



Pay Dates: 11/7, 12/5

Upcoming PSC & TRAC Events

All Dates are subject to change.

- Chens Fundraiser Delivery Dates: December 16th - 20th
- **Martha's House Bin Drop**-off (Outside of Canteen): November 4th - December 11th
- **“Oregonized Rhymes” Concert:** November 14th @ 6:30pm
- **Jammin’ with Jarrod & Stephan** Concert: November 13th @ 6:30 pm
- Pinochle Tournament (On Unit): November 17th - 29th (Championship): December 10th
- Table Tennis Championship: November 20th

November Unit Karaoke Schedule

All dates are subject to change.

- **Unit 2: November 7th**
- **Unit 5: November 14th**
- **Unit 10: November 21st**

No Karaoke on Thanksgiving

November 2024 Movie Schedule

Week 1 Run Time		November 1 st – November 7 th	Movie Start/ Repeat Times	
Ch. 14	2:28	Furiosa: A Mad Max Saga	FRI 2:00 pm	6:00 pm
	1:46	Madam Web	1:30 pm	
Ch. 15	2:10	Hoodlum	FRI 2:00 pm	6:00 pm
	1:25	Set Up	1:30 pm	
Ch. 17	Loop	Lost Season 6, Disc 4 (4 eps)	FRI 2:00 pm	6:00 pm
	Loop	Power Book 2: Ghost, Season 1, Disc 1 (3 eps)	1:30 pm	
Week 2 Run Time		November 8 th – November 14 th	Movie Start/ Repeat Times	
Ch. 14	1:41	Longlegs	FRI 2:00 pm	6:00 pm
	1:44	IF	1:30 pm	
Ch. 15	1:50	Boondock Saints	FRI 2:00 pm	6:00 pm
	1:57	Boondock Saints II: All Saints Day	1:30 pm	
Ch. 17	Loop	Lost Season 6, Disc 5 (1 eps)	FRI 2:00 pm	6:00 pm
	Loop	Power Book 2: Ghost, Season, Disc 2 (3 eps)	1:30 pm	
Week 3 Run Time		November 15 th – November 21 st	Movie Start/ Repeat Times	
Ch. 14	1:55	Bad Boys: Ride or Die	FRI 2:00 pm	6:00 pm
	1:32	Tarot	1:30 pm	
Ch. 15	2:16	Ambulance	FRI 2:00 pm	6:00 pm
	1:38	Four Rooms	1:30 pm	
Ch. 17	Loop	Power Book 2: Ghost, Season 1, Disc 3 (3 eps)	FRI 2:00 pm	6:00 pm
	Loop	BOSS, Season 1	1:30 pm	
Week 4 Run Time		November 22 nd – November 28 th	Movie Start/ Repeat Times	
Ch. 14	1:31	The Strangers Chapter 1	FRI 2:00 pm	6:00 pm
	1:31	Righteous Thieves	1:30 pm	
Ch. 15	1:54	Traitor	FRI 2:00 pm	6:00 pm
	1:34	Ice Pirates	1:30 pm	
Ch. 17	Loop	Power Book 2: Ghost, Season 1, Disc 4 (1 eps)	FRI 2:00 pm	6:00 pm
	Loop	BOSS, Season 1	1:30 pm	

CH. 17 is strictly for in-cell viewing only. At no point will these channels be played or scheduled for the dayroom televisions. Scheduling either of these channels for the dayroom televisions will result in disciplinary action (NO EXCEPTIONS!)

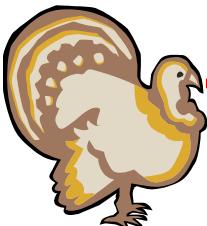
Closed Caption Schedule

All Movie Channels will be played in closed captions on a set schedule

Veterans Day Holiday Movie: Horizon: an American Saga



Thanksgiving Holiday Movie: The Boys in the Boat



November Channel 16 Viewing Schedule

SUN	MON	TUE	WED	THURS	FRI	SAT
					1 The Rock House Method Beginner Music Classes	2 The Odyssey of Homer Disc 1 Great Courses
3 Sunset Moods Natural Views	4 The Odyssey of Homer Disc 2 Great Courses	5 Flowers of Provence Natural Views	6 Building Your Resilience Finding Meaning in Adversity Disc 1 Great Courses	7 Zen Natural Views	8 The Rock House Method Intermediate Music Classes	9 Building Your Resilience Finding Meaning in Adversity Disc 2 Great Courses
10 Waterfalls Natural Views	11 Building Your Resilience Finding Meaning in Adversity Disc 3 Great Courses	12 The Living Ocean Natural Views	13 Building Your Resilience Finding Meaning in Adversity Disc 4 Great Courses	14 Fireplaces, Fish, Tanks Natural Views	15 The Rock House Method Advanced Music Classes	16 Scientific Secrets for a Powerful Memory Great Courses
17 Ocean Waves Natural Views	18 Introduction to Paleontology Disc 1 Great Courses	19 Reefscapes Natural Views	20 Introduction to Paleontology Disc 2 Great Courses	21 Echoes of Creation Natural Views	22 The Rock House Method All Skill Levels Music Classes	23 Introduction to Paleontology Disc 3 Great Courses
24 Rain Natural Views	25 Introduction to Paleontology Disc 4 Great Courses	26 Thunder Storms Natural Views	27 The Roman Empire from Agustus to the fall of Rome Disc 1 Great Courses	28 Lotus Pond Natural Views	29 The Rock House Method Blues Guitar Beginner Music Classes	30 The Roman Empire from Agustus to the fall of Rome Disc 2 Great Courses

CHEN'S CHINESE FUNDRAISER

OPEN TO ALL INCENTIVE LEVELS

Please join The Paradigm Shift Club in supporting Tri-Cities Cancer Center, Angel Tree and local business Chens Chinese Restaurant



- Limit 2 Meals Total Per AIC
- \$18 & \$19 Per Meal (see order form for details)
- Order forms must be received by Paradigm Shift Club no later than Friday November 8th 2024
- **All CD28's received will be processed after** November Payday

Delivery schedule will be posted when available



PROCEEDS FROM THIS FUNDRAISER WILL BE SPLIT EQUALLY BETWEEN BOTH TRI-CITIES CANCER CENTER AND ANGEL TREE PRISON FELLOWSHIP.



***AIC's may choose to donate additional funds to these organizations; if you would like to do so, please fill out a CD-28, attach it to a kytic and send it to Paradigm Shift Club. You do not need to purchase a meal to donate to these organizations
CD-28 Details below:

PURPOSE: Angel Tree or Tri-Cities Cancer Center
Pay to/Send to: #2885

Note: If you wish to donate to both organizations;

PARADIGM
SHIFT



TRCI/TRCM HOLIDAY DONATION

DRIVE FOR MARTHA'S HOUSE

****November 4th – December 11th 2024****



The Paradigm Shift Club would like to invite you to join us for our fourth annual AIC & Staff community donation drive to help support local family shelter, Martha's House! Please drop ANY CANTEEN items you would like to donate in the designated bin next to the canteen officer at your canteen visit.

This is our opportunity to give back to the communities we have taken so much from.

Thank you for your support.

Happy Holidays!



**PARADIGM
SHIFT**



Martha's House is a transitional family shelter. We provide temporary housing for homeless families, with the goal of assisting the residents into permanent traditional housing. Martha's House provides a safe secure living environment for a 3-6-month period. We are not an overnight emergency shelter. Our goal is to provide structure and accountability in a home-style atmosphere offering encouragement while helping the family get back on their feet.

Recreation Food Program is HERE!!!

Beginning the first week of November 2024, the TRAC will be offering the purchase of Rec Bucks which can be used to purchase food and drink when you attend the TRAC. You will need to use the special CD-28 available at the TRAC to purchase your tickets. You will be allowed to purchase \$1 up to \$20. All tickets have a 6-month expiration date on them from the date of issue. When you attend the TRAC, you must show up within the first 10 minutes of the TRAC line being called in order to purchase any items available. Should you lose or otherwise misplace any of your Rec Bucks, you will not be issued a new one(s). Below is a list of the items that may be available at any one time during the purchase times. We look forward to seeing you down at the TRAC and we hope you enjoy your time down here.

ITEMS YOU SEE HERE ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE MAKE SURE YOU HAVE THE APPROPRIATE AMOUNT OF REC BUCKS IN ORDER TO PURCHASE ANY ITEM(S) AVAILABLE.



DO NOT MISS OUT ON YOUR OPPORTUNITY TO PARTICIPATE IN OUR NEW FOOD PROGRAM. WE WILL BE DOING DIFFERENT POPUP EVENTS AT UNANNOUNCED TIMES SO BE SURE TO HAVE YOUR REC BUCKS READY AND AVAILABLE TO BE ABLE TO PURCHASE.



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

7. THE PURSUIT OF PERFECTION

STRIVING FOR EXCELLENCE IS HEALTHY, BUT INSISTING ON PERFECTION IS AN UPHILL BATTLE. YOU'LL NEVER FEEL GOOD ENOUGH IF YOU SET THE BAR IMPOSSIBLY HIGH.

MENTALLY STRONG PEOPLE ACCEPT THAT THEY'RE GOING TO FAIL AND MAKE MISTAKES. THEY ARE ABLE TO ACKNOWLEDGE THEIR FLAWS AND WEAKNESSES.

8. GRUDGES

YOU MAY THINK HOLDING ONTO A GRUDGE SOMEHOW PUNISHES SOMEONE ELSE. BUT, IN REALITY, CLINGING TO ANGER AND HATRED ONLY REDUCES YOUR LIFE. MENTALLY STRONG PEOPLE LET GO OF GRUDGES SO THEY CAN FOCUS THEIR ENERGY ON MORE WORTHWHILE CAUSES. THAT DOESN'T MEAN THEY ALLOW THEMSELVES TO BE ABUSED BY PEOPLE, HOWEVER. IT JUST MEANS THEY DON'T ALLOW PENT-UP RESENTMENT TO OVERTAKE THEIR LIVES.

Garrett's Monthly Inspiration

"It's the possibility of having a dream come true that makes life interesting."

PAULO COEHLO



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 inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate 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 Office of Constituent Services
900 Court Street NE, Suite 160
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.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates. Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate 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.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- 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.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters

**3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010**

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 similar to legal calls/official mail.

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:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301

LAUNDRY IS LOOKING



FOR QUALIFIED APPLICANTS

**IF YOU KNOW OF AN AIC AT TRCI THAT IS
LOOKING FOR A JOB, HAVE THEM SUBMIT
AN APPLICATION.**

Applicants must have:

- Incentive level 2 or 3
- 6 months clear conduct
- G.E.D. required, but if they don't have, must sign a G.E.D. contract, and receive within a year of being hired
- Positive attitude and good work ethic
- Verifiable Social Security # or ITIN

Physical Plant Workers

The TRCI Physical Plant has job openings in multiple areas to include paint (skilled artist needed), maintenance, and the tool crib. We are now accepting Level 2 workers with 6 months clear conduct pending review by the Physical Plant Manager and Security partners.

The metal shop is also accepting applications for future consideration for placement in the welding program. Level 3 AICs will get first consideration for placement in any program. Preferred applicants must have more than 2 years left to release but no more than 5 years. All other programs are currently full.

Minimum Skills:

- Complete TRCI Admission & Orientation Class
- **Level 2 & 3 with 6 months clear conduct.**
- GED or High School Diploma Required
- Program Compliant
- Attention to Detail (Organized, Productive, Hard-Working, Quality Work)
- Team Oriented
- Regularly Lift 50 lbs.
- Bend and/or Stoop (possible long periods)
- Stand (long periods)
- Basic Cleaning Supply/Tool Knowledge

Preferred Skills:

- Follow Operational and Safety Guidelines
- Multitask while maintaining **Quality Work**
- Customer Service Oriented

Hours of Work:

- 7:00 a.m. – 2:45 p.m. (Monday thru Friday)

PRAS Points:

- 12 Points (ability to increase with performance improvement per schedule)

HEALTH SERVICES ELECTRONIC HEALTH RECORDS (EHR)

OCTOBER 2024 UPDATE

Health Services continues to ensure that your paper health records become part of your health record in the Electronic Health Records (EHR) system and our scanning partners are currently scanning any overflow charts that you may have. Overflow charts are your paper health records that date back 6 months or longer. It is important that your overflow records become part of your electronic record because it can help ensure the people who provide medical, mental health, and dental services have the most complete picture of your health history.

Scanning Process: Our scanning partners have been doing this for over 55 years and scan thousands of pages every day. When they scan your paper health records, the electronic files are safely stored, protected, and backed up on hard drives.

Privacy Matters: Your health information belongs to you, and we care a lot about your privacy. During the EHR project, keeping your information private is our focus. Health Services make sure your information is safe and only people who are allowed can see it.

Please remember that your paper health records will be kept safe and stored according to the rules that Oregon Department of Corrections Health Services carefully follows for keeping those records.



We will continue to keep you updated every month about the EHR Project!

SERVICIOS DE SALUD EXPEDIENTES ELECTRÓNICOS DE SALUD (EHR)

OCTUBRE DE 2024

Servicios de Salud continúa garantizando que sus expedientes de salud en papel formen parte de su expediente de salud en el sistema de Expedientes Electrónicos de Salud (EHR, por sus siglas en inglés) y nuestros socios de escaneo están actualmente escaneando cualquier expediente excedente que usted pueda tener. Los expedientes excedentes son expedientes médicos en papel que datan de 6 meses y antes. Es importante que los expedientes excedentes formen parte de su expediente electrónico debido a que ayudan a garantizar que las personas que le proporcionan servicios médicos, de salud mental y dental, tengan un panorama completo de su historial de salud.

Proceso de escaneo: nuestros socios de escaneo han estado haciendo esto por más de 55 años y escanean miles de páginas al día. Cuando escanean sus expedientes médicos en papel, los expedientes electrónicos se almacenan de forma segura, se protegen y con copias de seguridad en discos duros.

La privacidad importa: su información de salud le pertenece a usted y nos importa mucho su privacidad. Durante el proyecto de los EHR, mantener su información privada es nuestro enfoque. Servicios de Salud garantiza que su información está segura y solo pueden verla las personas autorizadas.

Por favor, recuerde que sus expedientes de salud en papel se mantendrán y se almacenarán de forma segura, en conformidad con las reglas que los Servicios de Salud del Departamento Correccional de Oregon sigue cuidadosamente para mantener dichos expedientes.



¡Cada mes continuaremos manteniéndole al tanto sobre el Proyecto de los EHR!



**STATE OF OREGON
DEPARTMENT OF CORRECTIONS COMMISSARY**

DATE: WEDNESDAY, NOVEMBER 06, 2024
TO: Adults in Custody
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Summer has ended, the holidays are right around the corner. We in commissary have holiday cards in stock and for sale. Get a jump start on your letters to your family and friends.

Single Holiday Card \$1.55

Pack of 12 Holiday Cards \$18.30

Please use the substitution space to write in what you would like to order on your commissary order form.

Friendly TRAC Reminder

Please bring only approved items to your TRAC visit.

- Radio/Music Player & Headphones
- 1 soda ticket
- Rec Bucks
- Photo Tickets

Video Game Stations are first come, first serve and saving places or requesting specific systems because you have a profile on it is **prohibited!** **NO CANDY!!**

Also remain properly dressed with your shirt tucked in.