scout troop? Do you love cookies as much as we do?**

Troop 40060 is excited to provide the opportunity to purchase Girl Scout cookies! Your cookie purchase ensures that we have transportation to attend the Girl Scout troop meetings at Coffee Creek Correctional Facility with our moms, aunts, grandmas, and sisters when we return to Coffee Creek in the spring. The proceeds from the troop's cookie sale also support participation in Girl Scout events like virtual STEM workshops, overnight camp, girl-led field trips, and service projects in our communities as well as pay for annual membership and Girl Scout uniforms.

**Thank you for your contributions and support and thank you to the Lifers Club for partnering with Girl Scouts to make this year's sale possible!**

Girl Scout Cookies orders need to be placed **by Friday, March 10, 2023**. Order forms are located on the unit and can be turned in to Life Skills, **beginning on Tuesday, February 14, 2023**.

Each individual is limited to **15 boxes**. **NEW THIS YEAR:** All cookie varieties cost **\$6.00 per box**.

**Delivery will be in mid-March. No refunds/no returns.**

- ✿ **Adventurefuls** ® - An indulgent brownie-inspired cookie with caramel-flavored crème and a hint of sea salt.
- ✿ **Thin Mints** ® - Crisp wafers covered in chocolaty coating. Made with natural oil of peppermint.
- ✿ **Trefoils** ® - Delicate-tasting shortbread that is delightfully simple and satisfying.
- ✿ **Samoas** ® - Crisp cookies, coated in caramel, sprinkled with toasted coconut, and striped with dark chocolaty coating.
- ✿ **Do-Si-Dos** ® - Crunchy oatmeal sandwich cookie with creamy peanut butter filling.
- ✿ **Tagalongs** ® - Crispy cookies layered with peanut butter and covered with a chocolaty coating.
- ✿ **Lemon-Ups** ® - Crisp lemon cookies baked with inspiring messages to lift your spirits.
- ✿ **Toffee-Tastic**™ - Indulgently rich, buttery cookies with sweet, crunchy golden toffee bits. A gluten-free variety!
- ✿ **Girl Scout S'mores**™ - Crunchy graham sandwich cookies with creamy chocolate and marshmallowy filling.



**The Jackie Winters Memorial Healing Garden**

With the springtime upon us, it is time to embark on CCCF's journey towards evolving a healing garden. Last week members of our Executive Management Team met with Hoichi Kurisu (HK) and his design team (Kurisu, LLC). HK and his team stated, **“Our gardens begin not with features, but with purpose.”**

With this philosophy in mind, the initial stage of this process is to ensure CCCF is all-inclusive (with input from Staff, AICs, Visitors) to cultivate our healing garden's mission. Kurisu seeks to gain a deeper understanding of our vision for a nature-based healing space, and CCCF users' needs and anticipated use of the healing garden. The mission statement should define our collective purpose, what our mission is in creating a healing garden. The mission will guide the intention of the project.

To give an example, here is OSP's Asian Pacific Family Club mission: **“Diminishing Boundaries and Overcoming Differences.”** And here is a statement from Johnny Cofer, Asian Pacific Family Club Project Manager, on his vision for the OSP Healing Garden: **“To me, this [garden] will be the first place where it's all-inclusive, where everyone can go there, of any culture, of any power structure, staff, AICs. We can all go there and feel some sense of safety, some sense of peace. In this type of place, that's almost unheard of.”**

In addition, sharing relevant insight to our daily lives and how you feel this healing garden can be integrated for maximum benefit to all inside, will help direct Kurisu in design.

**Please send your ideas to Chad Naugle. The Security Office will compile the community's feelings, values, and cultural/spiritual beliefs to inform CCCF's healing garden mission.** HK and team will design the healing garden based on the feedback and insight received from CCCF Staff, AICs, and Visitors.

**If you are interested in being in a focus group(s), let it be known on the correspondence you send to the Security Office. The focus group(s) will get an opportunity to meet with HK during the design development process.**



## **The Fire Marshal has spoken.**

Due to recent changes in the state fire code, AICs at Coffee Creek will no longer be allowed to possess quilts or knitted/crocheted blankets. We understand that this will be an inconvenience, however, for the safety of the institution, it must be done.

Lifeskills will be partnering with the Property Room, the Mail Room, and Security over the next several weeks to develop a plan to remove these items from the premises.

Those who choose to have their items shipped out will have the shipping costs covered by the DOC. This offer of free shipping only extends to the first round of collection. If you choose not to relinquish these items, and they are found in your possession after the clearance, then you will be responsible for paying for the shipping costs out of your Trust Account.

Stay tuned for further instruction.

## **From the desk of L. Arrington, Diversity Coordinator:**

**The African-American Program Is Available @CCCF-Medium Only**

**The African-American Program (AAP) will be held @CCCF every Monday from 6-7:30 pm in Room GH08.**

The African American program teaches African American history and educates and empowers participants to adopt pro-social behaviors and attitudes. Our objectives are to increase self-control, self-management, and problem-solving skills by offering culturally-specific services and promoting identification/association with anti-criminal role models.

- Increasing full time employment
- Increasing education levels
- Stabilization, with affordable housing
- Breaking the system cycle of defeat
- Increasing family involvement and diminishing truancy within families

All NCI Levels are welcome to participate in this class **except** AICs on LOP or intake status.

Please send a letter of interest (**not a kyte**) explaining why you wish to participate in AAP to:

**L. Arrington, Diversity Coordinator**

## **NA Meetings Are Now Available @CCCM**

**Meeting will be held on the third Wednesday of every month from 7-8 pm in Room D2.**

Please send a kyte\* if you are interested in attending an NA Meeting to:

**L. Arrington, Diversity Coordinator**

All NCI Levels are welcome to participate in this class **except** AICs on LOP or intake status.

\*Kytes will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **NEW-R Classes Are Available @CCCF-Medium Only**

The Nutrition and Exercise for Wellness and Recovery (NEW-R) program is focused on being intentional. The purpose of this class is to provide AICs with an opportunity to:

- a. Make behavioral changes in intake (what you eat) that make the biggest impact on weight loss;
- b. Be aware of what you eat that can have a positive effect on intake;
- c. Learn about physical activity that can support changes in diet, help maintain weight loss, and promote other health benefits (e.g. cardiovascular health);
- d. Build a social support system to support weight loss goals; and
- e. Promote self-efficacy to counter the effects of living a sedentary lifestyle.

**This class will be held in M111 on Saturdays from 9-10 am.**

**100% ATTENDANCE IS REQUIRED**

Class size is limited to 10 AICs. Classes are 12-weeks long. All NCI Levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kyte\* if you are interested in attending a NEW-R class to:

**L. Arrington, Diversity Coordinator**

\*Kytes will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **QPR Suicide Prevention Classes Are Available @CCCF-Medium Only**

QPR is an emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnet. These classes will be taught by AICs who are certified QPR Gatekeepers. Participants will be trained how to recognize the warning signs of a person who may be experiencing mental or emotional stressors and how to **Question, Persuade, and Refer** them to help.

**This class will be held in GH16 (G Unit) on Sunday from 6-7pm.**

Class size is limited to 12 AICs at a time. All Incentive levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kytic\* if you are interested in attending a QPR Class to:

### **L. Arrington, Diversity Coordinator**

\*Kytic will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled. Please check your callouts weekly.

## **Responsible Thinking Classes Are Available @CCCF**

The purpose of this class is to provide AICs with an opportunity to:

- a. Weigh the pros and cons of your negative behavior;
- b. Learn ways to challenge and change your self-talk;
- c. Identify possible errors in your thinking that lead to irresponsible and criminal behavior;
- d. Learn to recognize and manage high-risk situations; and
- e. Learn and practice positive decision-making and problem-solving skills.

**This class will be held in GH13 (H-Unit) on Wednesday from 6-7 pm.**

### **100% ATTENDANCE IS REQUIRED**

Class size is limited to 10 AICs. Classes are 4-weeks long. All NCI Levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kytic\* if you are interested in attending a

Women's Relationships Class to: **L. Arrington, Diversity Coordinator**

\*Kytic will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **Trauma in Life Classes Are Available @CCCF-Medium Only**

The purpose of this class is to provide AICs with information about:

- a. Understanding traumatic experiences;
- b. The impact of traumatic experiences;
- c. Building resilience; and
- d. Resolving difficulties through treatment.

**This class will be held in GH13 (H-Unit) on Fridays from 6-7 pm.**

### **100% ATTENDANCE IS REQUIRED**

Class size is limited to 10 AIC's. Classes are 4-weeks long. All NCI Levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kytic\* if you are interested in attending a Trauma in Life Class to: **L. Arrington, Diversity Coordinator**

\*Kytes will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **Women in Recovery Classes Are Available @CCCF-Medium Only**

The purpose of this class is to provide AICs with information about:

- a. Understanding addiction and the signs and symptoms experienced by many women who struggle with alcohol or drug abuse and dependence;
- b. Exploring AIC's own relationship with alcohol and other drugs and its impact on their lives;
- c. Learning facts about alcohol, marijuana, cocaine/crack, methamphetamines, inhalants, sedative/prescription drugs, opiates/narcotics, hallucinogens, and nicotine;
- d. Examining the connection between alcohol and other drug abuse and high-risk behaviors; and
- e. Accessing support for AIC's recovery efforts.

**This class will be held in GH13 (H-Unit) on Saturdays from 9-10 am.**

### **100% ATTENDANCE IS REQUIRED**

Class size is limited to 10 AICs. Classes are 4-weeks long. All NCI Levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kytic\* if you are interested in attending a Women in Recovery Class to: **L. Arrington, Diversity Coordinator**

\*Kytes will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **Women's Relationships Classes Are Available @CCCF-Medium Only**

The purpose of this class is to provide AICs with an opportunity to:

- a. Review your past and present relationships and the impact they have on your life;
- b. Describe the differences between healthy and unhealthy relationships;
- c. List and practice the qualities of healthy relationships;
- d. Apply effective communication skills;
- e. Identify the benefits of healthy relationships; and
- f. Practice skills to handle social pressure.

**This class will be held in GH13 (H-Unit) on Sundays from 2-3 pm.**

### **100% ATTENDANCE IS REQUIRED**

Class size is limited to 10 AICs. Classes are 4-weeks long. All NCI Levels are welcome to participate in this class **except** AIC's on LOP or intake status. Please send a kytic\* if you are interested in attending a Women's Relationships Class to: **L. Arrington, Diversity Coordinator**

\*Kytic will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **Yoga Classes Are Now Available @CCCF-Medium Only**

The Yoga Program @CCCF is now offering classes to general population. These classes will be taught by 4 AICs who have received 200-hours of yoga teacher training certification. Research conducted by Ann Swanson, MS, E-RYT 500, suggests that a daily restorative yoga practice as a form of physical exercise—even in a prison environment—may have numerous physical and mental health benefits that include:

- a) Safe and effective relief for chronic back pain;
- b) Improved posture and spinal alignment;
- c) A reduction in feelings of depression related to body dysphoria;
- d) Improved resting states;
- e) A reduction in pelvic and overall pregnancy discomfort, signs of stress, anxiety, and post-partum depression;
- f) Improved levels of optimism, empowerment, well-being, and social engagement;
- g) Increased muscle strength to counteract natural skeletal atrophy that occurs with aging; and
- h) Improved flexibility to prevent the loss of range of motion.

**Classes will be held in Room M111. Class times available are listed below:**

**Monday 6-7 pm**

**Wednesday 6-7 pm**

**Saturday 7-8 pm**

**Sunday 2-3 pm**

All NCI Levels are welcome to participate in these classes **except** AICs on LOP or intake status.

Space is limited so please select only one time that you would like to attend. Please send a kytic\* if you are interested in attending a Yoga Class to: **L. Arrington, Diversity Coordinator**

\*Kytic will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **AA Meetings Are Available @CCCF & CCCM**

**AA Meetings will be held on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of every month in CCCM in Room D2 from 7-8 pm.**

**AA Meetings will be held on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of every month in CCCF in Room M111 from 7-8 pm.**

All NCI Levels are welcome to participate in these meetings **except** AICs on LOP or intake status.

Please send a kytic\* if you are interested in attending AA Meetings to:

**L. Arrington, Diversity Coordinator**

\*Kytic will be processed in the order that they are received, and a waitlist will be created when the available number of spots are filled.

## **From Lifeskills:**

### **Lifeskills FAQs:**

**Q: Can I sign up for Higher education, (PSU or UofO)?**

**A: When registration opens, sign-up sheets will be posted on the housing units with clear instructions.**

**Q: Where are my pictures?**

**A: We are working full-time processing photo requests and printing pictures. There are quite a few steps to the photo ordering process that most folks aren't aware of. The photographers take the pictures and log them on the production sheet. Then the Lifeskills Clerks go through the production sheets, organize the lists, and make sure the CD-28s are properly filled out. Then the batches of CD-28s are processed and sent to Accounting once a week. Accounting then processes all CD-28s for approval, making sure that each AIC has enough money on their account to cover the cost. Accounting does this not only for the Photo Program, but for every, single CD-28 that gets filled out for everything in the entire institution. Accounting then sends the CD-28s back to Lifeskills, this also happens a once a week. If the funds have cleared, the Clerks then screen the photos for inappropriate content, print the photos and package them for delivery. Quite the process. It takes a MINIMUM of 2 weeks, in a perfect world. Usually more like 3 or 4.**

**Q: What can I do to speed that process up?**

**A: Make sure you have the money on your books. CD-28s that come back NSF are a waste of everyone's time. Make sure you have filled out the order form properly and have your officer sign the CD-28. Make sure you are not posing or behaving inappropriately in your photos. If you are unclear about the guidelines, ask your photographer.**

**Q: Can I sign up for the Craft Program?**

**A: Once we have established a re-start date for the program and determine how many participants will be eligible to participate, we will open registration. This will be announced in the Coffee Talk, as well as flyers on the housing units.**

**Q: If I was already on the waiting list for a Craft Box, will I still be on the waiting list?**

**A: Yes. Unless you are high enough on the list to immediately receive a box and start ordering.**

**Q: When can I place a Craft order?**

**A: As soon as we open the program, you will be able to place your orders.**

Q: When are you going to restart the program?

A: We want this program to be sustainable and work for everyone; AICs and Security Staff alike. This is going to require that we have a fool-proof system in place for making sure we don't repeat the mistakes of the past. In short, as soon as we are ready and have all the pieces in place.

Q: What can I do to help speed up the process?

A: If you still have the old-style, clear plastic tote box, return it to Lifeskills ASAP. We can't start fresh until everyone is in compliance. Stop sending Kypes to Lifeskills asking when we are going to start the Craft Program or if you can sign up. Every Kype we must answer slows down the process.

Finally, we are all in this together. Trust that we are making the Craft Program a top priority. We understand how important this Program is to you. Crafting projects are a connection to your friends and families as well as a positive, pro-social way to spend your time and energy. Art, (and crafts **are** art), expands your intellect and allows you to see potential and possibilities in even the unlikeliest of scenarios or materials. We will make this happen soon, please be patient.

# NEWS TODAY

## LATEST NEWS AND BULLETIN UPDATES

### From the CCCF MAILROOM



## **FUN FACTS ABOUT THE MAILROOM**

THIS WILL HELP SPEED UP THE PROCESS OF YOU RECEIVING YOUR MAIL AND SENDING IT OUT.

## FUN FACTS

WE DO NOT HOLD YOUR MAIL. HONESTLY, WE LIKE TO GET YOUR MAIL PROCESSED AS FAST AS WE CAN.

IF YOU HAVE NOT RECEIVED IT THAT MEANS WE HAVE NOT RECEIVED IT EITHER.

OUR OFFICE IS NOT THE SIZE OF A HOUSING UNIT OR WAREHOUSE. ITS SMALL, VERY SMALL. WE DO NOT LOSE YOUR ITEMS SOMEWHERE IN THE MAILROOM.

WE UNDERSTAND AMAZON SAID THEY DELIVERED IT BUT SOMETIMES THAT'S NOT CORRECT. YES, WE GO THROUGH THE EXACT SAME THING WITH AMAZON AS YOU DO. WE COMPLETELY UNDERSTAND!

IF YOUR FAMILY SAID THEY SENT IT AND YOU HAVE NOT RECEIVED IT, THAT MEANS WE HAVE NOT RECEIVED IT. IF THERE IS A VIOLATION ON THE OUTSIDE OF THE ITEM AND WE SEND IT BACK WITHOUT OPENING IT, WE DO NOT DO A VIOLATION FOR IT PER THE MAIL RULE.

PER THE MAIL RULE WE HAVE 2 DAYS FROM THE DATE THAT WE RECEIVE YOUR LETTERS TO DELIVER IT TO YOU. 4 DAYS FOR MAGAZINES AND BOOKS.

99% OF THE TIME YOU RECEIVE YOUR BOOKS AND MAGAZINES THE NEXT DAY.

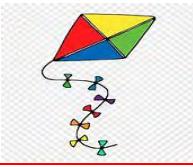
ONCE THE ITEMS (LETTER & PACKAGES) HAVE LEFT OUR BUILDING, WE ASSUME THEY ENDED UP AT USPS. IF IT DOES NOT END UP WITH THE INTENDED RECIPIENT, WE DO NOT TRACK PACKAGES OTHER THAN PRIORITY BOXES.



CD28

MAILROOM & BUSINESS OFFICE WILL ONLY ACCEPT CD28 FOR XTRA POSTAGE ON MAIL THROUGH:

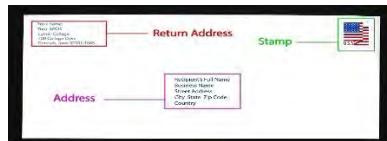
- LAW LIBRARY** (CD28 & ENVELOPE MUST BE STAMPED BY LAW LIBRARY)
- PROPERTY ROOM** (WILL NEED A PROPERTY RELEASE FORM)
- LIFESKILLS** (WILL NEED A PROPERTY RELEASE FORM)



KYTES

**PUTTING KYTES IN THE WRONG KYTE BIN (MEDICAL, INCLUDING DENTAL, GOES INTO HEALTH SERVICES KYTE BIN) CANTEEN ALSO HAS THEIR OWN KYTE BIN, IF PUT IN WRONG BIN THEY WILL BE REROUTED BACK TO YOU.**

**FILLING OUT KYTES CORRECTLY (PUT NAME AND DEPARTMENT NOT JUST FIRST NAME OF WHO YOUR KYTING) ALSO PUT YOUR FULL BUNK INCLUDING HOUSING UNIT ON ALL KYTES.**



### **TIPS ON SENDING MAIL**

**ALTERED SIDS (DO NOT SCRATCH OUT SOMEONE ELSE'S NAME AND/OR SID NUMBER AND WRITE YOUR OWN. THESE WILL BE CONFISCATED PER THE MAIL RULE OR AT LEAST SENT BACK TO YOU AND MARKED WHERE THE VIOLATION IS.**

**DO NOT SEND ANYTHING BESIDES LETTERS/PHOTOS IN ENVELOPES (IF THE ENVELOPE IS TOO THICK, IT WILL NOT GO THROUGH OUR MAIL MACHINE AND IS CONSIDERED A PACKAGE. YOU WILL NEED TO GO THROUGH PROPERTY ROOM TO SEND OUT PROPERTY (IF YOU SEND OUT CONTRABAND IT WILL BE CONFISCATED) FLOWERS OR SEEDS FROM MINI GARDEN, IDs, DREAM CATCHERS MADE FROM HEADPHONE WIRE, UNDERWEAR, WRIST BANDS THAT HAVE BEEN GIVEN TO YOU FROM CCCF, CANDY, FACE MASKS, HOME MADE RINGS ETC ETC ETC...**



### **RECEIVING MAIL**

**NO GLITTER! INCLUDES GLITTER PEN AND CARDS**

**NO CRAYON (WE TRY OUR BEST TO MAKE COLORED COPIES FOR YOU INSTEAD OF RETURNING IT TO SENDER) WE DO KNOW HOW IMPORTANT THESE ARE TO YOU.**

**NO PAINT**

**NO PAINT PENS**

**NO STICKERS OF ANY KIND**

**NO WHITE OUT**

**NO POST IT NOTES**

**NO LAMINATED CARDS OR PHOTOS ALLOWED**

**NO FOAM, METAL, RIBBON, POP UP (IT IS DIFFICULT TO SEARCH YOUR CARD WITHOUT DAMAGING IT) OR MUSICAL CARDS. SO PLEASE INFORM FAMILY PLAIN CARDS AND PLAIN ENVELOPES ENSURE YOU WILL RECEIVE IT IN A TIMELY FASHION.**

**ENVELOPES THAT ARE OVER  $\frac{1}{4}$ " THICK AND NOT LEGAL WILL BE RETURNED TO SENDER**



PICTURES THAT ARRIVE THAT ARE MORE THAN  $\frac{1}{4}$ " THICK WILL BE STICKERED PER THE MAIL RULE AND RETURNED TO SENDER (AIC WILL NOT RECEIVE NOTICE AS THE PICTURES WOULD NOT EVEN BE OPENED) APPROXIMATELY 20 PICTURES ALLOWED AT ONCE. NO POLOROID PHOTOS.

ANY PACKAGES "**OTHER**" THAN BOOKS, JOURNALS, CALENDERS, MAGAZINES FROM THE DISTRIBUTOR THAT ARRIVE FOR AN AIC WITHOUT A PACKAGE AUTHORIZATION ATTACHED TO THE OUTSIDE OF THE PACKAGE WILL BE RETURNED TO SENDER PER THE MAIL RULE. AGAIN, WE ARE SAYING OTHER THAN THE ABOVE ITEMS.

## From Food Services:

Healthy diets  
our overall health  
can help us  
good health as  
older. Meeting  
nutrient needs  
help you have a  
future.

Nutrition needs  
we get older, so  
good physical health

make a difference in how healthy we are as we get older. For example, a person's metabolism usually slows down with age. If you are overweight or obese now, it may be easier to lose weight when you are younger instead of trying to do it when you're older. If you are not getting regular exercise now, it may be easier to start an exercise program now when your muscle strength is better. If muscles are not exercised regularly, they will lose strength and elasticity, which makes exercise and recovery more difficult.

Older adults also need less calories than young adults. It's easy to over-eat as we get older if we keep eating the same amount of food that we did when we were younger. The chart below shows the recommended calorie intake for adults.



**eat right** Academy of Nutrition  
and Dietetics

improve  
now and  
maintain  
we get  
your  
now can  
healthier

change as  
having  
now can

Age Range	Recommended Daily Calories for Moderately Active Adult Males	Age Range	Recommended Daily Calories for Moderately Active Adult Females
19-20	2800	19-20	2200

21-25	2800	21-25	2200
26-30	2600	26-30	2000
31-35	2600	31-35	2000
36-40	2600	36-40	2000
41-45	2600	41-45	2000
46-50	2400	46-50	2000
51-55	2400	51-55	1800
56-60	2400	56-60	1800
61-65	2400	61-65	1800
66-70	2200	66-70	1800
71-75	2200	71-75	1800
76 & up	2200	76 & up	1800

Source: USDA Food and Nutrition Service. [www.fns.usda.gov](http://www.fns.usda.gov)



News Release: 12/08/2022

Submitted By: Michelle E. (RTOS Clerk)

### What is RTOS?

The *Road to Success (RTOS)* program is in place to help AIC's with 120 days or less prepare for their release. It consists of five components: 1) Employment 2) Working effectively with your Parole Officer 3) Your family, Your Community, and Your release 4) Money management 5) Tenant Education.

### How does it work?

At about 6 months to release RTOS will send an assessment packet to you. You will answer and return the assessment sheet and begin the process of being scheduled for classes. All of the classes are voluntary, and will begin approximately 2 months or less to release.

**“Super Star”** status is earned by completing all five of the transition classes. Super Star status earns you an additional certificate, as well as a reference letter. This curriculum works in conjunction with current programs and courses you

may already be taking. AIC's will also have the opportunity to work one-on-one with transition staff to set up an individual transition plan for release. Be sure to take advantage of every program to ensure your success!

### **Open Office Hours**

Minimum: Programs Building D-17, Tuesdays: 8:30 am – 10:30 am

Appointments by Request. Kyte Mr. DeAnda/Transition Department

Medium: C/D 13,

\*Please be appropriately dressed and bring a pen\*

If you are within 120 days of release and have transition needs such as employment information, which resources are available in the community you are returning to? We are here to assist you. You can work on a release plan, contact DMV, research housing options for your county, sign up for additional classes and handle other various transition related issues.

\*Stop by our office during open office hours once you are within **120 days or less from your release**.

### **Highlights**



Workshops are available in both sides of the facility,  
watch for sign-up sheets and dates.

**All-Star Staffing** is providing workshops the 3<sup>rd</sup> Wednesday every other month!  
Send a kyte to Mr. DeAnda in the Transition Department to be added to the list.  
\*\*\*\*\*Yes, this is available in both minimum and medium\*\*\*\*\*

### **Skills Opportunity Achievement Responsibility (S.O.A.R.)**

**Available in the Portland Metro Area and you must be 18-24 years old**

- Commitment of 18 months
- Monthly check-up with case manager
  - Clothing vouchers
  - Resources
- Communication with AICs at 90 days to release

**\*If you would like to be added to the upcoming workshop on  
please kyte Transitions.**

**Sponsors Inc. of Lane County** will be coming in twice a year! We will post sign-up sheets 30 days prior to the next workshop.

## **These are amazing opportunities leading you down your personal**

**ROAD TO SUCCESS!!**



**...Jobs, Jobs, Jobs...**

### **Minimum Physical Plant Painter's Assistant**

#### **Job Description**

**Title** Outside Painter Assistant

**Department(s)** Minimum Physical Plant

**Reports to** Mr. Greenman



#### **Job summary**

Under the direction of Mr. Greenman (Painter) you will perform a wide variety of tasks and duties including structural painting, sheetrock repair, prep work before painting, general maintenance and repair of painting equipment and supplies, and may assist other trades as needed.

#### **Minimum requirements**

**You must be gate cleared.** Must have been at Coffee Creek at least 6 months with clear conduct. Variances for less than 6 months clear conduct will not be considered. Verbal warnings, conduct orders, and housing history will be reviewed but is not necessarily a disqualifier from consideration. Must have high school diploma or GED

#### **Abilities required**

Working in extreme temperatures-hot and cold. Working around loud equipment. Requires frequent bending, standing, walking. This position requires the use of various hand and power tools. Requires lifting up to but not limited to 50 pounds.

#### Disclaimer

#### **Physical Plant staff will use this recruitment not only to fill current openings, but also for future consideration as needed.**

The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.

APPLICATION INFORMATION	
Job code	3 Physical Plant
Generic title	Painter Assistant
Point level	14 points per day
Apply to	IWP Office
Application Deadline	August 10, 2022. <b>Good Luck!</b>

## Medium Canteen Canteen Worker

### Job Description

**Title** Medium Canteen Worker  
**Department(s)** Medium Canteen  
**Reports to** Ms. Matlock



### Job summary

Under the direction of Ms. Matlock, you will perform a wide variety of tasks and duties including, but not limited to: Receives and organizes Canteen shipments/deliveries, verifies contents of Canteen orders and assists in distributing them to the AIC population.

### Minimum requirements

You must have been at Coffee Creek at least 6 months with clear conduct. No misconduct involving contraband. Verbal warnings, conduct orders, and housing history will be reviewed but is not necessarily a disqualifier from consideration. Must have high school diploma or GED

Minimum of 6 months left on your sentence and not Minimum eligible.

Must have successfully completed mandatory Kitchen time.

Must be able to regularly lift at least 60lbs and perform repetitive motion tasks.

### Abilities required

Working in extreme temperatures-hot and cold. Working around loud equipment. Requires frequent bending, standing, walking. Requires lifting, up to but not limited to 60 pounds. Must be able to operate a pallet-jack.

If you are interested, please send a completed application to either Ms. Matlock or IWP indicating you are applying for the Canteen position.

#### Disclaimer

#### **Canteen staff will use this recruitment not only to fill current openings, but also for future consideration as needed.**

The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.

# .....Previously Run but Still Relevant.....



## Where Have Those Been Today???

Where have your hands been today? Who else has touched that area? Do you wash your hands enough? Often people do not wash their hands enough. If you want to avoid getting sick or spreading germs to others, please take 15 seconds to wash your hands with soap and water. Try singing Happy Birthday to yourself once while you are doing that.

### Wash Your Hands Before:

- Before, during, and after preparing foods.
- Before eating.
- Before being around someone who is sick.
- Before treating a cut or wound.

### Wash Your Hands After:

- After preparing foods.
- After using the toilet.
- After being around someone who is sick.
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste.
- After treating a cut or wound.

A good rule of thumb is if you are not sure when the surface you are touching was last cleaned, it is a good time to wash your hands.

As you go through the day, please remember to wash your hands frequently to avoid getting sick or spreading germs.

## Visiting Services is Not CRU

When submitting a visiting application, do not send it to CRU. Please send visiting applications to:  
Visiting Services Unit  
3725 Fairview Industrial Drive SE, Suite 200  
Salem, OR 97302

# Just for fun!!!



**Valentine's Day**, also called **St. Valentine's Day**, holiday (February 14) when people express their affection with greetings and gifts. Given their similarities, it has been suggested that the holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing of couples by lottery. At the end of the 5th century, Pope Gelasius I forbid the celebration of Lupercalia and is sometimes attributed with replacing it with St. Valentine's Day, but the true origin of the holiday is vague at best. Valentine's Day did not come to be celebrated as a day of romance until about the 14th century.

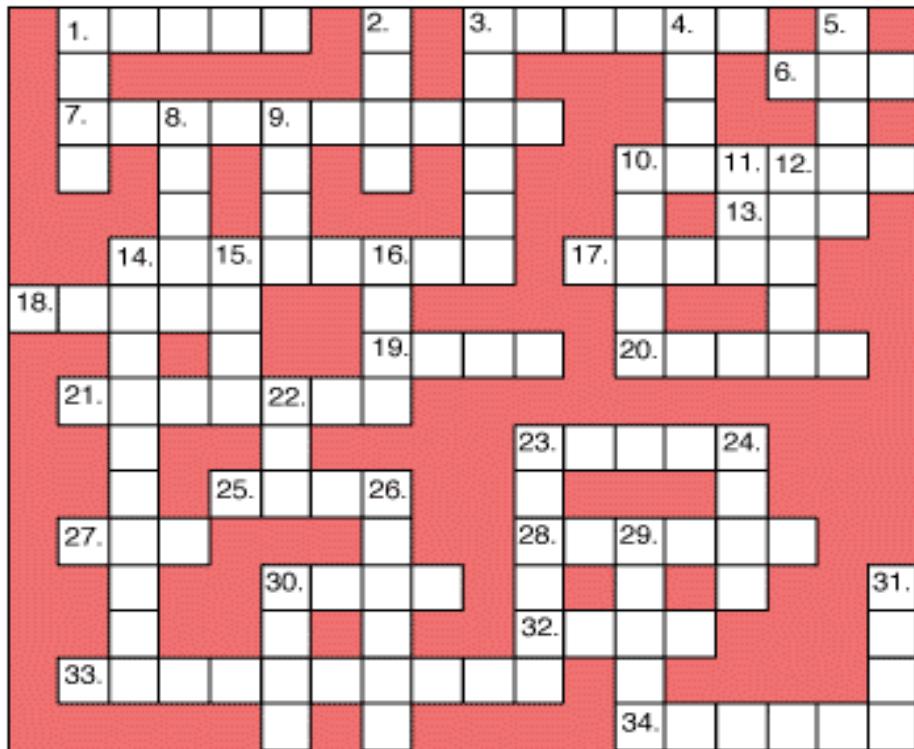
Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.

Source-Encyclopedia Britannica

# Valentine's Crossword



**Across:**

- Opposite of boys
- Valentine colour
- \_\_\_ goes there?
- St. \_\_\_ Day
- The targets of Cupid's arrows
- This little piggy is one
- Valentine month
- Tolls paid
- \_\_\_ change, pocket money
- Sign above door
- Donald's girlfriend
- Crayon maker
- He shoots love arrows

- Short form for animal doctors
- Valentine's colour
- Cupid shoots these
- Valentine colour
- Choose
- Sweet valentine gifts
- \_\_\_ admirer

**Down:**

- Bestow
- \_\_\_ the bottle
- Attractive
- Frilly trim
- Valentine colour
- Mickey \_\_\_ Minnie
- Close to
- Listened

- Past tense of eat
- Red flowers
- February \_\_\_ is Valentine's
- \_\_\_ valentine.
- Length x width
- Single, \_\_, 2, 3, ...
- Winners
- Opposite of up
- First day of the week
- Speed contests
- Scheme
- Pepper \_\_\_ candy



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[www.SquiglysPlayhouse.com](http://www.SquiglysPlayhouse.com)

**A chicken crossing the road is poultry in motion.**

Why didn't the skeleton want to send any Valentine's Day cards?

His heart wasn't in it

# Valentine's Day Coloring Page



Supercoloring

<http://www.supercoloring.com>