

SCI AIC Newsletter

August Edition

August 7, 2024

Page 1

A Point to Ponder

"Hard things will happen to us. We will recover. We will learn from it. We will grow more resilient because of it." — Taylor Swift

AMAZON
ANTAGONIST
AUTHOR
BESTSELLER
BLOG
BLURB
BOOKMARK
BOOKSTORE
CHAPTER
CHARACTER
CLASSIC
CLIMAX
CONTENTS
COVER
DESIGNER
EDITION
EDITOR
FANTASY
FICTION
FONT
GLOSSARY
GRAMMAR
HERO
INDEX
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KINDLE
LEAF

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WORDS
WRITER

Advice for Foods that are Hard to Digest



Indigestion, or upset stomach, can often be caused by foods that the body has a hard time digesting. Food affects everyone a bit differently, and there are some types of foods that are easier to digest than others. Some of the healthiest foods don't agree with many people. For example, raw foods and certain vegetables can be hard to digest because of the high fiber content. People will experience symptoms like bloating, gas, diarrhea, and even constipation when they eat particular foods, especially in large amounts.

However, that doesn't mean that people with sensitive digestive systems need to avoid these foods forever. Instead, try these tips.

Raw vs. Cooked. Applying heat to your foods helps break them down and make them easier to digest. This is especially true when it comes to high-fiber vegetables and fruits. You may notice that cooked vegetables and fruits produce less symptoms than raw.

Avoiding certain parts. Egg yolks have a high sulfur content which can cause gas in some people. You can avoid this by only eating the white of the egg when possible. For example, take the yolk out of hard-boiled eggs.

Peels are usually higher in fiber than the inside of a fruit or vegetable, and more fiber can be harder to digest. Removing the peel of certain fruits and vegetables, like apples, cucumbers, carrots, and potatoes, can help you avoid an upset stomach.

Moderating Intake. Eating a large amount of food that is hard to digest will most certainly cause symptoms. It's best not to overeat cruciferous vegetables like cabbage, broccoli, and cauliflower, or beans like black, kidney, and pinto. Try eating only a small amount of foods that usually cause symptoms for you and see what happens. You may experience less severe symptoms, or none at all. Over time you should be able to eat larger portions of these foods when your body has gotten used to having them regularly.

It's also better to eat foods which are hard to digest in combination with other, plain foods. A good example of this is beans and rice. When you mix these foods together in each bite, the rice will moderate some of the effects of the beans.

One of the best things you can do to have good digestion is to support the good bacteria in your gut by eating many colorful fruits and vegetables that are high in fiber. Exposing yourself to a variety of foods is key to good gut health and makes our digestion stronger and more resilient.

Elena Guevara RD, LD

HEALTH SERVICES

Comfort Care Items



Per Policy P-B-01.1, Medical will not be signing any package authorizations for shoes. This goes along with mattresses, blankets, and extra pillows. If you feel that you need these items, you should be directed to the appropriate channels for assistance, such as Canteen, Canteen Committee, Clothing Room Officer, Housing Unit Officer, and/or Work Supervisor.

Canteen has a great list of shoes to purchase, and if there is something more you need, please take it up with the Canteen Committee. In rare circumstances, prescription shoes may be medically necessary if the following criteria are met:

1. Significant foot deformity.
2. Previous amputation of the foot or part of the foot.
3. History of pre-ulcerative callouses.
4. Poor circulation--absence of doppler pedal pulses.
5. Peripheral neuropathy with evidence of pre-ulcerative callous formation.

/s/ K. Ross, Health Services Manager

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)

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 6/27/2024.

PROPOSED RULES:

291-127 Visiting

- Amends rule to increase the number of individuals who qualify for visitation of adults in custody (AICs); resume the administrative review process for family and friends of AICs who had been denied visitation; update the term "inmate" to "adult in custody"; remove gendered language; provide clarifying language; and update definitions to be consistent with other department rules.
- Last day of comment period: 9/20/2024 at 12:00 PM

291-131 Mail

- Amends rule to limit the type of envelopes, paper, and the use of certain materials related to incoming mail; to align the rules with statutory requirements for the processing of AIC mail with the Corrections Ombudsman; remove gendered language and add clarifying language and language for consistency with other department rules; change the term "inmate" to "adult in custody" per statutory requirement; and make minor grammatical and punctuation edits.
- Last day of comment period: 9/20/2024 at 12:00 PM

TEMPORARY RULES:**291-006 Discrimination Complaint Review System**

- Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.
- Effective 8/1/2024 through 1/27/2025

291-109 Grievance Review System

- Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.
- Effective 8/1/2024 through 1/27/2025

PERMANENT RULES:**291-079 Shared Information Systems**

- Repeals unnecessary and dead rule removed from statute ORS 329.965 in 2011 and only retained as a placeholder.
- Effective 7/8/2024

291-100 Admission, Sentence Computation and Release

- Amends rule to clarify rules; change the term "inmate" to "adult in custody" per statutory requirement; remove gendered language; add definitions and information on legal name changes; update definitions to be consistent with other department rules; update rules to align with statute language (ORS 137.370(4)); update rule titles and statutory references; and for minor punctuation.
- Effective 7/5/2024

North Warehouse Commissary - Melatonin

NWC has the Melatonin \$6.08 in stock.

If you're wanting to order it, hand write it in on your form until we can get our forms updated.

Thank you,
North Warehouse Commissary



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

General Spending Account	<ul style="list-style-type: none"> Primary spending account for AICs Eligible deposits are received into this account <ul style="list-style-type: none"> Examples: Deposits received from friends/family, and PRAS AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account Funds in this account are not protected from debt/obligation collection or garnishment
Protected Spending Reserve Account	<ul style="list-style-type: none"> This is a spending account established for AICs who receive protected money <ul style="list-style-type: none"> Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
Transitional Savings Account	<ul style="list-style-type: none"> Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, available electronically and in paper) up to \$500 AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
General Savings Account	<ul style="list-style-type: none"> Established as a means for AICs to save funds outside of the Transitional Savings Trust Account AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, available electronically and in paper) Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158 Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
Obligated Reserve Accounts	<ul style="list-style-type: none"> Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria AICs may receive deposits directly to one of these accounts from an external source AICs must be approved to place funds into an Obligated Reserve Account Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

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.



Christmas Gifts for your Children through Project Angel Tree

The Prison Fellowship Angel Tree sign-up, which allows your children to receive Christmas gifts in your name, is now happening at Santiam Correctional Institution.

Angel tree forms are currently available. Please send your request for a form to the chapel. Once you complete **your Angel Tree application, enclose it in an AIC communication form and send it to the Chaplain's office.** The DEADLINE for sign up is SEPTEMBER 27, 2024 and will be strictly observed (per Prison Fellowship).

If you transfer to another facility before you complete the process here, you may request an Angel Tree form at your next institution. Contact the chaplains there for more information.

If you have children who live at different addresses, you will need to complete one form for each address.

Applications are available in both English and Spanish. There are no gift guides this year. The volunteers will **confirm a gift wish with the children's caregiver.**

You must be able to legally have contact with your child (or children) and their caregiver and must sign a statement attesting to this at the top of the form. Unsigned forms will be returned to you. Incomplete forms will not be processed by Prison Fellowship.

Children need to be:

- ☐ Age 18 or younger
- ☐ Living within the United States

The gifts will be delivered to the caregiver by a local church (only one gift per child is required to be given).

El registro de Prison Fellowship Angel Tree queda a la oportunidad a adultos en custodia con hijos de recibir un regalo de Navidad esta dispuesto en Santiam Correctional Institution. Aplicaciones de Angel Tree estan disponible con el Capellan, solo mande un correo al Capellan, al terminar con su aplicacion favor de regresar su aplicacion al Capellan por correo. La FECHA PLAZO para cumplir con su aplicacion es el 27 DE SEPTIEMBRE.

Aplicaciones despues de esta fecha seran rechazadas. Si cambias de carcel tendras que aplicar de Nuevo con el Capellan de su nueva carcel. Si tiene hijos en diferentes domicilios tendra que llenar aplicaciones individual. Aplicaciones seran disponible en English y Espanol.

Tiene que tener contacto legal con sus hijos y guardian, y tendra que firmar el registro para comprobar. Aplicaciones sin firma seran regresadas. Aplicaciones incompletas no seran procesadas por Prison Fellowship.

Requisito de hijos:

- ☐ 18 años o menos
- ☐ Viviendo en los Estados Unidos

Regalos seran entregados por una iglesia local (se requiere un regalo por niño)