

# Powder River

May 17, 2024

## AIC NEWSLETTER



### Are you an Artist?

The Art Program is now taking applications

See page 4

### AIP Participants

Check out the new ODOC rules for release transportation

See page 5

### En Passant Chess



#### Club Puzzle

Last week's solution as well

See page 13



Saturday May 18	Sunday May 19	Monday May 20	Tuesday May 21	Wednesday May 22	Thursday May 23	Friday May 24
70/38	65/38	63/38	63/40	63/40	65/40	66/42
Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy



Effective Immediately, if DOC issued work hats (Dog Program, Garden, Physical Plant, etc.) are found with bent lids or altered in any fashion, a minor misconduct will be issued with a request for restitution of the hat.



**(Just as a reminder)**



**Do you get a Veggie Tray?**

**Starting Monday, the 6th**

Veggie Tray requests will be called to Chow ***LAST*** (as per PRCF practice before COVID)

## **AA Group**

**Tuesdays from 6:00 pm to 7:00 pm**

AA Group has resumed and will be held every Tuesday. Group will be held in the Eagle Cap Room in MPB from 6:00 - 7:00pm. Please send a communication to Ms. Geddes to be added to the Call Out.

## **Al-Anon**

**Thursdays from 5:30 pm to 6:30 pm**

Al-Anon Group is held every Thursday night in the Eagle Cap Room in MPB from 5:30 – 6:30pm. Please send a communication to Ms. Geddes to be added to the Call Out.

## **Stretches to do every day:**

### **3. Trunk twists with eagle arms**

This stretch will improve spinal mobility and stretch the upper back, shoulders, shoulder blades, and forearms. Eagle arms often requires practice, especially if you are into heavy lifting.

- Extend your arms in front of you, palms facing down. Cross the right arm under the left.
- Keeping your elbows as close together as possible, bend the elbows and bring the backs of the hand to meet.
- If you want to go deeper, take the palms further by working them into prayer without moving your elbows.
- Wherever you are with this, slowly raise the elbows in line with your chin. Once your arms are in position, stand with your feet hip-width distance and stay facing forward



the entire time to twist to the left side, working to stabilize the core and only move the trunk.



## OREGON DEPARTMENT OF CORRECTIONS



### COVID-19 Vaccine and Booster Dose Update – March 2024

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Centers for Disease Control and Prevention (CDC) has authorized another vaccine booster series for COVID-19. Health Services will be approaching all individuals to inquire if vaccination is desired. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

COVID-19 Booster Vaccines will be offered to those patients that are 65 years of age and older, as well as to patients who may be immunocompromised. These patients should receive two doses of Spikevax (Moderna) 23-24 vaccine to be up to date in vaccines. If you are under 65 years of age, are not immunocompromised, and have already received your COVID-19 Spikevax (Moderna) 23-24 vaccine – you are up to date on your vaccines and do not need another. If you have not received your COVID-19 Spikevax (Moderna) 23-24 vaccine, and you want it, please send a kyte to medical to receive it.

If you have questions, contact your health care provider.

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## Historic Short Quotes!

- “Be yourself; everyone else is already taken.” — Oscar Wilde
- “All the world’s a stage, and all the men and women merely players.” — William Shakespeare
- “The future belongs to those who believe in the beauty of their dreams.” — Eleanor Roosevelt



- “I think, therefore I am.” — René Descartes
- “You are never too old to set a new goal or to dream a new dream.” — C.S. Lewis
- “Happiness is not by chance, but by choice.” — Jim Rohn
- “Do not wait for leaders; do it alone, person to person.” — Mother Teresa





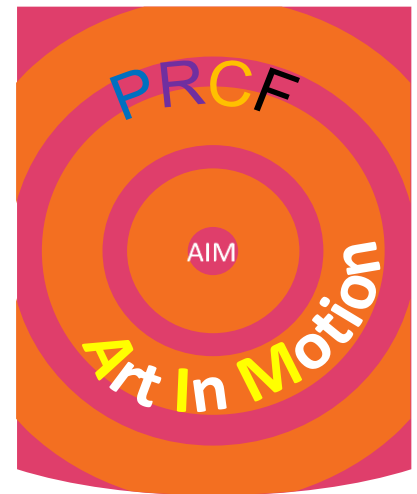
PRCF is now taking applications for

**ARtists** who are interested in creating and painting various canvas pieces and/or murals throughout the institution. The size of the murals and/or canvas will vary depending on the location. There may be additional visual arts projects available in the future.

If you are interested, please send a work application with samples of your work and/or portfolio. Please add a narrative about your interest and experience. You can also propose ideas of what could be done in the potential space in the institution.

You will be selected based on your proven experience as an artist, two years of painting experience preferred, clear conduct, good behavior, incentive level 3, and be able to work independently.

14 PRAS points will be awarded for days worked.



**Please send your information to Ms. Bronnenberg ASAP.**



### Quotes from famous Actors:

"When in doubt look intelligent."

Garrison Keillor

"Why do they call it rush hour when nothing moves?"

Robin Williams

"A day without sunshine is like, you know, night."

Steve Martin

## Changes to ODOC Transportation for Releasing AIP Participants

Due to the unreliability of public transportation and unpredictable weather conditions in the Baker County area, Oregon Department of Corrections Reentry and Release in partnership with Powder River Correctional Facility Executive Team, New Directions Treatment Team and the Office of Population Management has put into place a change in the way Adults in Custody participating in AIP are allowed to release from Powder River Correctional Facility.



Beginning July 1, 2024, Adults in Custody who are participating in AIP and releasing to counties on the westside of the state including Deschutes, Jefferson, Lake, Klamath, Jackson, and Josephine Counties will be transferred by ODOC to an institution closer to their releasing county. AICs will no longer be provided with a bus ticket when they are releasing to the above-mentioned counties. Private transportation (ex. family, friends, etc.) can still be considered on a case-by-case basis during the summer months but will not be considered during the winter.

Requests for consideration on private transportation must be sent through your assigned release counselor. If you have concerns, you are more than welcome to reach out to you release counselor but please do not request that they change the process. The release counselors are being held strictly to this new process and will not have the authority to change it.



## 13 Best Yoga Stretches to Do Every Day to Ease Stiffness and Pain (Here are stretches 5 & 6)

### 5. Warrior II

This pose is known for increasing strength and stamina, particularly in the legs and arms. Fun fact: All of the warrior poses (or Virabhadrasana in Sanskrit) is named after an incarnation of the Hindu deity, Shiva. This incarnation is a warrior who was said to have a thousand heads, a thousand clubs, and was always wearing a tiger's skin. Embody this fierceness when you enter Warrior II and see how you feel afterward!

**How to do it:** Stand nice and tall over the long side of your mat. Take up space; your feet should be about 3-4 feet apart. Lift your arms until they are parallel to the floor, palms facing the floor. Turn your right foot to face the front of the mat and angle your left foot 45 degrees. Bend your right knee until it's directly over your right ankle. Check to see that your right ankle is in line with the arch of your back foot. Try to get your left thigh as parallel to the floor as possible. Hold your gaze over your right hand. Step back and repeat on the other side.

**Modifications:** If you're having trouble holding this pose, grab a chair and position it to face the outside of the front knee that you're going to bend. As you bend the knee, slide the chair beneath your thigh for support.

### 6. Mountain Pose

Doing Mountain Pose might feel at first like you're just standing. But when performed intentionally, it's a great way to rest between poses and improve your posture. It can even firm up your abs and butt!

**How to do it:** Stand with your big toes touching and your heels slightly apart. Lift and spread your toes, then place them on the floor. Rock back and forth, then side-to-side. When you're done exploring your balance, come to a standstill. Contract your thigh muscles and lift your kneecaps. Imagine a line of energy traveling up from your toes to your head. Pinch your shoulder blades together then pull them down. Raise your sternum to the ceiling without raising your lower ribs. Tuck your tailbone slightly under as you pull your belly button in towards your spine. Arms are by your sides with your palms facing the front. Your head should be in line with your spine. Maintain a soft gaze.

**Modifications:** A great way to check your alignment is to do this pose against the wall. (Just don't lean the back of your head on the wall. That will compromise your neck position.)

**TO: All Adults in Custody**  
**FROM: Oregon Department of Corrections (ODOC) Health Services**  
**DATE: May 1, 2024**  
**RE: Electronic Health Records (EHR)**

**Blue Charts, Green Charts and Scanning: What is happening?**

New processes are in place for scanning patient paper healthcare records for ODOC Health Services' upcoming Electronic Health Records (EHR) system. It is important to understand what the new processes mean for your private health information.

**Blue Charts:** Your paper health information is currently being stored in a blue medical chart. Those paper records will be scanned and turned into electronic files for use in the EHR. It is important to know that some people's blue chart will not be scanned if they are scheduled to release before the EHR is turned on.

**Green Charts:** Once your blue medical chart is scanned, a green medical chart will be created. All new health information will be put in your green medical chart.

The green chart always stays with the scanned blue chart, but any new documents will only be added to the green chart.

A few weeks before an Institution's EHR is turned on, our scanning partners will return and scan all documents contained in green charts.

These processes will help make sure your paper health records become part of your electronic health record (EHR).

**Scanning Process:** Our scanning partners have lots of experience—over 55 years! They scan thousands of pages every day. When your paper health records are scanned, the electronic files are stored, protected, and backed-up on hard drives.

**Privacy Matters:** Your health information belongs to you, and your privacy is important. Throughout the EHR project, patient confidentiality and privacy remain our top priority. Health Services wants to make sure you fully understand that your information is kept safe and only authorized people in health services can see those records.



## **Help Keep the Restrooms Clean**

*Help to make sure the restroom facilities are in working order by not flushing anything other than the toilet paper approved by DOC.*

*Items such as rags, clothing, wipes purchased on canteen, wipes used for sanitizing surfaces, garbage, wrappers, or anything other than DOC issued toilet paper are NOT to be flushed down the toilet or urinal.*

*Items including but not limited to those listed above, are not to be placed in any shower or sink drains.*



# **PRCF Do Good Club**

Article I Club Name

PRCF Do Good Club

Article II Mission Statement

The purpose of the PRCF Do Good Club is to unite the Adults in Custody (AIC) at PRCF in promoting pro-social behavior. The goal of the club is to improve the quality of life for those inside and outside PRCF through charitable donations and social events. These social events will promote humanization, normalization, and pro-social behavior.

Note: This Club is not designated for personal gain or benefit, but for the benefit of the *PRCF Community as a whole*. Any participant in the Club is expected to adhere to this core belief or will be held accountable in accordance with PRCF policies.

Article III Membership

- a. The PRCF Do Good Club may have a maximum of 12 members. Exceptions may be approved by the program committee.
- b. AIC's cannot be a member of more than three clubs at one time.
- c. No person shall be denied the opportunity to participate in club meetings and/or activities on the basis of race, color, religion, national origin, age, or handicap.
- d. All club members must be Incentive Level 3 or higher and be at PRCF for at least 60 days.
- e. To become an active member of the Do-Good Club an AIC must notify the club via a communication request to Mr. Hite. Upon receipt of request, the AIC will be vetted as an AIC Incentive Level 3, as well review of their conduct history by staff. *If accepted*, the AIC will be placed on the next available call out as a prospect member until voted in by the Club, provided the club is not full. If the club is at maximum membership occupancy, then they shall be placed on the club's waiting list until space is available.
- f. AICs who join the club after the inaugural meeting will be considered an active member after they have attended one meeting or event.
- g. To remain an active member, members must not miss two consecutive meetings and maintain Incentive Level 3 or higher. Failure to meet the minimum requirements will result in removal from membership. AICs who have been removed from club membership may apply for re-admittance after 90 days from the time of removal.
- h. The Functional Unit Manager or designee may deny, revoke, or suspend individual or group activities for AIC conduct that is disruptive to group activities or institutional operations.

The profit from our **Chicken Strip Feed** in February was **\$552.00** *after* costs for the feed itself.

Proceeds from this and other fundraisers are used for things like Family Day benefits, no cost benefits such as a soda and candy included in a holiday gift bag at the end of the year for all of the AICs and popcorn for movies or

holidays. Proceeds are also donated with Club approval to local community outreach programs. You are welcome to share your feedback with any Club Member. Please keep in mind, there are *limitations* to what this Club can address which is generally for AIC fundraising through feeds. Any changes to the function of PRCF *must* be submitted to the AIC Council. The list of AIC Council members is posted in the units.

**S. Hamilton**

# AIC Council



The purpose and function of the Adult in Custody (AIC) Council is to provide a forum for the exchange of ideas and information between the AIC population and DOC staff at Powder River Correctional Facility (PRCF). The goal for the IC Council is to normalize the correctional setting by meeting as a group, on a regular ongoing basis, to promote communication between the AIC's and DOC representatives. This transparent flow of communication will provide an opportunity for issues/ideas to be brought forward and discussed in a respectful and systematic manner finding solutions by all parties involved.

**If you have ideas for improvements to the facility or concerns regarding facility safety, please speak with your unit representative. AIC Council meets every Saturday and the last Thursday of every month.**

## **Previous examples of approved proposals include:**

TV's in Unit 2 dayrooms / Yard Misting Station  
Resurfacing of Basketball Courts (Spring 2024)  
Installation of Handball Court & Dedicated Pickleball Court (Timeline TBD)

## **AIC Council Members**

**Unit 1W: C. Leitz**

**Unit 2W: S. Hamilton**

**Unit 1E: H. Morales**

**Unit 2E: C. McGough**

**Unit 3: J. Gross**

## **Professional & Security Council Members**

**Officer Brinton**

**Ms. Hoopes**

**Mr. Fulton**

**Mr. Hite**

# PRCF AIC Council Minutes

**Date:** April 25, 2024

**Staff:** Officer Brinton  
Ms. Hoopes  
Superintendent McClay

Mr. Folden – Physical Plant  
ISM Clark  
Mr. Hite – Food Services



## **AIC Council Members:**

Hamilton, S	23273878	Unit 2W
Leitz, C	23136867	Unit 1W
McGough, C	24063185	Unit 2E
Morales, H	8916321	Unit 1E
Gross, J	16866823	Unit 3

## **Agenda:**

1. Approval of Minutes
2. Old Business
3. Submitted Proposals (Updates)
4. New Proposals
5. AIC Council Group Meetings (Needs, Suggestions, Concerns)
6. Next Meeting September 21, 2023
7. Round Table

### **1) Approval Of Minutes:**

Previous Minutes Approved

### **2) Old Business:**

- Hand drying towels in bathrooms: Currently a work in progress and viable options are being looked into.
- Larger 190° reservoir tank for unit 1W is a work in progress with possible replacement tanks being researched
- Dumbbells on the Yard: On Hold
- Toilet Seats in units 1W, 1E & 3: Toilets currently installed without toilet seats are a 'seatless' toilet due to the replacement costs of the seats due to previous AIC's intentionally breaking and/or not taking care of them. As such, new toilet seats are unable to be installed. As the remaining toilet seats break, they will continue to be replaced with 'seatless' toilets. Please take care of the equipment currently in use.
- Bathroom Door Foot Pedal Openers: ISM Clark is currently researching options with approved vendors.

## AIC Council Minutes Continued:

### 3) Submitted Proposal Updates:

- Worksource / Job Fair: Currently a work in progress. Waiting on Worksource to be installed and fully implemented into Roads to Success curriculum. Will know more in the coming months.
- Release Cell Phones – AIC's considered 'Indignant' may reach out to Transitional Services for more information and available options.

### 4) Newly Submitted Proposals:

- None at this time. Council is currently working on proposals to submit at next meeting.

### 5) AIC Council Group Meetings:

- No issues

### 6) Next Meeting

- May 30, 2024

### 7) Round Table

- **Unit 2W bathroom exhaust fans not working.** Mr. Folden to look into it.
- **Incentive Level Overrides** are an earned privilege, not a given. When asking for an override, be respectful and honest in your request. Your DOC history is double-checked and your request will be denied if you fabricate truths.
- **Worn Out Clothes:** If you are wearing clothes with holes in them and/or see-through shirts, you are going to be instructed to replace them with R&D. These items need to be replaced during your unit's scheduled clothing exchange.
- **Window Tinting:** Inquiries have been into installing window tinting in the Chow Hall along with Units 1W & 2W. Due to the window types and weather conditions, the upfront and ongoing costs associated with having these windows tinted are extremely expensive and not practical.
- **Safety/Grab rails in showers:** Additional hardware cannot be installed in shower walls due to wall material and warranty limitations. Shower chairs were purchased to assist with those that have mobility issues. Superintendent McClay is looking into the purchase of non-slip shower mats for increased shower safety.
- **Yard grass is for sports and exercise** and is not be used as a shortcut between buildings. Flyers have been posted in the units as well as in the weekly newsletter instructing the use of the track and walkways for non-athletic activities(Walking does not count as an athletic activity in this case). 72hr cell-ins will be given to those not adhering to this new directive.
- **Additional Phones** have been installed in Unit 1W and 1E in the open banks. Unfortunately, no additional phones are to be installed in other units due to space limitations.



# MAY IN HISTORY

## May 18

**1964** Large numbers of Mods and Rockers involved in violent clashes at a number of seaside resorts on the south coast of England

**1980** Mount St. Helens located in the Cascade Range erupted and blasted 1,300 ft off its top that sent hot mud, gas and ashes running down it's slopes

## May 19

**1921** The Emergency Quota Act was passed into law which limits the number of immigrants admitted into the US.

**1962** Marilyn Monroe performed a rendition of "Happy Birthday" for President John F. Kennedy for his forty-fifth birthday during a fund-raiser at New York's Madison Square Garden.

## May 20

**1961** An angry mob consisting of all white's attacked a busload of "Freedom Riders" (Freedom Riders were testing the United States Supreme Court decision Boynton v. Virginia, that gave them a legal right to disregard local segregation ordinances regarding interstate transportation facilities.) in Montgomery, Ala.

## May 21

**1881** American Red Cross Founded

**1991** Indian Prime Minister Rajiv Gandhi is assassinated

## May 22

**1927** An earthquake measuring 8.6 on Richter scale strikes Xining in the eastern part of Qinghai province It was one of the deadliest earthquakes on record with a total count of 200,000 deaths.

## May 23

**1929** New gold rush starts in Australia

**1934** Bank robbers Bonnie Parker and Clyde Barrow gunned down with over 100 rounds of ammunition by police in Black Lake, Louisiana.

**1988** Median price for a home is now \$87,700

## May 24

**1934** Month Long Drought in Midwest continues

**1941** German Battleship Bismarck Sinks HMS Hood

GRANDE RONDE MENNONITE  
CHURCH

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# JOIN US FOR BIBLE STUDY

*Get to learn more about the  
holy scriptures with us!*

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**SUNDAY 19 MAY**  
**TIME: 2:30 PM TO 3:30 PM**  
**CHAPEL**

You will be able to gain a much deeper  
understanding of the word of God and apply these  
scriptural truths to your everyday life.

Send a Kyte to the Chaplain to be placed on the  
Call-Out.



Eating a healthy diet is one of many things we can do to improve our overall health. In addition to what we eat, which other actions can we take to be healthy?

- **Maintain a healthy weight.** Eating healthy foods, not snacking too much, and watching how much fat, sugar, and salt we eat will help us maintain a healthy weight. Being at a healthy weight for your height will reduce your risk of getting medical conditions like heart disease, diabetes, and high blood pressure.
- **Be more active.** Both exercise and diet play a part in maintaining a healthy weight. Regular exercise will improve muscle tone, blood flow, balance, and coordination. Being active every day can prevent some diseases. Adults should get at least 2 ½ hours of physical activity every week.
- **Get enough sleep.** There is no perfect number, but most people function best when they get 7 to 9 hours of sleep each night. Getting enough sleep promotes healing, improves brain function, and reduces the risk for chronic diseases.
- **Include mental health in overall health.** A healthy mind can benefit your physical body. Pay attention to your mood. If you have bothersome thoughts that you can't control, or if you feel unusually anxious or on-edge, don't be afraid to ask for help from a mental health professional.
- **Manage stress.** Some of life's stresses are unavoidable. How we deal with stress can affect our mental and physical health. Find strategies to cope with stress that work for you. There are many different options. Ask your doctor for help if stress is affecting you.
- **Don't smoke or vape.**
- **Drink alcohol moderately, or not at all.**

# IWP Position

## **NEW HOPE – POWDER PALS PROGRAM**

### **Interested AICs are welcome to apply**

New Hope for Eastern Oregon Animals (New Hope – Powder Pals) partnered with the Powder River Correctional Facility, Oregon Department of Corrections, since early 2011. A key focus of this work has been the ability to provide meaningful work for inmates in training homeless dogs. More specifically, the program assists homeless dogs lacking obedience skills and behavioral issues that limit the animal's ability to be re-homed successfully. New Hope for Eastern Oregon Animals is a Private Non-Profit whose purpose is to improve the lives of animals through kindness, understanding and respect. Their purpose is to rescue and rehabilitate animals in Eastern Oregon, increase awareness of animal well-being through education, and encourage a caring and safe environment for animals.

Work duties will include are but not limited to the following:

- Always follow the training program. Failure to follow the program will result in immediate removal from the program and may result in disciplinary action.
- Conduct or assist with scheduled training sessions.
- Conduct or assist with socialization of the animals.
- Follow the schedule of activities for the animals.
- Exercise animals daily.
- Keep a daily log of the animal's progress in the program.
- Feeding and watering following recommended daily amounts.
- Remove solid waste from kennel areas (inside and outside), and any other area as needed using approved Personal Protective Equipment (PPE).
- Clean kennel area (inside and outside) using appropriate chemicals and PPE.
- Must be willing to work in a variety of weather conditions.

Qualifications for opportunity to apply:

1. In compliance with DOC Case Plan
2. No major misconduct reports within the last 6 months
3. Minimum of 6-8 months remaining on sentence
4. No history of animal neglect or abuse
5. Willingness to work as a team, open to new training ideas, willingness to make a difference to an animal
6. Be motivated for change and have a good attitude
7. Must be able to lift 50 lbs.

**IF YOU ARE INTERESTED, PLEASE SEND *\*AN APPLICATION FORM\** TO MS. PIMENTEL**

# MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Turn in CD-28s for tickets by Mon @ 9pm	<b>29</b> <b>Cinnamon Roll Order</b> <b>Deadline @ 7:30am</b>	<b>30</b>	<b>1</b>	<b>2</b> <b>A&amp;O Class</b> (moved from last week)	<b>3</b> Coffee, Photo & Activity Tickets Delivery	<b>4</b>
<b>5</b>	<b>6</b> Turn in CD-28s for tickets by 9pm	<b>7</b>	<b>8</b>	<b>9</b> <b>A&amp;O Class</b> Cinnamon Roll Orders to be Delivered 	<b>10</b> Coffee, Photo & Activity Tickets Delivery	<b>11</b>
<b>12</b> <b>Mother's Day</b>	<b>13</b> Turn in CD-28s for tickets by 9pm	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Coffee, Photo & Activity Tickets Delivery	<b>18</b>
<b>19</b>	<b>20</b> Turn in CD-28s for tickets by 9pm	<b>21</b> <b>Photo Delivery 1pm</b>	<b>22</b>	<b>23</b> <b>A&amp;O Class</b>  <b>Pizza feed</b>	<b>24</b> Coffee, Photo & Activity Tickets Delivery	<b>25</b>
<b>26</b> Turn in CD-28s for tickets by Mon @ 9pm	<b>27</b> <b>Memorial Day</b> <b>Admin Closed</b> 	<b>28</b> Order Deadline for Snickerdoodle 	<b>29</b>	<b>30</b>	<b>31</b> Coffee, Photo & Activity Tickets Delivery	



Monday 4/15,5/20,6/24,7/29,9/2	Tuesday 4/16,5/21,6/25,7/30,9/3	Wednesday 4/17,5/22,6/26,7/31,9/4	Thursday 4/18,5/23,6/27,8/1,9/5	Friday 4/19,5/24,6/28,8/2,9/6	Saturday 4/20,5/25,6/29,8/3,9/7	Sunday 4/21,5/26,6/30,8/4,9/8
<b>BREAKFAST</b>						
Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Sliced Cheese (Sta,Chl) - 1.00 SLC Bagel - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sta,Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Chl) - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Yogurt (Sug) - 0.75 CP Breakfast Pastry (Sta,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.33 CP *Pork Bacon (Sta,Sod,Chl) - 3.00 SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ
<b>LUNCH</b>						
Lentil Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP *Barbeque Pork (Chl,Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Peas - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Roast Beef & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sta,Chl) - 1.00 EA Shredded Cheese (Sta,Chl) - 2.00 TBS Salad Dressing (Sta,Sod) - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sta,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Breaded Fish (Chl) - 4 OZ Tartar Sauce (Sod) - 2.00 FLOZ Macaroni & Cheese (Sta,Sod,Chl) - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
<b>DINNER</b>						
Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cajun Meat Loaf (Chl,Sta) - 1.00 EA Brown Rice - 0.75 CP Corn - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Tortilla Stew (Chl) - 10.00 FLOZ Lemon Cilantro Rice - 0.75 CP Carrots - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sta,Chl) - 2.00 TBS Gelatin (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Fruit Bar (Sta,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl,Sta) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sta,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

# Religious Services Schedule

Type	Denomination	Faith Group	Description	Supervision	Location	RM	Day	Weeks	Time
Serv.	RCC	Christian	RCC Mass	Ft. Swaseh	MPD	Chapel	Thursday		1 - 2 pm
Serv.	JW	Christian	Bible Study	Larkins	MPD	Whitman	Sunday		1 - 2:30 pm
Serv.	LDS		Bible Study	Farley	MPD	Elkhorn	Friday		9:30 - 10:30 am
Serv.	Nazarene	Christian	Worship	Nelson	MPD	Chapel	Sunday		9:15 - 10:45 am
Serv.	Nazarene	Christian	Worship Team	Nelson	MPD	Chapel	Monday		8 - 10:45 am
Serv.	SDA	Christian	Bible Study	Sundean	MPD	Chapel	Saturday		7:30 - 9 am
Serv.	Asatru	Pagan	Rune Study	Chaplain	MPD	Whitman	Sunday		9 - 10:30 am
Serv.	Asatru	Pagan	Blot	Chaplain		Asatru Circle	TBD		TBD
Serv.	Jewish	Jewish	Shabbat Readings	Chaplain	MPD	Chapel	Thursday		8:30 - 9:30 am
Serv.	Muslim	Islam	Jumrah Khutba	Chaplain	MPD	Chapel	Wednesday		9:30 - 10:30 am
Serv.	Native American	Native	Sweat Lodge	Chaplain		NA Grounds	Sundays (1)	1	8:30 - 2:30 pm
Serv.	Native American	Native	Smudge/Talking Circle	Chaplain		NA Grounds	Sundays (3)	3	12 - 1 pm
Serv.	Native American	Native	Drawing/Beading	Chaplain	MPD	Chapel	Sundays (2)	2	12 - 2 pm
M17	Native American	Native	Native Parenting Class	Chaplain	MPD	Chapel	Sundays (4)	4	12 - 2 pm
Act.	Native American	Native	Native Movie/Beading	Chaplain	MPD	Chapel	Wednesday		1:15 - 3:30 pm
Serv.	Wicca	Pagan	Wicca Shabbat/Study	Chaplain	MPD	Earth Circle/Chapel	Monday		9 - 10 am
Act.	Baptist	Christian	Bible Study	Vol.	MPD	Whitman	Saturday		6 - 8 pm
Act.	Buddhist	Buddhist	Meditation	Chaplain	MPD	Eagle Cap.	Sunday		9 - 10 am
Act.	RSS	Christian	Celebrate Recov.	Chaplain	MPD	Eagle Cap.	Sunday	2,4	12-1:30 pm
Act.	CCBC	Christian	Bible Study	Wage	MPD	Chapel	Sunday		6 - 7:30 pm
Act.	SDA	Christian	Choir	Nickell	MPD	Chapel	Tues/Thurs.		5:30 - 7:30 pm
Act.	Mennonite	Christian	Bible Study	Vol.	MPD	Whitman	Sunday		2:30 - 3:30 pm
Act.	Music	Secular	Music Practice		MPD	Chapel	Fri/Sat.		6 - 7:45 pm
Act.	SDA	Christian	Creation Chronicles	Sundean	MPD	Chapel	Thursday		7 - 8 pm
Act.	Yoga	Christian	Yoga & Meditation	Douglas	MPD	Whitman	Thur/Sat		6:30 - 7:30 (T) / 1 - 2 pm (S)
M17	RSS	Christian	Anger Management	Chaplain	MPD	Chapel	Monday		1:30 - 2:30 pm
M17	RSS	Christian	Art of Communication	Chaplain	MPD	Chapel	Tuesday		1:30 - 3:30 pm
M17	RSS	Christian	Grief Support	Chaplain	MPD	Chapel	Wednesday		8:30 - 9:30 am
M17	RSS	Christian	Houses of Hope	Chaplain	MPD	Chapel	Thursday		2:00 - 3:30 pm
M17	SDA		Guitar lessons	Chaplain	MPD	Chapel	Mon/Tues		5:30 - 7:30 pm

## **Contact Officer Corner**

Multi-Purpose now has an Activities, Transitions, and Contact Officer bulletin board. Information regarding these programs will now be available for viewing on the applicable boards in the hallway across from the library. Stop by and take a look!

### **PRCF Contact Officer Program Contact Information:**

Ms. Hoopes, Corrections Counselor and Contact Officer Program Manager, oversees the Amend Contact Officer Program at PRCF. She works with the PRCF Contact Officer team consisting of Sgt. Crawford, Officer Brinton, Lt. Brazofsky and Officer Erickson to build the Contact Officer program and improve communication between staff and AICs. If you have questions regarding the Contact Officer Program or the Oregon Way, please feel free to send an AIC Communication to Ms. Hoopes-Multi Purpose Building.



# R & D Info

STATE CLOTHING ALLOWED		
<u>1 Each Denim Coat</u>	<u>1 Chambray shirt</u> <u>2 Chambray shirts (Program)</u>	<u>2 Pair Denim Pants</u>
<u>3 Each T-Shirts</u>	<u>2 Sweatshirts</u> <u>1 Sweatshirts (Program)</u>	<u>1 Each Belt &amp; Buckle</u>
<u>3 Pair Grey Dress Socks</u>		<u>2 Each Towels</u>
<u>3 Pair of Underwear</u>	<u>2 Blankets (Wool or Cotton)</u>	<u>2 Sheets and 1 Pillowcase</u>
<u>1 Pair State Tennis Shoes</u> <u>(if no personal shoes)</u>	<u>1 Pair of State Shower Shoes</u> <u>(if no personal shoes)</u>	<u>1 Pair Red Shorts</u> <u>(If no personal blue shorts)</u>
WORK CREW ONLY		
<u>1 Pair Work Boots</u>	<u>2 Pair Work (boot) Socks</u>	<u>1 Pair Work Gloves</u>
	<u>1 Each Safety Vest</u>	
<p>Work crew items must be turned back in when you are no longer assigned to a work crew. Work crew clothing is to be worn for work assignments only.</p> <p>1. Clothing exchange is done on a one-for-one basis. You must bring the article of clothing you wish to exchange to R&amp;D to get a replacement. If you do not have the article of clothing, and you have tried to find it, you are required to follow the proper state property re-issuance procedure. The forms are available on your units. (The process for returning clothing <b>does not</b> included turning items into the Unit Laundry buckets)</p> <p>2. <b>Do Not</b> purposefully rip, tear, alter, or destroy any clothing or laundry bags in hopes of getting new ones. R&amp;D does not have the extra clothing or budget to continue replacing damaged items. You can and will be held accountable if clothing appears to be purposefully destroyed.</p> <p>3. Clothing exchange will occur Monday and Friday from at 6:30 am to 7:30 am. Coming into R&amp;D outside of these hours, unless you've been called down, will result in you being held accountable, <u>If there is an immediate need please talk with your unit officer.</u></p>		

## Release Clothing

Have you thought about your clothing needs for release and how you are going to pay for them?

When you are **45 Days from release**, you will need to contact R&D to make arrangements for your dress outs by completing a package authorization form to have clothing sent in OR by completing a CD28, to ensure you have funds available to purchase clothing from PRCF

The cost for dress outs can be up to \$35 depending on your needs. If you have any questions about the cost for dress out clothing, please kite R&D.

Due to changes to the Inmate Trust accounts you should start thinking about how you will pay for your dress outs. You can pay for dress outs with money in your General Spending account or your General Savings account but Not your Transitional Savings.



### **Prison Rape Elimination Act (PREA Information)**

The Oregon Department of Corrections (ODOC) has a zero-tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

#### **Filing an Anonymous PREA Report**

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office  
900 Court Street NE, Suite 254  
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation, and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

#### **Opposite Gender Viewing/Announcements**

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

#### **Community-Based PREA Advocacy (Support) Program**

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0\*711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information, and emotional support. There is no charge for calls to advocates.

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled like legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals.

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will not provide legal advice.

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

Just Detention International Headquarters is a national advocacy resource and can be reached at:

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

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

Ericka Sage PREA Coordinator  
Oregon Department of Corrections  
3723 Fairview Industrial Drive, SE  
Salem, OR 97302  
*February 22, 2022*



Below is the list of status changes made to DOC administrative rules since 4/3/2024.

**PROPOSED RULES:**

**291-100 Admission, Sentence Computation, and Release**

- Amends rule to clarify rules; remove references to "inmate" and gendered language; add definitions and information on legal name changes; match standard rule definitions; update information on ORS 137.370(4) to align with the statute language; update rule titles and statutory references; and for minor punctuation.
- Last day of comment period: 7/4/24 at 5:00 PM

**291-079 Shared Information Systems**

- Repeals rule division based on 2011 statutory changes that made the policy and procedures non-applicable to the Department of Corrections.
- Last day of comment period: 7/4/24 at 5:00 PM

**TEMPORARY RULES**

**291-127 Visiting**

- Amends rule to expand eligibility criteria for consideration for visitation; authorize the Assistant Director of Correctional Services or designee to approve visits for certain minor children with their incarcerated parents under specific conditions; make the eligibility criteria apply retroactively to all persons who have submitted or will submit a visiting application prior to, on, and after the effective date of the rule amendments; delete and add definitions of terms; and clarify the Department's policies and procedures for administrative review of decisions denying an application for visiting.
- Effective: 5/16/24 through 11/11/24

**PERMANENT RULES:**

**291-005 Information Systems Access and Security**

- Amends rule to better reflect and implement the direction of the agency, statewide standards, and industry modernization; improve consistency and clarity of the rules; further define and update process; update position titles and timelines; and establish guidelines around separation of duties, authorizing access, shared or group credentials, open user accounts, and physical security.
- Effective: 4/29/24

**291-078 Community Case Management (Community Corrections)**

- Amends rule to update definitions to align with current business terminology and with revisions to substantive provisions of these rules; to reorganize the rules to a more logical format for ease of reference and use; to add gender-specific case management practices through the use of the Women's Risk Needs Assessment; per SB 1510 (2022) to adopt new rule concerning minimum contact standards; to clarify process for counties around the use of OMS case planning tools; and to change "inmate" to "AIC" per statutory requirement.
- Effective: 5/1/24

### **291-105 Prohibited Conduct and Processing Disciplinary Actions**

- Amends rule to standardize definitions of terms across Department of Corrections rules; adopt a definition for "digital currency"; and update misconduct violations (Violations Involving Property, Violations Against Persons) to address trends affecting the safety and security of our facilities.
- Effective: 5/23/24

### **291-202 Sex Offenders, Special Provisions**

- Amends rule to incorporate changes in legislation per HB2549 (2013) and HB2520 (2015); to incorporate changes in practice or department philosophy (change "inmate" to "AIC" per HB 3146 (2019); to clarify terminology; to update definitions and statutory references or further define process; to expand exception authority within county community corrections agencies; and to perform technical corrections.
- Effective: 4/29/24

### **291-209 Earned Discharge**

- Amends rule per SB 581 (2023) to make the changes included as part of HB2172 retroactive to the August 1, 2013 date of the original HB3194 legislation.
- Effective: 5/24/24