

Powder River

July 19, 2024



AIC NEWSLETTER

101 Fun Facts!

Two interesting facts every week

See page 3

2024 Family Day

See all about this year's Family Day!

See page 7

Electrolytes

All the information you need in regards to the free juice on unit

See page 4










En Passant

New puzzle as well as answer to the last puzzle

See page 18



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
July 20	July 21	July 22	July 23	July 24	July 25	July 26
 103/64	 104/65	 103/59	 96/54	 96/54	 95/53	 95/54
Sunny	Mostly Sunny	Mostly Sunny	Sunny	Sunny	Sunny	Sunny

“The hills are alive with the sound of music, with songs they have sung for a thousand years.” — Richard Rodgers and Oscar Hammerstein II, “The Sound of Music”



“The past is history; the present becomes the past; tomorrow we carve our future.” — Steven G. Tubbs, Entrepreneur



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:

Quad stretch

This is a static stretch that is working the thighs and the hip flexor. Focus on keeping the core tight, the tailbone tucked, and the knees in alignment with each other and your hips. If you're concerned about your leg area. Stand with your feet hip-width distance apart.

- Lift your right leg back and up, moving the heel towards your bottom.
- Use your right hand to help pull the foot or ankle closer to the bottom.





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 15 & 16)

15. The world's oldest cat lived to 38 years and three days old. Creme Puff was the oldest cat to ever live.

16. The Sun makes a sound but we can't hear it. In the form of pressure waves, the Sun does make a sound. The wavelength of the pressure waves from the Sun is measured in hundreds of miles, however, meaning they are far beyond the range of human hearing.

Electrolytes

Food Services has started to provide electrolyte water in most institutions on hot days.

Adequate hydration is essential for overall health. Water is necessary for virtually all body functions. Both electrolyte and regular water count towards your daily fluid needs, as do other beverages such as coffee, tea, fruit juices, and milk.

It's a common misperception that electrolyte water is better than plain water for hydration. In reality, it depends on the circumstances.

More specifically, electrolyte water may be beneficial if you're at risk for quick losses of minerals. You may want to consider an electrolyte-enhanced drink if:

- You're exercising for more than one hour.
- You sweat heavily during exercise.
- You're sick with vomiting or diarrhea.
- You will be exposed to heat for long periods of time.

One or two electrolyte drinks should be enough for most people to reach a safe and healthy balance after you lose electrolytes from sweat. Outside of sports, hot weather, and illness, plain water works just fine to meet your day-to-day hydration needs.

People with certain medical conditions should limit or avoid electrolyte drinks. The ODOC Dietitian recommends only one serving of electrolyte water daily for most AICs with the following conditions. Talk to your medical provider if you have questions.

Diabetes – people with diabetes need to limit how much sugar they have daily, and sports drinks usually contain sugar. The electrolyte water supplied by ODOC contains 9 grams of total carbohydrate per 16 fl. oz. serving.

Heart Disease or High Blood Pressure – people with these conditions often need to limit how much sodium they have daily, and sports drinks contain salt. The electrolyte water supplied by ODOC contains 256 mg of sodium per 16 fl. oz. serving.

Kidney Disease – people with kidney disease often need to limit how much sodium and potassium they have daily, and sports drinks usually contain both. The electrolyte water supplied by ODOC contains 63 mg of potassium per 16 fl. oz. serving.

FYI: The electrolyte water supplied by ODOC contains 33 calories per 16 fl. oz. serving.

One more thing to consider before having a sports drink: you also get electrolytes from the foods you eat. Electrolytes are found mainly in fruits and vegetables. If you're eating plenty of fruits and vegetables, you're going to meet your basic electrolyte needs unless you do something extra (like exercise) and need to restore what you have lost.

Sports drinks can be an effective way to replenish lost electrolytes after a tough workout or sweating during a very hot day. But these drinks aren't meant to be an all-day beverage.

Elena Guevara RD, LD

7/12/2024

Level 3-Only Incentive Movie

Mission Impossible:

Dead Reckoning



Shown in the Chow Hall

Program Units 1W and 3 - Friday 26th @ 7:15pm

General Population Units 1E, 2E & 2W - Sat 27th @ 7pm

Popcorn will be provided to enjoy by the Do-Good Club

You may bring a soda or drink *only* from your Unit

Popcorn for the movie must be finished in the Chow Hall -

it cannot be taken back to the units



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!

TO: All Adults in Custody

FROM: Oregon Department of Corrections (ODOC) Health Services

DATE: July 1, 2024

RE: Electronic Health Records (EHR)

Health Information Exchanges (HIEs): Connecting the Dots in Healthcare

Health information exchanges (HIEs) are important because they help healthcare providers, both inside and outside of our institutions, securely share important information about your health if you should need medical care.

What is a Health Information Exchange (HIE)?

A Health Information Exchange (HIE) is like a digital bridge that connects different healthcare providers and systems.

How Do HIEs Work?

Sharing Data: When you have a healthcare visit, your medical info is put into an electronic file. This file lives in your electronic health record (EHR) which keeps track of everything, from your allergies to your latest checkup.

1. **Secure Access:** Only authorized healthcare providers can access this information; and your health history is safely stored.
2. **Benefits:** HIEs help your healthcare providers avoid mistakes, like giving you a medicine you're allergic to. They also save time—no more faxing or calling for records!

Why Are HIEs Important?

1. **Quality Boost:** HIEs improve healthcare quality. Your healthcare providers see your full story, not just a chapter.
2. **Efficiency:** Less paperwork means more time for patient care.
3. **Other Benefit:** HIEs help to share your health info with the right people, like providers outside of the institution when you are released.

Remember, HIEs can create a “big picture” of your health that your healthcare providers use to provide excellent healthcare to you!



2024
NINTH ANNUAL

Family Event

\$10 per person

Pre-registration required by
8/04/24. No charge for chil-
dren 2 years old and under.

**At Powder River
Correctional Facility**

Saturday, **August 17**

11:15 a.m. to 3:15 p.m.

- ❖ Snow Cones
- ❖ Face Painting
- ❖ Bounce House
- ❖ Games & More
- ❖ Free 4x6 photo

Menu:

**BBQ Hot Dogs
& Hamburgers
Baked Beans,
Potato Salad,
Chips, and
Dessert**

- ❖ There will be no visiting on Saturday, only Sunday, August 18. Visiting scheduling for Sunday will follow the regular process through **ICS Corrections website**.
 - ❖ Registration does not guarantee approval; Adults in Custody will be notified one way or another.
 - ❖ Media release and food release forms will be filled out by visitors at the front gate. Visitors will not be allowed to enter the facility without proper ID and filled out forms. Bring children's proper ID or birth certificate.
 - ❖ Iced coffee drinks and Italian soda will be available for purchased with regular tickets (no special tickets needed)
- Please make sure to buy tickets before the event for you and your family.**
- ❖ Please submit completed Family Event order form with the names of your guests, their relationship to you and age, for those 17 and under, along with attached CD-28 to Ms. Bronnenberg.
 - ❖ Maximum of 5 guests per Adult in Custody. If there is an exception needed, please contact ISM Clark.
 - ❖ All guests must be approved on your Approved Visitors' List.

NOTICE:

The weekend of Family Day August
17th, and 18th 2024-

There will be **NO** visiting on Saturday
August 17th, 2024.

There will be visiting on Sunday August
18th, 2024 – Friends and family will
have to sign up through IC Solutions.



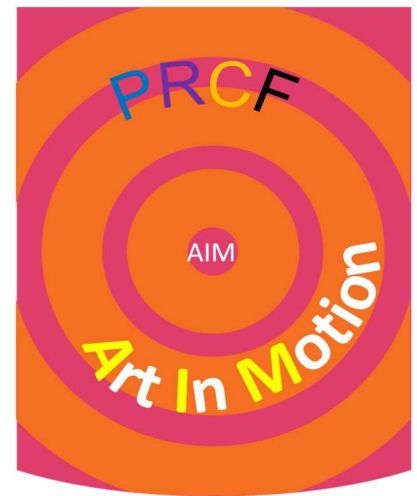
PRCF is now taking applications for

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.

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.

AIC Message

Changes to the Loss of Privilege (LOP) Rule

Since January of 2023, the Department of Corrections (DOC) has seen an increase in violent offenses carried out by adults in custody (AICs). In an effort to change this trend, beginning June 1, 2024, changes to the Prohibited Conduct and Processing Disciplinary Actions rule (OAR 291-105), and the Major Violations Grid will take effect. If you commit a major violation, your loss of privileges time may be extended.

In Summary:

The maximum Loss of Privileges (LOP) for *level one* violations increases from 28 days to 60 days. The maximum sanction for *level two* violations increases from 28 days to 45 days. These changes may affect the time needed to be eligible for the next incentive level.

Examples (in accordance with DOC administrative rule, (OAR 291-077-0035, Appendix B):

In order to move from level 1 to level 2 incentives, you will be required to have:

- 180 days in a row without a major misconduct, AND
- 90 days in a row without a program fail.

In order to be eligible to move from level 2 to level 3 you will be required to have:

- An additional 365 days without a major misconduct, AND
- 90 days without a program fail.

All disciplinary sanctions need to be completed before an AIC can begin to earn the next higher incentive level.

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.

Do Good Club Meeting Minutes

From Thursday, June 27, 2024

Executive Council:

- **President:** Moncada, Orlando (present)
- **Vice President:** Tedford, Dallas (present)
- **Secretary:** Francisco, Pablo (present)
- **Treasurer:** Stefun, Edward (present)
- **Sergeant of Arms:** Norris, Tyler (present)

Club Members:

- Jimenez, Jose (present)
- Latmeuang, Kevin (present)
- Vargas, Adan (present)
- Will, Brandon (absent, mentor callout)
- Williams, Stephen (present)
- 2 Openings

Prospects:

- Preuss, Damon = waitlist
- Ekblad, Eric = Voted In
- Page, Vencen = Voted In

Agenda

1. Present Prospects to the Club. Currently One (1) opening. A chance for prospects to speak
 - a. Each prospect was given the time to speak. Prospects were then dismissed, and the voting commenced.
2. Video game controllers, chargers, and game have been purchased. Williams will make a couple signs for AIC's to inspect machines, as they will not be replaced. Old ones have been hot trashed.
3. Backyard BBQ Feed. Example of Order Form.
 - a. Discuss Ala Carte options, submit Club food requests to Mr. Hite & Ms. Bronnenberg in order to set the actual pricing and club profit. Any option can be ordered, as long as it's paid for. Voted to have sweet relish as a side for \$1.00 ea at 4 oz. cup. Will be held on August 2nd in the yard. No tables or chairs.
 - b. Feed postings due on the units Friday, June 28th in order to inform the community at least 1 week before the order forms are released after the PRAS Pay Day on the 4th of July. Sunday July 7th, by midnight, will be last day to turn in order forms.
 - c. In lieu of this, the feed could be moved back 1 month, until after the next Pay Day on 8/8. Voted against, and feed will stay on August 2nd. Family Day BBQ is Saturday, August 17th.
4. AIC Movies Follow-up:
 - a. Kenneth Fisher in 2W now playing AIC Movies. Chance to invite Mr. Fisher to speak to the Club on an approved proposal of his, through Lt. Osbourne & CO Wilmarth, for an audio/visual clerk position. Everyone is in favor of this.
 - b. Need popcorn and oil to make popcorn – Mr. Hite advised club that he has the popcorn and oil.
5. Consider yearly donation to the community – voted and approved \$1,000 to Compassion Center.
6. Tournament request for AIC vs AIC and AIC vs Staff games. Approved, ready to schedule games. Consider Activity Ticket awarded to winners. Williams will submit proposal to shut down half the yard. Volleyball and cornhole. SnoCones will be available and winners will get a certificate and photo.
7. Suicide Awareness: September 10th is the walk.

Next Meeting – Thursday, July 25th – 12:30

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. Folden

Mr. Hite

PRCF AIC Council

Date: June 27, 2024

Staff: Officer Brinton, Mr. Fulton, Ms. Hoopes, Ms. Geddes, Ms. Cockram, ISM Clark, Superintendent McClay

AIC Council Members:

H. Morales Unit 1E
S. Hamilton Unit 2W
C. McGough Unit 2E
C. Parker Unit 3
A. Martinez 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 July 25, 2024**
- 7. Round Table**

1) Approval of Minutes:

- Previous Minutes Approved

2) Old Business:

- No old business to discuss

3) Submitted Proposal Updates:

- Reworking of Unit 1W bunks is currently on hold because of facility changes to bunk placements and removal of top bunks. This will be addressed at a later time once placement of bunks is finalized.
- Track Signage indicating directional flow has been deemed unnecessary. AIC's need to be mindful of others using the track and are encouraged to alternate run/walk directions on their own accord.
- Phone Activation Times: It has been approved to adjust the time which phones are activated to 7:00am, and the process has been started to make this change. Watch for the official notice in the weekly newsletter and on the announcement boards.

4) Newly Submitted Proposals:

- AIC McDaniel submitting proposal for inter-unit fitness competition including but not limited to a timed running event, burpees, pull-up, push-up, etc. Additional discussion needs to be had concerning repetition limits and when this is to be held, but otherwise is approved pending these conversations.
- AIC McGough submitting proposal for those wishing to partake in Yoga exercises on the yard to be able to do so without shoes. Current rules stipulate that shoes must be worn at all times unless 'sunbathing'. Proposal is asking for an exception to be made to include stretching exercises as well. Current decision is pending, waiting for final discussion with Security Management Team.

5) AIC Council Group Meetings:

- No issues with Saturday meetings. Time is being utilized appropriately and will continue as is.

6) Next Meeting

- Thursday, July 25, 2024

7) Round Table

- We were joined by the State of Washington's Dept. of Corrections representatives as they are looking to implement the Contact Officer Program and AIC Council into some of their facilities. A short Q&A session took place in which PRCF AIC's were asked about their experiences. Speak with your AIC Council Unit Representative for more information.
- Soccer Nets/Goals – The purchase of new soccer nets & goals has been discussed with the Recreation Lieutenant. Mr. Fulton also informed us that there are possible parts for such located in the Bus Barn. Council will put together an official proposal taking this information into consideration.
- Tablets in Unit 3 Bunks: Currently, tablets are not allowing in Unit 3 bunk areas due to AIC's improperly storing them when not in use. AIC Parker has written a proposal specific to NDN including time restrictions and new checkout procedure. It is recommended also write an AIC Council proposal to submit to EMT for further discussion.
- With the new release procedure in place beginning July 1, 2024 for AIP participants, it has been brought to our attention that programming units Council representatives need to be brought into AIC Council at an earlier date than they are currently. Discussion will take place with NDN staff to address this need and come up with new selection criteria.
- Unit 2E is in need of a new AIC Council representative as AIC McGough leaves in August. If interested, sent Officer Brinton a Kyte with the following information:
 - o Time left before Programs/Release
 - o Any previous experience in structured meetings/proposal writings
 - o Why you want to be a part of the AIC Council and why you would be a good fitFor more information regarding duties and responsibilities, talk with AIC McGough.

Meeting Adjourned: 1:55pm

JULY IN HISTORY

July 20

1969 The Apollo 11 astronauts made history when the first man is landed on the moon by the United States and Neil Armstrong and Edwin 'Buzz' Aldrin became the first humans to set foot on the Moon leaving the first human footprints in its dusty soil.

July 21

1931 In the city of Chicago which has one of the most modern Opera Houses in the US, cannot pay it's 14,000 teachers their salaries due to running out of money

2005 Terrorist Attack London Underground

July 22

1934 John Dillinger Public Enemy number ONE career was finally ended during a shootout with FBI agents who had been waiting outside a local Cinema following a tip off.

1991 Jeffrey Dahmer is caught

2009 The longest total solar eclipse of the 21st century, (when the Moon passes between Earth and the Sun, thereby totally or partially obscuring Earth's view of the Sun) lasting up to 6 minutes and 38.8 seconds, occurs off the coast of Southeast Asia.

July 23

1986 Prince Andrew married English commoner Sarah Ferguson at Westminster Abbey

July 24

1990 Iraq Troops Mass on Border of Kuwait

July 25

1978 Lesley Brown gave birth to the world's first test tube baby (in-vitro fertilization) delivered by caesarean section in Oldham, England

2000 An Air France Concorde jet bound for New York crashes upon takeoff in Paris killing everyone onboard

July 26

1956 Suez Crisis Begins

En Passant- weekly chess puzzle

Difficulty: Basic

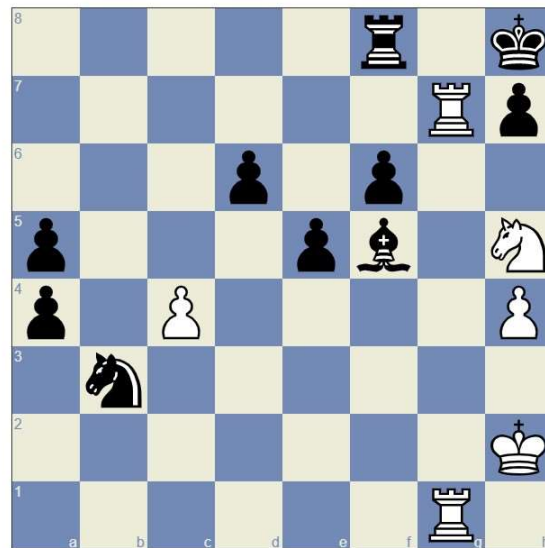
White to Move.

Puzzle 140390: Black to win



Last week's puzzle solution:

Puzzle 877042: White to win



1. Nxf6, Bg6 2. Rg1Xg6, hxg6 3. Rh7#



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**

JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Turn in CD-28s for tickets by 9pm	2	3	4 Independence Day Admin Closed 	5 Coffee, Photo & Activity Tickets Delivery	6
7	8 Turn in CD-28s for tickets by 9pm Deadline for Pastry orders	9	10	11	12 Coffee, Photo & Activity Tickets Delivery	13
14	15 Turn in CD-28s for tickets by 9pm	16	17 Coffee, Photo & Activity Tickets Delivery	18 A&O Class	19 Pastry Delivery Date 	20
21	22 Turn in CD-28s for tickets by 9pm	23	24	25	26 Coffee, Photo & Activity Tickets Delivery	27
28	29 Turn in CD-28s for tickets by 9pm	30	31	1 A&O Class	2 Coffee, Photo & Activity Tickets Delivery 	3

	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
Week 3	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa,Chl) - 1.00 EA Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 OZ	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
Week 3	LUNCH Asian Cabbage Salad - 0.75 CP Sweet & Sour Chicken (Chl) - 0.75 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	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
Week 3	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	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken & White Bean Chili (Chl) - 10.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Choice Cookie (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD 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. Surwah	MPD	Chapel	Thursday		1 - 2 pm
Serv.	JW	Christian	Bible Study	Larkins	MPD	Whitman	Sunday		1 - 2:30 pm
Serv.	LDS		Bible Study	Eardley	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	Shabat 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	Sweet 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	Drumming/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	Wago	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	Homes 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

New updated Visiting Applications- CD50 (03/2024)

Old visiting applications will not be processed and sent back, as of 7/1/24.

OREGON DEPARTMENT OF CORRECTIONS Visiting Application		DOC Decision
Adult in Custody's (AIC's) Name: _____ (Last) _____ (First) _____ (M.I.) SID # _____ Institution _____		<input type="checkbox"/> Approved <input type="checkbox"/> Denied/Reason _____ _____
Requested Action: <input type="checkbox"/> Application <input type="checkbox"/> Name/Address Change <input type="checkbox"/> Removal <input type="checkbox"/> 2-Year Renewal		A
Visiting Applicant's Name (please print): _____ (Last) _____ (First) _____ (Middle) _____ (Suffix/Title) _____ Street Address: _____ (Street) _____ (Apt #) _____ (City) _____ (State) _____ (ZIP Code) _____ Phone: _____ Email: _____ May DOC contact? <input type="checkbox"/> Yes <input type="checkbox"/> No Date of Birth: ____/____/____ (Mo) (Day) (Yr) Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary/Not Specified (Driver License State and #) _____ List ALL other names you have used (including aliases, maiden name, and names by previous marriages): (Last) _____ (First) _____ (M.I.) _____ (Last) _____ (First) _____ (M.I.) _____ List ALL other States you have lived in: _____ Your relationship to the AIC: _____ (Parent, grandparent, stepparent, spouse, child, sibling, friend, father/mother-in-law, aunt/uncle, stepchild, grandchild, stepbrother/sister, etc.)		
Is visitor a former or current ODOC <input type="checkbox"/> employee <input type="checkbox"/> volunteer <input type="checkbox"/> contractor? ODOC Work Location: _____ Does visitor have a criminal conviction or imprisonment record? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what city and state: _____ Date _____ SID# _____ Is visitor currently on parole/probation? <input type="checkbox"/> Yes <input type="checkbox"/> No What City & State: _____ Is visitor: A victim? <input type="checkbox"/> Yes <input type="checkbox"/> No A codefendant? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been restricted from visiting an ODOC AIC? <input type="checkbox"/> Yes <input type="checkbox"/> No AIC's Name & SID # _____ If yes, date & reason for restriction: _____		C
TO BE COMPLETED IF VISITOR IS A MINOR Name, address, and phone number of minor visitor's custodial parent or legal guardian: _____ Name _____ Address _____ Phone _____ Is there an open DHS case? <input type="checkbox"/> Yes <input type="checkbox"/> No Caseworker Name: _____ County: _____		
I SUBMIT THAT ALL THE ABOVE INFORMATION IS TRUE: X _____ Signature of applicant _____ Printed Name of applicant _____ Date _____		
Note to AIC: An AIC or prospective visitor may request an administrative review of the decision to deny a visiting application by completing an Administrative Review form (CD 1594) and submitting it to the Visiting Services Unit. The administrative review request must be received by the Visiting Services Unit within 60 days of the date of the visiting application denial letter.		
Note to Prospective Visitor: You have the option to return this form directly to the Visiting Services Unit by: Email: DOC.Visitors@doc.oregon.gov Fax: (503) 373-1173 Mail: Visiting Services Unit, 3723 Fairview Industrial Dr SE, STE 200, Salem, OR 97302 Submission of application does not constitute approval. Adults in custody have the right to refuse visiting requests made by prospective visitors. For questions on completing the application, please contact 503-378-2883 The following videos are a product of the DOC Comprehensive Drug Taskforce that the Inspector General convened in 2018 to update DOC's policies around drugs. Accidental overdose continues to be a safety issue for our AICs, and that safety issue has been more apparent than ever since the national opioid crisis. The Adult in Custody The Visitor The Law What Should you Do		

CD 50 (03/2024)



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 judgements 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

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 6/21/2024.

PROPOSED RULES:

291-069 Security Threat Management

- Amends rule to conform these rules to department organizational changes and reflect the department's reassignment of certain STM program functions and duties from the Office of the Inspector General to the department's Operations Division. Other revisions update punctuation, clarify acronyms or correct references to department employees in definitions.
- Last day of comment period: 8/16/24 at 5:00 PM

291-086 AIC Access to Automation

- Amends rule to change the term "inmate" to "adult in custody (AIC)"; better reflect statewide standards and industry modernization; expand and clarify the department's policy on AIC access to information technology; update definitions; adopt new rules concerning management of approved information technology, approval processes for requesting information technology to assist with a disability, and for the review and removal of access restriction; and reorganize these rules.
- Last day of comment period: 8/16/24 at 5:00 PM