



Pay Dates: 2/6, 3/6, 4/10, 5/8, 6/5, 7/10, 8/7, 9/4, 10/9, 11/6, 12/4



Upcoming PSC & TRAC Events

- **Madden Pre-Tournaments (During the beginning of February) Madden Championship (Feb 10th)**
- **Pool Tournament (Feb 22nd)**
- **Krispy Kreme Fundraiser Delivery (Mar 15th)**



Words to Inspire from Garrett



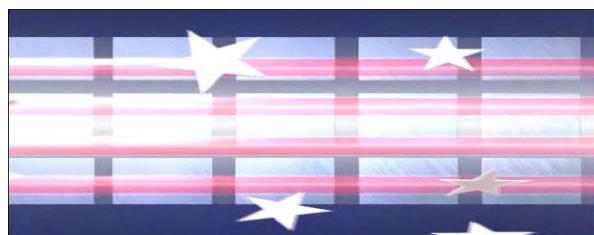
**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL

February 2025 Movie Schedule

| Week 1 Run Time | | February 7 th – February 13 th | Movie Start/ Repeat Times | |
|-----------------|------|---|---------------------------|---------|
| Ch. 14 | 1:38 | Oddity | FRI 2:00 pm | 6:00 pm |
| | 2:18 | Joker Folie a Deux | 1:30 pm | |
| Ch. 16 | 1:45 | Dog Soldiers | FRI 2:00 pm | 6:00 pm |
| | 1:35 | Return to Sender | 1:30 pm | |
| Ch. 17 | Loop | Power Book IV: Force, Season 1, Disc 2 (eps 4) | FRI 2:00 pm | 6:00 pm |
| | Loop | House of Dragon, Season 2, Disc 1 (eps 2) | 1:30 pm | |
| Week 2 Run Time | | February 14 th – February 20 th | Movie Start/ Repeat Times | |
| Ch. 14 | 1:29 | Immaculate | FRI 2:00 pm | 6:00 pm |
| | 1:29 | Armor | 1:30 pm | |
| Ch. 16 | 1:31 | SISU | FRI 2:00 pm | 6:00 pm |
| | 2:00 | The Many Saints of Newark | 1:30 pm | |
| Ch. 17 | Loop | Power Book IV: Force, Season 1, Disc 3 (eps 3) | FRI 2:00 pm | 6:00 pm |
| | Loop | House of Dragon, Season 2, Disc 2 (eps 2) | 1:30 pm | |
| Week 3 Run Time | | February 21 st – February 27 th | Movie Start/ Repeat Times | |
| Ch. 14 | 1:24 | Terrifier 1 | FRI 2:00 pm | 6:00 pm |
| | 2:05 | Terrifier 3 | 1:30 pm | |
| Ch. 16 | 1:30 | The Messengers | FRI 2:00 pm | 6:00 pm |
| | 1:31 | Gridlock'd | 1:30 pm | |
| Ch. 17 | Loop | Power Book IV: Force, Season 2, Disc 1 (eps 3) | FRI 2:00 pm | 6:00 pm |
| | Loop | House of Dragon, Season 2, Disc 3 (eps 2) | 1:30 pm | |
| Week 4 Run Time | | February 28 th – March 6 th | Movie Start/ Repeat Times | |
| Ch. 14 | 1:55 | Knox Goes Away | FRI 2:00 pm | 6:00 pm |
| | 1:44 | Killer's Game | 1:30 pm | |
| Ch. 16 | 1:53 | Hostage | FRI 2:00 pm | 6:00 pm |
| | 1:34 | “O” | 1:30 pm | |
| Ch. 17 | Loop | Power Book IV: Force, Season 2, Disc 2 (eps 4) | FRI 2:00 pm | 6:00 pm |
| | Loop | House of Dragon, Season 2, Disc 4 (eps 2) | 1:30 pm | |

President's Day Movie will be, "In the Land of Saints and Sinner's"
The movie will be shown 2/17/25 and 2/18/25



February 2025 Channel 15 Viewing Schedule

| SUN | MON | TUE | WED | THURS | FRI | SAT |
|---|--|--|---|--|---|---|
| | | | | | | 1 Nature Docuseries |
| 2 Thunder Storms Meditation | 3 The Blue Planet Seas of Life: Ocean World Frozen Seas Nature Docuseries | 4 Nature's Windows Meditation | 5 The Blue Planet Seas of Life: Open Ocean, The Deep Nature Docuseries | 6 Zen Meditation | 7 Rock Guitar Beginner Music Classes | 8 The Blue Planet Seas of Life: Seasonal Seas Coral Seas Nature Docuseries |
| 9 Flowers of Provence Meditation | 10 The Blue Planet Seas of Life: Tidal Seas Coasts Nature Docuseries | 11 Fireplaces, Fishtank & Lava Meditation | 12 The Blue Planet Seas of Life: All New Bonus Materials Nature Docuseries | 13 Natures Alarm Clock Meditation | 14 Rock Guitar Intermediate Music Classes | 15 The Blue Planet Seas of Life 2: Eps 1-3 Nature Docuseries |
| 16 Reefscapes Nature's Aquarium Meditation | 17 The Blue Planet Seas of Life 2: Eps 4-5 Nature Docuseries | 18 Waterfalls Meditation | 19 The Blue Planet Seas of Life 2: Eps 6-7 Nature Docuseries | 20 Ocean Waves Meditation | 21 Rock Guitar Advanced Music Classes | 22 Seven Worlds One Planet: Disc 1 Eps 1-3 Nature Docuseries |
| 23 The Living Ocean Meditation | 24 Seven Worlds One Planet: Disc 2 Eps 4-5 Nature Docuseries | 25 Sunset Moods Meditation | 26 Seven Worlds One Planet: Disc 3 Eps 6-7 Nature Docuseries | 27 Echoes of Creation Meditation | 28 Hands of Steel All Skill Levels Music Classes | |



Attention RPG Players!

To all the nerds that have been showing interest in the DND RPG program, sadly the original date that we had to launch this program has been slightly pushed back due to a “critical fail” on our D20 down at TRAC, but we are moving forward and prepared to hit the ground in March. Thank you for being patient. Our program is headed by Lead DM Jeff Locker with Brian Smeltzer, Alejandro Campos, Darby Martin, Shane Emory, and Daniel Collins (as seen in the image below). All of our Dungeon masters have countless lives in the multi-verse worth of EXP (experience duh!!). We all look forward to taking you on many adventures through the “Underdark” to the “Feywild” and many more. Pray that your “Perception Roll” is high enough to see the monster that lurks in the dark, but also just remember to have fun.





The Paradigm Shift Club is conducting a Krispy Kreme Doughnut Fundraiser for Two Organizations; Kids First Advocacy Center and Greenhill Humane Society.

LET'S RAISE SOME DOUGH!

THIS FUNDRAISER IS FOR ALL INCENTIVE LEVELS

1 Dozen Original Glazed Doughnuts

Cost: \$18.00

AIC's may only purchase one dozen doughnuts

ORDER FORMS ARE AVAILABLE ON YOUR UNIT

DELIVERY DATE: March 15th 2025

Money will be taken from February Pay

Forms must be received by THURSDAY FEBRUARY 6th 2025



KIDS FIRST

Kids FIRST is Lane County's Children's Advocacy Center. Our mission is to provide protection and advocacy for children who are victims of abuse, crime. Children are referred to us by many of our witness's community partners: law enforcement, DHS Child Welfare, and medical professionals. Kids FIRST most often serves children for child sexual abuse, physical abuse, severe neglect, or witness to domestic violence. Approximately 2/3 of the children we serve are under age 12.

PARADIGM SHIFT

***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: Kids First Advocacy Center or Greenhill Humane Society
Pay to Send to: #2885
Note: If you wish to donate to both organizations, please send separate CD-28s; there is no minimum or maximum amount, you may donate any amount you choose.



**Greenhill
Humane Society**

Greenhill Humane Society has been caring for animals in Lane County since 1984. We operate the only animal shelter within the Eugene/Springfield area. Our programs include animal adoptions; reunions; finding animals with their families; disaster response; crisis care boarding in times of domestic violence, medical emergencies, other crisis situations; spay/neuter services; roaming, un-owned community cats; food pantry; on-site volunteer opportunities; pet care and humane education.

High Desert Toastmasters Support Project Lemonade

The High Desert Toastmasters International Club was honored to welcome Ms. Gail Anderson, Community Engagement Manager for Project Lemonade to receive the \$709 check that club members had raised through a fundraiser selling pizzas to other AICs at TRCI.

During the presentation each of the Toastmasters club members had the opportunity to introduce themselves and share how long they had been involved in Toastmasters. The club members also shared with Ms. Anderson a little about why they had chosen to raise funds for Project Lemonade. Former Club President Angel Figeroa had proposed the idea of a fundraiser for an organization supporting foster youth. Many club members had experiences with the foster care system and wanted to help support an organization in Oregon that helped foster youth with personal development and practical life needs.

Ms. Gail Anderson shared with the TI club members that Project Lemonade's mission is inspiring self-esteem to help youth in foster care thrive. The organization provides support for foster youth in throughout Oregon through five main areas including the Project Lemonade Store, LEARN Internship, WISH, The Inspire Network, and Fill the Gap Scholarship.

First, The Project Lemonade Store provides basic needs for foster youth ages 5-24 to shop free of charge for new and on-trend clothing, shoes, and accessories.

Second, through the LEARN Internship youth ages 16-24 can also get valuable job experience with a 12-week paid internship working at the Project Lemonade store, and they also get training to help them pursue and achieve their employment and education goals.

Third, the WISH programs provide grants up to \$400 to help with the cost of foster youth trying out activities such as attending special camps, playing on a sports team, learning to play an instrument, or other extracurricular and enrichment activities.

Fourth, the Inspire Network helps youth ages 14 to 23 expecting to age out of foster care with building support community around them through social events, volunteer opportunities, career exploration, and one on one mentoring to assist navigating life's challenge and reach their personal goals.

Last but not least, the Fill the Gap Scholarship helps relieve financial stress for foster youth seeking to pursue higher education. The scholarship up to \$4,000 can be used for tuition, housing, transportation, technology, or other necessary items for achieving their education goals.

The Toastmasters Club members also had the opportunity to ask Ms. Anderson several other questions as well before a picture was taken of Ms. Anderson official receiving the donation check on from the High Desert Toastmasters Club on behalf of Project Lemonade.

Ms. Anderson closed with stating that no matter where you are in life currently, advocacy is the best way to help support foster care youth.



L-R: Ed Keeney-Club Liaison
Vikki Chappelle-Volunteer
Gail Anderson-Project Lemonade
[Back Row] Jason shorts
Jose Onofrea-Navia
Dominicke Sanders
Jo-Jo Brocato
Nick Simms
Saul Lopez
[Front kneeling]
Josiah Barron-Volunteer
Robert Heinz

FROM THE MAILROOM

- 1.) A reminder to anyone purchasing books/magazines from the e-commerce website eBay; **Independent sellers on eBay are not considered publishers/distributors.** Any Books/magazines purchased through eBay containing the sellers personal address will be refused and returned to the sender. No mail violation is generated when this is done and no notice to the AIC is given. With that said, if a publication is purchased from a legitimate business on eBay and it is sent from a business address, we will process the publication like normal.
- 2.) A reminder to anyone purchasing Notebooks from Amazon or other distributors: According to OAR 291-131- 0025(7) **“New and used books, magazines, newspapers, and blank journals shall only be received directly from the publisher or distributor.”** Notebooks are not considered “Journals” and therefore are not allowed to be processed. When ordering journals, please ensure that they are identified as Journals and not Notebooks.
- 3.) If a tracking number is needed/requested on a mailer/pkg, a kytic (filled out with your information) MUST be attached for the tracking number to be sent back to you. Even if a CD-28 is NOT attached. The Mail Room does NOT save tracking numbers.
- 4.) Be mindful that the mail Room only has contact with your mail for a minuscule fraction of its travels. Just because you do not get mail in a timely fashion, that does not mean the mail room is holding it. USPS, UPS & FedEx all have their own staffing & handling issues, and hold-ups that are beyond our control.

Thank you

RELEASE SERVICES

- If you are under 3 years to release kytic Ms. Nestalhi to join Release Gogi, or Personal Development Release Group!!
- The Reentry and Release Community Outreach Session, organized by the Oregon Department of Corrections Reentry and Release Unit, aims to support incarcerated individuals who are nearing release from custody. The session offers a valuable opportunity for friends and family of those preparing for release to understand the processes, timelines, and available services that their loved ones will navigate during this transition.

The session will cover:

- **Timelines and Processes:** Explanation of the key steps in the release process, including when and how incarcerated individuals will engage with release counselors, transition coordinators, and the benefits team.
- **Support Services:** An overview of the various services offered to assist in the successful reintegration of individuals back into the community.
- **Q&A:** Reentry and Release staff will address general questions from attendees, but specific case-related questions will be directed to the incarcerated individual or their assigned release counselor, provided that a release of information form is signed by the individual.

This session is in partnership with **Oregon Citizens United for Rehabilitation of Errants (CURE)**. By attending, family and friends will be better equipped to understand the release process and support their loved ones in the months leading to their release. Dial in information 1-971-277-2160 ext # 629436211 for family to join!! Encourage

- **ATTENTION PRD GRADUATES!!! WE ARE HAVING A REUNION!**

Let's get together and see where we all are now. If you've taken PRD in the past and graduated, send Ms. Nestalhi a kytic and you will receive an invite when we pick a date and time. Spread the word to your PRD brothers and lets celebrate living the PRD life.



VICTIM SERVICES PROGRAMS

RESPONSIBILITY LETTER BANK

The Responsibility Letter Bank is a structured letter writing process that provides adults in custody (AIC) with the opportunity to demonstrate responsibility for their crimes and express remorse for the harm they may have caused.

The program provides crime victims/survivors with the choice to receive information in a safe manner.

- ◆ AIC's may initiate the process by applying to participate in the program
- ◆ Crime victims/survivors may inquire with Victim Services to find if they have a letter available for them
- ◆ Victims are not contacted about the availability of a letter if they have not registered with the Bank through Victim Services
- ◆ Victims decide whether or not they wish to receive a responsibility letter and whether or not the AIC is informed that the victim received or read the letter
- ◆ Participation does not constitute permission for the AIC to make additional contact
- ◆ Victims may choose to respond to a responsibility letter through the program, however, further correspondence requires the approval to participate in the FDP
- ◆ Letters will be reviewed by the Victim Services Program for appropriateness
- ◆ Accepted AIC letters will be deposited in the Responsibility Letter Bank maintained by Victim Services
- ◆ Letters are voluntary and will not affect an AICs good time, release date, or post-prison conditions

To request additional information about the Responsibility Letter Bank, please contact Victim Services at:

DOC Headquarters
Victim Services- Responsibility Letter Bank
3723 Fairview Industrial Drive SE Suite 200
Salem, OR 97302-4975

Anuncios en el su celda y subtítulos

Título II de la Ley de Americanos con Discapacidades (Americans with Disabilities Act en inglés) requiere que los gobiernos estatales y locales brinden igualdad de acceso a programas, servicios y actividades para las personas con discapacidades. Esto significa que los AIC sordos o con problemas de audición deben tener el mismo acceso a la televisión y a los anuncios de la unidad. DOC proporciona el mismo acceso asegurándose de que haya subtítulos disponibles, cuando se ofrezcan, y de que todos los anuncios se hagan en la sala de estar, el patio y las celdas.

In Cell Announcements and Close Captions

Title II of the Americans with Disabilities Act (ADA) requires state and local governments to provide equal access to programs, services, and activities for people with disabilities. This means that AICs who are deaf or hard of hearing should have the same access to the TV and unit announcements. DOC provides equal access by making sure close captioning is available, when offered, and all announcements are made in the dayroom, yard, and cells.



Financial Services

Informational Briefing

AIC Debt and Obligation Information

| Debt / Obligation Type | Collection Schedule | Additional Information |
|--|---|---|
| Court Ordered Financial Obligation (COFO) | <ul style="list-style-type: none">Collected from eligible deposits per ORS 423.10510% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied | <ul style="list-style-type: none">The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO detailsCOFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child supportCOFOs will continue to collect during the Holiday Buying Period |
| <p>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not</u> available until the AIC releases from ODOC custody.</p> | | |
| DOC Debt | <ul style="list-style-type: none">Collected from eligible depositsAdditionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available | <ul style="list-style-type: none">DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advancesDOC debt is due upon receipt; if/when funds are not available, funds are advanced and set-up as debtMonthly, AICs may spend up to \$40 of the first \$80 deposited into general spendingDOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied |
| County Court Deferred Filing Fee Obligation | <ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month | <ul style="list-style-type: none">County obligations refer to deferred county filing feesThese obligations are incurred when an AIC selects to file with the court and the court approves a deferred filing feeCounty Court fees will continue to collect during the Holiday Buying Period |
| Initial Federal / US Court Filing Fee Obligation | <ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month | <ul style="list-style-type: none">Initial Filing fees can be collected in total and are due upon receiptThese obligations are incurred when an AIC selects to file with the court and the court approves a deferred filing feeInitial Federal/US Court filing fees will continue to collect during the Holiday Buying Period |
| Federal / US Court Deferred Filing Fee Obligation | <ul style="list-style-type: none">Collected around the beginning of the month | <ul style="list-style-type: none">General filing fee collection amount determined by the previous month's deposit(s)20% of previous months deposits multiplied by the number of cases is deemed collectableFederal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period |

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.



EHR UPDATE



TO: ALL ADULTS IN CUSTODY
FROM: HEALTH SERVICES
RE: Electronic Health Records (EHR)
Project

It might be cold outside, but things are heating up for the EHR project!

Over the past few months, many people from Health Services have been testing a practice version of the EHR system to see how it will work. Also, more testing is scheduled soon!

This is important because the people testing it are the doctors, nurses, dentists, BHS, and other health workers who will use the EHR to take care of your health. Testing helps to make sure the EHR works right before we start using it every day.

Health Services will continue to keep you updated about the EHR Project! If you have questions about the EHR, send a kytic addressed to: **ASK EHR**.



PLEASE REMEMBER, for now, **you still access health care, dental, and BHS how you always have in your institution.**





EHR UPDATE



PARA: Todos los adultos bajo custodia
DE: Servicios de Salud
Asunto: Actualización sobre los Expedientes Electrónicos de Salud

Puede que haga frío afuera, ¡pero las cosas se están calentando para el proyecto EHR!

Durante los últimos meses, muchas personas de los Servicios de Salud han estado probando una versión práctica del sistema EHR para ver cómo funciona. Además, ¡más pruebas están programadas pronto!

Esto es importante porque las personas que lo prueban son los médicos, enfermeras, dentistas, BHS y otros trabajadores de la salud que utilizarán el EHR para cuidar de su salud. Las pruebas ayudan a garantizar que el EHR funcione correctamente antes de comenzar a usarlo todos los días.

¡Health Services continuará para mantenerlo informado sobre el Proyecto EHR! Si tienes preguntas sobre el EHR, envíe un correo dirigido a: **ASK EHR**.



POR FAVOR RECUERDE, por ahora, usted todavía tiene acceso a atención médica, dental y BHS como siempre lo ha hecho en su institución.



Changes to the Mail Rule

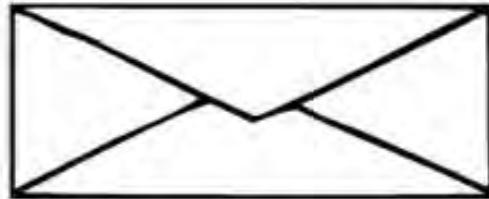
Effective 1/13/2025

Effective January 13, 2025, the Mail Rule has been revised to address concerns regarding safety, security, and the well-being of both Adults in Custody (AICs) and staff. Mail postmarked after this date will be subject to the revised rule.

Some of the new requirements that friends and family of AICs should be aware of include:

- Incoming mail must be in pen, lead pencil, or be typewritten or photocopied.
- Incoming mail must be written on standard weight (20 pound or less) white paper. This is standard copy/print paper.
- Incoming mail must be enclosed in a commercially produced envelope using standard weight (20 pound or less) white paper that is no larger than 9" x 12".

There are no changes to the Legal Mail requirements



Examples of items that will be refused:

- Any non-white envelope
- Envelopes larger than 9" x 12"
- Envelopes that are not commercially produced
- Envelopes made of cardboard, padded, corrugated, or tear-resistant material
- Envelopes constructed of heavy weight paper (that is, greater than 20 pound) or with security screening features
- Cardstock (such as is used for greeting cards and postcards)

Greeting cards and postcards are not allowed.

This information is also being provided to your friends and family in the Visiting lobby, via the F&F emailed newsletter, and on the DOC Facebook page.

Attention!!

Release Services are providing 3 groups/classes for those AIC's getting ready to release home. This is aside from the "Road to Success" transition services, and initial regular release class. The 3 groups/ classes are:

1. GOGI (Getting Out By Going In)

"Getting Out By Going In" helps you "Get Out" of negative situations by "Going In" to your own ability to find the solutions to your problems. These 12 tools for positive decision making will be taught once a week for 90 minutes for 12 weeks.

2. Let's Go! (formerly known as PRD)

This is a class taught by Ms. Nestalhi that takes a deeper look into yourself and the issues that hold you back from becoming the person you were meant to be. This will be once a week for 2 & a half hours for 10 weeks

3. Restorative Justice

Addresses the connection between offender and victim and looks at the impact & effects on the community. This class will be once a week for 2 & a half hours for 5 weeks (starts when "Let's Go!" is completed)

To sign up for these classes please send kytés to **Ms. Nestalhi** at **Release Services**. You will be placed on a waitlist, determined by release date. Eligibility is 3 years or less to release or 3 years from seeing the parole board to sign up for these classes.

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