

Powder River

June 14, 2024



AIC NEWSLETTER

101 Fun Facts!

Two interesting facts every week

See page 3

Health Services Notice



Learn the abbreviations used by nursing staff

See page 4

Commissary News

Double spending and yearly inventory

See page 6



En Passant

New puzzle as well as answer to the last puzzle

See page 16



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 15	June 16	June 17	June 18	June 19	June 20	June 21
70/40	68/44	66/43	70/43	72/44	78/48	80/50
Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Mostly Sunny	Partly Cloudy

“All the world’s a stage, and all the men and women merely players.” — William Shakespeare



“Sometimes the road less traveled is less traveled for a reason.” — Jerry Seinfeld



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:

7. Prone figure 4

Targets the psoas, piriformis, hip flexors, hamstrings, and quads and increases hip mobility.

- Start on your back with the knees bent and feet flat on the floor.
- Push your head, and back into the floor as you cross the right ankle over the left knee, flexing the right foot.
- Work the bent knee out so that both knees are in the same plane. Pull the left knee towards your chest.
- Hold for 20 seconds and repeat on the other side.





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.



101 Fun Facts! (Numbers 5 & 6)

5. Your brain is constantly eating itself. This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps preserve your grey matter.

6. The largest piece of fossilized dinosaur poo discovered is over 30cm long and over two liters in volume. Believed to be a Tyrannosaurus rex turd, the fossilized dung (also named a 'coprolite') is helping scientists better understand what the dinosaur ate.



TO: ALL ADULTS IN CUSTODY
FROM: HEALTH SERVICES
RE: EHR PROJECT

When you visit your health services providers, sometimes they use short words and or a couple of letters that you may see or hear but don't know what they mean. They use these shortcuts to help them work faster and communicate better.

As the Health Services Division gets closer to using the new Electronic Health Records (EHR) system, we want to review the meaning of some medical abbreviations.

Here are some common medical abbreviations:

ABBREVIATION	MEANING	INFORMATION
BP	Blood Pressure	The force of your blood pushing against the walls of your arteries.
HR	Heart Rate	The number of times your heart beats in one minute.
SpO2	Blood Oxygen Saturation	A measurement of how much oxygen your blood is carrying.
NPO	Nothing by mouth	Instructions given to not eat or drink the evening before a blood draw.
A1c	Hemoglobin A1c	A blood test that measures average blood sugar levels over a 3-month period.

Here are some abbreviations sometimes used in EHRs:

ABBREVIATION	MEANING	INFORMATION
HIE	Health Information Exchange	HIEs help to facilitate the exchange of data between EHRs
EMAR	Electronic Medication Administration Record	Part of the EHR where we record the medication you are given.
CDS	Clinical Decision Support	Built into the EHR, this tool assists your healthcare provider in making informed decisions about your health.
CPOE	Computerized Provider Order Entry	A provider uses this in the EHR to electronically order treatment services (such as medication or labs) instead of writing the orders on paper.

Knowing some of these abbreviations can help you feel more confident during healthcare visits and stay involved in your own health.

Remember, you can always ask your health provider questions about terms and abbreviations you don't understand!



PRCF is now taking applications for

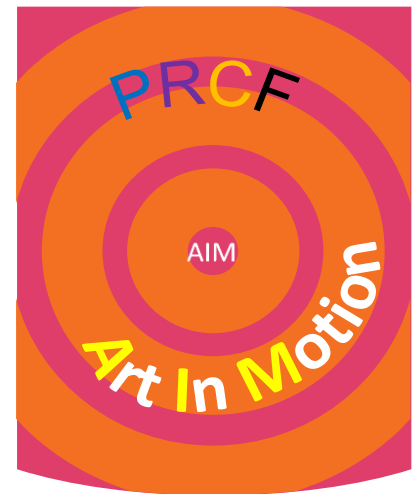


who are interested in creating and painting various canvas pieces and/or murals throughout the institution. The size of the murals and/or canvas will vary depending on the location. There may be additional visual arts projects available in the future.

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.

Lifting LOP

LOP will be lifted on Wednesday, June 19th 2022. Lifted times are from 5:30 am to 9:50 pm.

Message from Admin

PRCF Mailroom & Admin offices will close for Wednesday, June 19th, 2022.

Holiday Visiting Reminder

PRCF will Open visiting for Wednesday June 19th, 2022. Normal hours, 8:00 am-10:00 am, 1:30 pm-3:30 pm.

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.

Commissary News and Important Dates

SRCI Commissary will be offering a Double Spending week June 17 - 21 for General Population. The Spending Limits will be as follows:

Level 1 - \$100.00

Level 2 – \$180.00

Level 3 - \$240.00

The Double Spending *does not* affect Special Housing. No orders for General Population will be processed June 24 - 28. We will be conducting our yearend inventory.

We will resume normal business operations July 1, 2024

Thank you for your understanding!



13 Best Yoga Stretches to Do Every Day to Ease Stiffness and Pain (Here is stretch number 13)

13

Half Lord of the Fishes

This regal-sounding pose will have you standing taller and more energized. It's great for aligning the spine, stretching the shoulders, hips, and neck, as well as stimulating the digestive organs.

How to do it: Start sitting on your mat with your legs straight in front of you. Bend your knees and have your feet flat on the ground. Slip your right foot under your right leg until your left foot meets your right hip. Then place the outside of your left leg on the floor. Take your right foot and place it closer to the outside of your left hip. Your right knee will be pointed towards the ceiling. Inhale. Then as you exhale twist your torso to the inside of your right thigh. Keep your right hand behind your sit bones for support. Place your left arm on the outside of your right leg, just below the knee. Twist your torso to your right thigh as you press your right thigh into your torso. Look over your right shoulder. As you breathe lift the sternum and stay tall in the torso. Try to twist a little bit more every time you exhale. Repeat on the other side.

Modifications: If it's challenging to get your torso close to the inner thigh, use a wall for assistance. Start with your back facing the wall with about a foot's distance in between. As you twist, reach back for the wall. Your elbow should be nearly straight (not fully locked out). If you have long arms, move farther away from the wall as to avoid jamming your shoulder. Once you reach the wall, push away from it to deepen the twist. Make sure to keep your torso long and upright.

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 Ms. Bronnenberg. 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 **Pizza Hut Feed** in May was **\$366.80** *after* costs for the feed itself.

Proceeds from this and other fundraisers are used for things like Video Game Controllers and Games in the MPB, Popcorn for Incentive Movies, Suicide Walk and Family Day contributions, and a soda and candy included in a holiday gift bag at the end of the year for all of the AICs. 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: May 30, 2024

Staff: Officer Brinton, Sgt. Crawford, Superintendent McClay, Mr. Folden, Ms. Hoopes, Ms. Geddes, Ms. Cochran, Ms. Bronnenberg

AIC Council Members:

C. Leitz	23136867	1W
K. McDaniel	11118992	1W
H. Morales	8916321	1E
S. Hamilton	23273878	2W
C. McGough	24063185	2E
A. Martinez	20810395	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 June 27, 2024
7. Round Table

1) Approval Of Minutes:

Previous minutes approved.

2) Old Business:

- Fans in 2W bathroom have had new motors installed.
- Please exchange worn out clothing during appropriate clothing exchange.
- Yard grass is looking much better due to everyone's help in not using it as a shortcut between units.

3) Submitted Proposal Updates:

- No previously submitted proposals to discuss.

4) Newly Submitted Proposals:

- Proposal submitted by AIC McDaniel: Asking for the installation of wall dividers on bunks 1W 01 & 1W50. Current setup is causing safety concerns. Would require flipping beds around and attaching divider to outside of bed frames. Proposal is accepted and will be discussed with Security and EMT.
- Proposal submitted by AIC McDaniel: Add sign indicating walk/run directions on the yard similar to other institutions. Current lack of flow control is leading to safety and health issues concerning only running/walking in certain directions leading to overuse injuries in addition to runner and walker collisions. Proposal specifies AM Rec orderly to switch running/walking daily on their way out to work based on odd/even days. Proposal accepted and will be implemented in the near future.
- Proposal submitted by AIC Leitz: Proposing a change in the time phones are activated in the morning allowing for AIC's to keep in contact with families prior to them going to school and/or work. Ms. Geddes & Ms. Hoopes are going to look into past EMT meeting minutes to determine when and why 8:00am was decided upon. Proposal will be discussed at next EMT meeting in conjunction with NDN to ensure time change will not negatively affect programming schedule.

- Proposal submitted by AIC McDaniel: Move staff mailboxes from behind officer station to a more neutral location allowing AIC's access without disturbing officer on duty. Proposal accepted and will be discussed with physical plant for implementation.

5) AIC Council Group Meetings:

- Saturday meetings are productive and going well. No changes needed at this time.

6) Next Meeting

- June 27th, 2024 1pm

7) Round Table

- **DSU Mural:** Has been approved but currently on hold due to the need for DSU to be empty. Currently, specific mural designs are being discussed and timeline for completion is in the works.
- **Weights and Yard Equipment:** Please only use equipment for their intended purposes. Weight vests and medicine ball bags are not to be added to barbells and continued improper use will result in these items being removed from the Rec Shack
- **Art Program:** PRCF is looking to restructure and implement the Art Program classes. Program needs to be sustainable, i.e. students becoming teachers up on completion. If interested, please kyte Ms. Bronnenberg.
- Proposals are currently being discussed and written up for submission for improvements to weight pile to be addressed during next biennium.
- A work order has been submitted to address current issues with yard PA system.
- AIC Council is looking for help in brainstorming solutions to turning in Yard equipment past 8:15pm when Rec Shack Orderly is off the clock. If you have ideas, please talk with your unit AIC Council Representative.
- AIC McDaniel is new AIC Council Representative for Unit 1W.
- Unit 3 is in need of AIC Council Representative. If interested, speak with A. Martinez and Officer Brinton.

Meeting Adjourned: 2:10pm



JUNE IN HISTORY

June 15

1904 The General Slocum burst into flames on New York's East River with the loss of over 1000 lives.

June 16

1967 Jimi Hendrix performed at the Monterey International Pop Music Festival.

1978 The Movie Grease, starring John Travolta and Olivia Newton-John, opened.

June 17

1885 The French gift to the United States "The Statue of Liberty" arrived in New York City aboard the French ship Iser.

1930 President Herbert Hoover signed the Smoot-Hawley Tariff bill which raised duties on imports into the U.S.A.

1972 Five men arrested for breaking into Watergate Democratic National Committee headquarters in Washington, D.C.

June 18

1979 President Jimmy Carter and Soviet leader Leonid Brezhnev sign the Salt-II agreement.

2000 Tiger Woods wins the 100th US Open at Pebble Beach, California winning by an unheard of 15 strokes.

June 19

1923 Walls of lava one mile wide descended from Mount Etna towards the town of Lingauglossa in Italy and buried the town.

1968 50,000 people participated in "The Poor Peoples March" organized by Martin Luther King Jr.

June 20

1975 The summer blockbuster movie "Jaws" is released.

June 21

1877 Ten members of the Irish Miners Group, the Molly Maguires, hanged for murder.

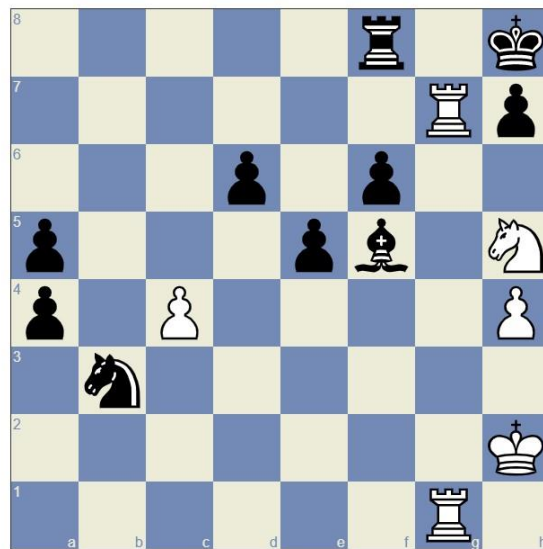
2003 JK Rowling's "Harry Potter and the Order of the Phoenix" released and becomes the fastest-selling book ever.

En Passant- weekly chess puzzle

Difficulty: Easy

White to Move.

Puzzle 877042: White to win



Last week's puzzle solution:

Puzzle 416434: White to win



Daily puzzles (1 / 2311)



1. Bh7+, Kh8 2. Nxf7+, Rxf7 3. Ng6+, Kxh7 4. Nf8+, Kg8 5. Qh7+, Kxf8 6. Qxh8#



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**

JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	27 No tickets this week	28	29	30	31	1
2	3 Turn in CD-28s for tickets by 9pm	4	5	6 A&O Class	7 Coffee, Photo & Activity Tickets Delivery	8
9	10 Turn in CD-28s for tickets by 9pm	11	12	13	14  Flag Day Snickerdoodle Delivery	15
16 Father's Day	17 Turn in CD-28s for tickets by 9pm	18	19 Juneteenth Admin Closed	20 A&O Class Beginning of Summer	21 Coffee, Photo & Activity Tickets Delivery	22
23 / 30	24 Turn in CD-28s for tickets by 9pm	25	26	27	28 Coffee, Photo & Activity Tickets Delivery	29

Monday 4/8, 5/13, 6/17, 7/22, 8/26	Tuesday 4/9, 5/14, 6/18, 7/23, 8/27	Wednesday 4/10, 5/15, 6/19, 7/24, 8/28	Thursday 4/11, 5/16, 6/20, 7/25, 8/29	Friday 4/12, 5/17, 6/21, 7/26, 8/30	Saturday 4/13, 5/18, 6/22, 7/27, 8/31	Sunday 4/14, 5/19, 6/23, 7/28, 9/1
BREAKFAST	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa, Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa, Chl) - 1.00 SLC English Muffin (Sfa, Chl) - 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 Turkey Bacon (Chl) - 2 SL French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Farina - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Chl, Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ
LUNCH	Potato Salad - 0.75 CP Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Sod, Chl) - 1.00 EA Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Corn Chowder (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ *Ham & Cheese Sandwich on Wheat (Sod, Chl, Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Beef Fajita Mix (Sod, Chl, Sfa) - 0.50 CP Lemon Cilantro Rice - 0.75 CP Onions & Bell Peppers - 0.50 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl, Sfa) - 0.75 CP Pasta - 0.75 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZOKD Fried Egg (Sfa, Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Veggie Pizza (Sod, Chl, Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Tetrazzini (Sod, Chl) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Bread Pudding (Sod, Chl) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl, Sfa) - 1.00 EA Sliced Cheese (Sfa, Chl) - 1.00 SLC Wheat Burger Bun (Sfa, Chl) - 1.00 EA Blended Vegetables - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Macaroni & Cheese (Sod, Chl, Sfa) - 1.25 CP Cauliflower - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS 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. Seward	MPD	Chapel	Thursday		1 - 2 pm
Serv.	JW	Christian	Bible Study	Larkins	MPD	Whitman	Sunday		1 - 2:30 pm
Serv.	LDS		Bible Study	Fordley	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	Sabat Readings	Chaplain	MPD	Chapel	Thursday		8:30 - 9:30 am
Serv.	Muslim	Islam	Imamah 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 Shabat/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	Donahue	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



Financial Services

Informational Briefing

Court Ordered Financial Obligations (COFOs)

What are Court Ordered Financial Obligations (COFOs)?

COFOs are financial obligations owed by an Adult in Custody (AIC) assigned during a legal proceeding. COFOs may consist of restitution, fines, fees, child support, or civil judgments including money owed to a victim. *Note: COFOs are not the same as County and U.S. Court Filing Fees.*

Why does the Department of Corrections (DOC) collect COFOs?

Oregon Revised Statute (ORS) 423.105 became law in 2017, directing DOC to collect COFOs on behalf of the Oregon Judicial Department (OJD) and the Department of Justice (DOJ).

How are COFOs collected?

COFOs are collected from eligible deposits, or deposits that are not protected from debt and obligation collection. Examples of eligible deposits include AIC performance monetary awards (PRAS) and moneys received from an AIC's family or friends.

10% of each eligible deposit is collected until the AIC's transitional savings has reached \$500. After the AIC's transitional savings has reached \$500, 15% of each eligible deposit is collected for COFOs until those obligations are satisfied.

Who do I contact if I have questions about COFOs?

DOC is unable to provide case-specific information. AICs with questions or concerns about their COFO details should contact OJD/DOJ or the appropriate court of record.



Oregon Judicial Department (OJD)
Business and Fiscal Services Division
Attn: Collections
1163 State St
Salem OR 97301

Department of Justice (DOJ)
Division of Child Support
PO Box 14680
Salem, OR 97309
(800)-850-0228

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

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 & 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&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 does not included turning items into the Unit Laundry buckets)</p> <p>2. Do Not purposefully rip, tear, alter, or destroy any clothing or laundry bags in hopes of getting new ones. R&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&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