

Powder River

June 7, 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 8	June 9	June 10	June 11	June 12	June 13	June 14
 88/57	 82/51	 83/51	 84/51	 88/52	 86/51	 79/46
Partly Cloudy	Partly Cloudy	Sunny	Sunny	Sunny	Mostly Sunny	Partly Cloudy

"If you're offered a seat on a rocket ship, don't ask what seat. Just get on." — Sheryl Sandberg



"In the depth of winter, I finally learned that within me there lay an invincible summer." — Albert Camus



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:

6. Mid-Back extension



Mid-back extension works the muscles of the upper back and core. The stretch is actually in the front of the body, but it is a counterbalanced movement that strengthens the spine as it stretches the chest and abs.

- Start on your stomach, with your forehead on the floor, legs extended, ankles hip-width distance apart, and the tops of feet touching the floor.
- Place your hands by your side, backs of your hands on the floor.
- Exhale as you lower your body back to starting position.
- Repeat five times, concentrating on each inhale.



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 3 & 4)

3. Identical twins don't have the same fingerprints. You can't blame your crimes on your twin, after all. This is because environmental factors during development in the womb (umbilical cord length, position in the womb, and the rate of finger growth) impact your fingerprint.

4. Earth's rotation is changing speed. It's actually slowing. This means that, on average, the length of a day increases by around 1.8 seconds per century. 600 million years ago a day lasted just 21 hours.



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

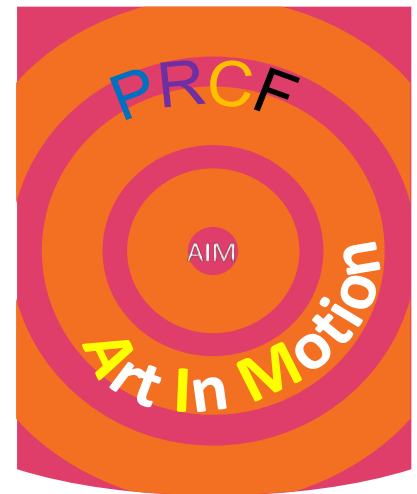


who are interested in creating and painting various canvas pieces and/or murals throughout the institution. The size of the murals and/or canvas will vary depending on the location. There may be additional visual arts projects available in the future.

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 are stretches 11 & 12)

11

Tree Pose

This position stretches the groin, thighs, torso, and shoulders. Because you're standing on one leg, it also challenges your ability to balance. If you're feeling particularly "unbalanced" in your life, this pose might help you to refocus and center yourself.

How to do it: Begin standing on your mat with your arms by your sides (i.e. Mountain Pose). Shift your weight onto your right foot and lift your left off the ground. Place your left foot against your calf, ankle, or inner right thigh. Avoid placing it directly on the knee. Above or below the joint is fine. Stare at an unmoving point in front of you and bring your arms to a prayer position at the center of your chest. Depending on how flexible you are, you might be able to get to this position without grabbing your foot. Raise your arms overhead if you want an extra balance challenge. Repeat on the other side.

Modification: For many people, the goal of this pose is to be able to bring your foot to the inside of the standing thigh. If that's a struggle, it's OK to place that foot on the inside of the standing calf or ankle. You can also rest the toes of the raised foot on the floor for added support. For even more assistance, try doing this position with your back to the wall or try resting one hand on a chair placed by the side of the standing leg.

12

Pigeon Pose

Pigeon Pose is excellent for increasing hip mobility. This is a particularly good stretch if you find yourself sitting for long periods at a time. Depending on how tight you are, it can feel very intense. Go slowly and explore the position.

How to do it: Start in downward dog. Shoot that right leg back behind you and bring your right knee toward your right wrist (or as far as you can). Rotate your right foot toward your left arm. Rest that right leg on the ground with your shin either perpendicular to the front of the mat (making a 90-degree angle) or pointed more toward your groin (more of a 45-degree angle). **Adjust yourself to make sure you're not putting too much pressure on the right knee.** You can keep your hands on the ground by your sides or you can reach ahead of the shin that's on the ground. **To increase the intensity, extend the left leg straight behind you.** Gently return to the tabletop position and repeat on the other side.

Modifications: To lessen the intensity of the stretch, move your shin closer to your groin. If your pelvis is far away from the floor, **it's going to be hard to really let go in this stretch.** If that's you, **grab a block or a rolled blanket** and place it under your pelvis for support. You can also rest your arms on blocks in front of you if you feel like reaching the floor is too much.

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.

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:

- Work source / Job Fair: Currently a work in progress. Waiting on Work source 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.



JUNE IN HISTORY

June 8

1982 Graceland, the home of late pop-star Elvis Presley, opened to the public after his death.

June 9

1934 Donald Duck made his first film appearance in The Wise Little Hen, a short by Walt Disney.

1973 Secretariat became horse racing's first Triple Crown Winner in 25 years.

1983 Margaret Thatcher won in a landslide victory in British general election.

June 10

1940 Italy declared war on France and Great Britain.

1967 The Six Day War ended in the Middle East.

June 11

1944 The five Allied landing groups, made up of some 330,000 troops, converge in Normandy.

1959 The "Hovercraft," has its official launch at the Solent on the South Coast of England.

2001 Timothy McVeigh executed by lethal injection for bombing Alfred P. Murrah Federal Building in Oklahoma City.

June 12

1994 O.J. Simpson police car chase following the murder of his wife Nicole Brown Simpson.

June 13

1944 Germany V1 rockets/Doodlebugs crash on London.

1966 Chief Justice Earl Warren delivered The Supreme Court landmark Miranda vs. Arizona decision, establishing the Miranda rights.

June 14

1940 German tanks rolled into Paris and took control of the city.

1942 Anne Frank began her diary after she received it for her 13th birthday.

1954 President Eisenhower signed a bill to add the words "under God" to the United States Pledge of Allegiance.

En Passant- weekly chess puzzle

Difficulty: Hard

Black to Move.

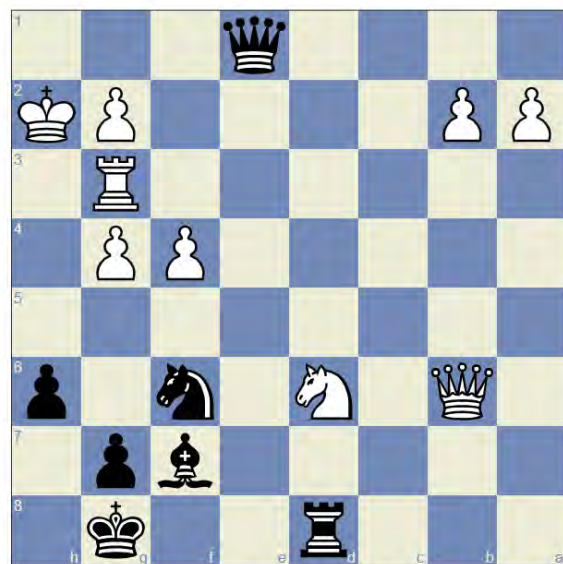
Puzzle 416434: White to win



Daily puzzles (1 / 2311)

Last week's puzzle solution:

Puzzle 21791: Black to win



1. , Rxd6 2. Qxd6, Qxg3+ 3. Kxg3, Ne4+ 4. Kh4, g5+ 5. Kh3, Nxd6



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 Coffee, Photo & Activity Tickets Delivery	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 4/1,5/6,6/10,7/15,8/19	Tuesday 4/2,5/7,6/11,7/16,7/16,8/20	Wednesday 4/3,5/8,6/12,7/17,8/21	Thursday 4/4,5/9,6/13,7/18,8/22	Friday 4/5,5/10,6/14,7/19,8/23	Saturday 4/6,5/11,6/15,7/20,8/24	Sunday 4/7,5/12,6/16,7/21,8/25
BREAKFAST							
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 SLC English Muffins - 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 (Sfa,Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,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 (Sfa,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 (Sfa) - 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 (Sfa,Chl) - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 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 (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 *Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC 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							
Week 2	Bean Soup - 10.00 FLOZ *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ 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	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa,Chl) - 1.00 EA 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	Potato Soup - 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 Mexican Picadillo (Chl,Sfa) - 1.25 CP Brown Rice - 0.75 CP Broccoli - 0.75 CP Cornbread (Sod,Chl) - 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 Chicken 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	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 (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quesadilla (Sod,Chl,Sfa) - 2.00 EA Salsa (Sod) - 0.25 CP Sour Cream (Sfa,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Corn - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Hot Roast Beef Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Carrots - 0.75 CP Fruit Bar (Sfa,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chili Mac (Chl,Sfa) - 1.25 CP Sweet Potatoes (Sfa) - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese 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 Chicken & Rice Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl,Sfa) - 1.00 SV Peas - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sfa) - 0.75 CP Spaghetti - 0.75 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Garlic 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. Smith	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	Smolian	MPD	Chapel	Saturday		7:30 - 9 am
Serv.	Aastra	Pagan	Rune Study	Chaplain	MPD	Whitman	Sunday		9 - 10:30 am
Serv.	Aastra	Pagan	Blot	Chaplain		Aastra Circle	TBD		TBD
Serv.	Jewish	Jewish	Sabat Readings	Chaplain	MPD	Chapel	Thursday		8:30 - 9:30 am
Serv.	Muslim	Islam	Imshah Khatib	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 Sabbat/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	Wago	MPD	Chapel	Sunday		6 - 7:30 pm
Act.	SDA	Christian	Choir	Nickell	MPD	Chapel	Tues/Thurs.		5:30 - 7:30 pm
Act.	Methodist	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	Smolian	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	House 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>	

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.

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)
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.
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, if there is an immediate need please talk with your unit officer.

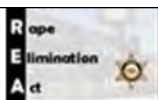
Release Clothing

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.



AIC Newsletter Article – 2022

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 announce 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

From the Administrative Rules Program:

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