



Pay Dates: 8/8, 9/5, 10/10, 11/7, 12/5

Upcoming PSC & TRAC Events

- **KFC Fundraiser (All Incentive levels): September 17th – September 20th**
- **BBQ Burger Meal (level 3): August 4th**
- **Cornhole Tournament (level 3): August 12th – 26th**
- **Incentive Unit Karaoke (Unit Schedules Will Be Posted)**



MOVIE CHANNEL UPDATE...

As of August 1st, 2024, the Religious Services channel 16 will no longer be showing Religious movies. The channel was given to religious services during the COVID-19 pandemic to continue to offer religious services and material to all those who want and need it. Now that religious services have been picking up the amount of services they offer, this channel will begin showing Great Courses Classes, Calming Nature Sounds, and Documentaries in the near future.

We thank and appreciate your willingness to work with us during this transition and we thank you for your patience while we make this transition happen.

TRCI Recreation Department

August 2024 Movie Schedule

Week 1	Run Time	August 2 nd – August 8 th		Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 3, Disc 5 (episode 17-20)		FRI 2:00 pm	6:00 pm
		Banshee Season 3, Disc 3 (3 eps)		1:30 pm	
Ch. 15	2:31	Anatomy of a Fall		FRI 2:00 pm	6:00 pm
	2:03	Haunted Mansion		1:30 pm	
Ch. 17	Loop	The Magicians Season 4, Disc 1-2 (4 / 3 eps)		FRI 2:00 pm	6:00 pm
		True Detective Season 4, Disc 3 (2 Eps)		1:30 pm	
Week 2	Run Time	August 9 th – August 15 th		Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 3, Disc 6 (episode 21-23)		FRI 2:00 pm	6:00 pm
		Banshee Season 3, Disc 4 (2 eps)		1:30 pm	
Ch. 15	2:11	Salt Burn		FRI 2:00 pm	6:00 pm
	2:00	Resistance		1:30 pm	
Ch. 17	Loop	Harley Quinn Season 3, Disc 1 - 2 (5 / 5 eps)		FRI 2:00 pm	6:00 pm
		His Dark Materials Season 1, Disc 3 (2 eps)		1:30 pm	
Week 3	Run Time	August 16 th – August 22 nd		Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 4, Disc 1 (episode 1-3)		FRI 2:00 pm	6:00 pm
		Banshee Season 4, Disc 1 (3 eps)		1:30 pm	
Ch. 15	1:44	The American Society of Magical Negros		FRI 2:00 pm	6:00 pm
	2:28	Red Cliff Part 1		1:30 pm	
Ch. 17	Loop	The Magicians Season 4, Disc 3-4 (3 / 3 eps)		FRI 2:00 pm	6:00 pm
		Girls Season 1, Disc 1 (5 eps)		1:30 pm	
Week 4	Run Time	August 23 rd – August 29 th		Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 4, Disc 2 (episode 4-7)		FRI 2:00 pm	6:00 pm
		Banshee Season 4, Disc 2 (3 eps)		1:30 pm	
Ch. 15	2:01	The Three Musketeers: Part 1, D'artagnan		FRI 2:00 pm	6:00 pm
	2:22	Red Cliff Part 2		1:30 pm	
Ch. 17	Loop	Silicon Valley Season 1, Disc 1-2 (5 eps)		FRI 2:00 pm	6:00 pm
		His Dark Materials Season 2, Disc 1 (4 eps)		1:30 pm	
Week 5	Run Time	August 30 th – September 5 th		Movie Start/ Repeat Times	
Ch. 14	Loop	Lost Season 4, Disc 3 (episode 8-11)		FRI 2:00 pm	6:00 pm
		Banshee Season 4, Disc 3 (2 eps)		1:30 pm	
Ch. 15	1:55	The Three Musketeers: Part 2, M'Lady		FRI 2:00 pm	6:00 pm
	1:55	Kingsglaive Final Fantasy XV		1:30 pm	
Ch. 17	Loop	The Magicians Season 5, Disc 1-2 (5 / 4 eps)		FRI 2:00 pm	6:00 pm
		Girls Season 1, Disc 2 (5 eps)		1:30 pm	

August Channel 16 Viewing Schedule

SUN	MON	TUE	WED	THURS	FRI	SAT
				1 Rain Natural Views	2 Rock Guitar Beginner Music Classes	3 Mayan World (Disc 1) Great Courses
4 Water Falls Natural Views	5 Cosmology: The History and Nature of Our Universe (Disc 1) Great Courses	6 Sunset Moods Natural Views	7 The Philosopher's Toolkit (Disc 1) Great Courses	8 Thunder Storms Natural Views	9 Rock Guitar Intermediate Music Classes	10 Mayan World (Disc 2) Great Courses
11 Ocean Waves Natural Views	12 Cosmology: The History and Nature of Our Universe (Disc 2) Great Courses	13 Nature's Alarm Clock Natural Views	14 The Philosopher's Toolkit (Disc 2) Great Courses	15 Echoes of Creation Natural Views	16 Rock Guitar Advanced Music Classes	17 The Mongol Empire (Disc 1) Great Courses
18 Nature's Window Natural Views	19 Cosmology: The History and Nature of Our Universe (Disc 3) Great Courses	20 The Living Ocean Natural Views	21 The Philosopher's Toolkit (Disc 3) Great Courses	22 ZEN Natural Views	23 Hands of Steel All Skill Levels Music Classes	24 The Mongol Empire (Disc 2) Great Courses
25 Lotus Pond Natural Views	26 Cosmology: The History and Nature of Our Universe (Disc 4) Great Courses	27 REEFSCAPES: Nature's Aquarium Natural Views	28 The Philosopher's Toolkit (Disc 4) Great Courses	29 Flowers of Provence Natural Views	30 Blues Guitar Beginner Music Classes	31 Fireplaces, Fish tank, & Lava Great Courses



Deep Thoughts with Cambell

10 Things Mentally Strong People Give Up to Gain Inner Peace

EXPERT OPINION BY AMY MORIN, AUTHOR, "13 THINGS MENTALLY STRONG PEOPLE DON'T DO" @AMYMORINLCSW
AUG 2, 2018

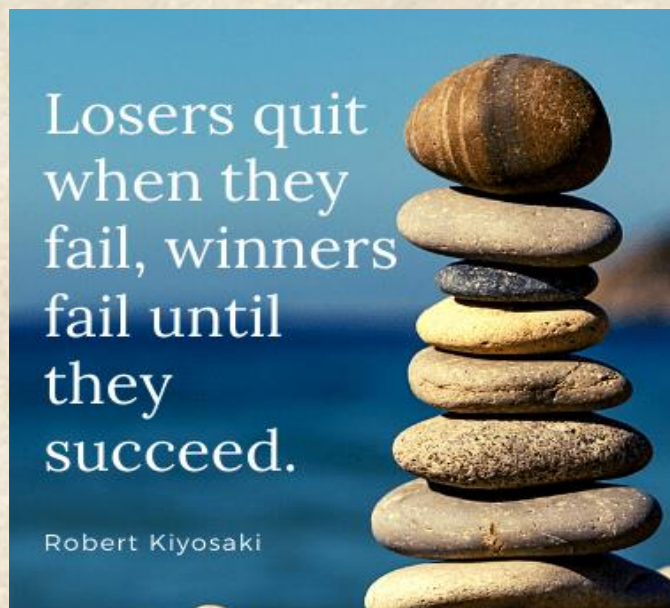
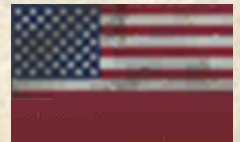
MENTAL STRENGTH AND INNER PEACE GO HAND IN HAND. MENTALLY STRONG PEOPLE ARE CONFIDENT THAT THEY CAN HANDLE WHATEVER LIFE THROWS THEIR WAY.

THAT'S NOT TO SAY THEY DON'T FEEL PAIN OR THAT THEY DON'T GET SAD- THEY EXPERIENCE THEIR EMOTIONS ON A DEEP LEVEL. BUT THEY DON'T WASTE ENERGY WISHING THINGS WERE DIFFERENT OR TRYING TO CHANGE OTHER PEOPLE. THEY STAY FOCUSED ON MANAGING THEIR OWN THOUGHTS, FEELINGS, AND BEHAVIORS.

THEY ALSO MAKE SELF-IMPROVEMENT A PRIORITY, BECAUSE THEY KNOW THERE'S ALWAYS ROOM FOR IMPROVEMENT. AND THEY GIVE UP THESE 10 THINGS THAT COULD DESTROY THEIR INNER PEACE



Garrett's Monthly Inspiration



PREA Related Grievance & Discrimination Complaint Process Improvements

Effective August 1, 2024, a grievance or discrimination complaint related to a claim of sexual abuse or sexual harassment will be immediately subject to investigation that is outside the Department's administrative remedies process. However, the Grievance Review System (OAR 291-109) and Discrimination Complaint Review System (OAR 291-006) can still be utilized to report PREA allegations. PREA allegations raised through these administrative review systems will receive a return receipt indicating the allegation has been received and forwarded to your institution's PREA Compliance Manager (PCM) for investigation and will include information on how to initiate PREA advocacy services. No further response or appeal will be provided through these administrative review systems. All further inquiries and communications about the PREA allegation(s) need to be sent to your institution's PREA Compliance Manager. In addition, there are many other ways to report a PREA allegation:

- In person to any staff
- Through an AIC communication form
- Call the Inspector General's Hotline
 - Pick up handset, make language selection, and dial "91"
- Write to the Governor's Office
 - State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301
 - You can request to remain anonymous
- Friends or family can report on your behalf (877-831-0389)

TRCI Grievance Office

TO: All Adults in custody
FROM: Health Services
DATE: August 1, 2024
RE: Electronic Health Records Update

Health Services is excited to share that work on the Electronic Health Records (EHR) project continues to make great progress. The EHR Project Team has been working with the EHR software company using a process called configuration. Configuration is important because it makes sure that all important information, forms, and processes will be used when DOC transitions to the new EHR system. Health Services will continue to provide updates to you about the EHR project and important milestones as we reach them.



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



Prepare for the Next Match.....

And we have a Victor!!!!

2024 TEKKEN 7 CHAMPION: RUBEN GUERRERO (U5)



July 22nd, 2024....The battle began to see who the victor would be in our annual TEKKEN 6 tournament. The showdown began with Joshua Enix facing off against Ruben Guerrero and Caleb Francis facing off against Russell Ros. Ruben dispatched his opponent fairly quickly however Enix attempted to mount a comeback but was unsuccessful. Caleb battled against Russ, Caleb took the lead first. However, Ros proved to be too much in the end. Their match was so close it came down to one final blow for either competitor, whoever lands the blow wins the match. With Ros moving on, he is now set to face off against Guerrero for the win. The winner will have to beat the other 4 times instead of the traditional 2. Ruben came out with a commanding 2 match lead. But Russ would not be beaten. Russ wins the next match with a "PERFECT" performance, putting Ruben back on his heels but for a moment. Ruben, determined to show his rival he is better wins the following match. Now the pressure is on Russ to come up with an EPIC comeback for the ages. When the final match began, Ruben came out swinging, not giving Russ an opportunity to strike, sealing his victory and winning the tournament 4 – 1 against Ros. Congratulations to both competitors for a great match.

TRCI Recreation Department

Paradigm Shift Club

Pastry Giveaway

During the month of July, the Paradigm Shift Club gave back to the AIC population by purchasing and delivering 1 sticky bun and 6 specialty cookies to each AIC. The Paradigm Shift began delivering on July 12th with corridors 3 & 4, Infirmary. And the club will end on corridors 1 & 2, and TRCM on July 25th. The gift is a thank you to the AIC population who have participated in our events.

2024 TEAMS CROSS-FIT TOURNAMENT

This year on July 1st we held our second annual Cross-Fit tournament for our incentive level 3 AIC's. It was the first time we allowed for team members to work together to utilize each other's strengths for the grueling course that was laid out ahead of them. The course consisted of the following exercises; 30 calories burn on the Rogue Echo Bike, Clean and Presses, Deadlifts, Burpee Pull-ups, Bear crawl, Suicide runs, and finished with a 500-meter row. We had 4 total teams and our first-place winners had the best time of 11:15 seconds.

All 4 teams

Cross-Fit Champions (U10)
Matthew Jaggi, Ismael Delgado



TVCC GED Graduation!

TVCC will be holding their first GED graduation here at TRCI on Monday October 21st, 2024, at 1PM in the visiting room.

Anyone who graduates prior to October 7th, 2024, will be invited to participate in this year's ceremony and invite their family. Graduates from BMCC's who did not get the opportunity to participate in a ceremony, in Spring 2023, will also be invited to participate.

We currently have a list of graduates. Ms. Dilley will begin sending invitations out in the beginning of August. You will receive a personal invitation with details and times, as well as a request for some additional information. Please be sure to complete and return the forms as soon as possible after you receive the requests.

Graduates will be allowed outside guests. All guests must be on their approved visitor list and must have privileged visiting approval. The max number of allowed outside guests for each AIC will be 4, including any children. Guest number is subject to change depending on how many graduates we have.

If you do not receive an invitation by September 3rd and believe you should have, send a kyte to Ms. Dilley in the education department.

For those who completed their GED at another institution within the last year, but were unable to attend a graduation ceremony, please notify Ms. Dilley if you wish to attend. Verification must be completed for you to participate.

If you have any questions regarding this, please send a kyte to Ms. Dilley in education.