

Powder River

March 14, 2025

AIC NEWSLETTER

Daily exercise
routine

See Page 2

Personal Growth
& Personal
Change class

See Page 6

PRCF AIP
TRANSFERS

See Page 7



FRI March 14	SAT March 15	SUN March 16	MON March 17	TUE March 18	WED March 19	THU March 20
H: 41 L: 28	H: 45 L: 34	H: 47 L: 30	H: 44 L: 24	H: 45 L: 27	H: 47 L: 28	H: 45 L: 30
Mostly Cloudy	AM Rain/Snow	Rain/Snow showers	Snow to Rain	Partly Cloudy	Mostly Cloudy	Mostly Cloudy

Baker High School Drug Free Senior Night project created by Physical Plant PRCF



Daily exercise routine

A basic daily at-home exercise routine could include: warm-up stretches, bodyweight exercises like squats, lunges, push-ups, planks, crunches, and burpees, followed by cool-down stretches; aiming for 3 sets of 10-12 repetitions per exercise, with short rests in between sets, and adjusting the intensity based on your fitness level.

Sample Routine:

- **Warm-up (5 minutes):**
 - Arm circles forward and backward
 - Leg swings
 - Jumping jacks
 - Hip circles
- **Workout (20-30 minutes):**
 - Squats: 3 sets of 12 reps
 - Lunges (each leg): 3 sets of 10 reps
 - Push-ups: 3 sets of as many reps as possible
 - Plank: Hold for 30 seconds
 - Crunches: 3 sets of 15 reps
 - Burpees: 3 sets of 10 rep



QUOTE:



FLAGGING CLASS

WEDNESDAY, MARCH 26TH 2025

THERE ARE 11-20 SPOTS AVAILABLE
TRANSITION SERVICES CAN NO LONGER PAY FOR THIS CLASS

CLASS IS \$80.00 IF WE HAVE 11 OR MORE AICs AND
\$100.00 IF WE HAVE LESS THAN 11 AICs

NOTE: CERTIFICATION LAST FOR 3 YEARS.

Upon completion, you will be certified for road-working and flagging jobs in Oregon, Washington, Idaho, and Montana.

Wages in this job industry are climbing, as is the demand for certified workers within this field, so this is a great opportunity for anyone interested in a hands-on career, working outdoors and with the community.

Also, most flagging companies are felon friendly!

The Class will run approximately four hours, at the end of which will be an open-book exam. The class is offered 2-3 times per year.

Must be one year or less to release to take the class.

To sign up – send a kite and CD-28 to Ms. Suing at PRCF. If you have any further questions, please kite Ms. Suing, Transition Coordinator.

All Kites must be turned in by Monday March 17th.

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**

SEASONAL RECRUITMENT

Adults in Custody

Fire Team

Do you need a job skill? Would you like to work in the forest? Do you want to be trained to fight wildland fires? Then you need to apply to be a part of the DOC's Adults in Custody Fire Team.



To qualify for this exciting opportunity, you:

- Must be a Classification Level 1 Unfenced.
- Your projected **release date or start date of eligibility window for treatment program** should be after **10/01/25**.
- AICs in treatment program **CANNOT** participate in the fire crew at this time.
- You must be medically approved to work in the forest. You must be reasonably fit to perform the duties of the assignment with no asthma or heart conditions.
- You must be approved by your counselor (**Do not request authorization from your counselor. Please submit application directly to Ms. Pimentel**)
- AICs in general population will have priority
- There are limited training spots.

You will be automatically disqualified if you:

- Have been convicted of a sexual offense, including attempts
- Have been designated “predatory” in any State
- Have been convicted of Arson or attempt

Working as a wild land firefighter is long, hard, strenuous work. The hours can be 10-16 hours a day in inclement weather over uneven terrain, requiring climbing, bending, stooping, digging, and lifting up to 50 pounds repetitively. Pre-qualified candidates must pass the Pack Test (walk 3 miles with 45lbs pack in 45 minutes). If you are selected, you will be trained in wild land firefighting and possibly in chainsaw training. In addition, your training may include various natural resource topics, First Aid and CPR Certification, and Food Handlers card.

The benefits are priceless – you would be working outdoors in a natural setting as part of a team assisting the Oregon Department of Forestry in maintaining healthy forests and protecting them from wild land fires. You will receive a certificate of program completion and upon release you will have a job skill in the wildland fire fighting field.

Firefighters earn the following:

- PRAS of **14-17 points per day** (Camp Support 14 and Fire Suppression 17), **plus**
- Meritorious award of **\$12.50 per day** on fire (camp or suppression), **plus**
- Reentry Savings account of **\$12.50 per day** per fire (camp or suppression)

If you believe you meet the above criteria and would like to be considered for this work opportunity, please send a complete application form to

Ms. Pimentel, IWP Coordinator.

PERSONAL GROWTH & POSITIVE CHANGE



This course is designed to help you improve your relationships and communication skills, while learning positive strategies for a successful future.

YOU WILL EARN 1 PRAS POINT PER CLASS ATTENDED.

This staff facilitated class will be 1.5 hours long. You will be provided a workbook, have assigned homework and the opportunity to participate in group discussions. Upon successful completion of this course, you will receive a certificate. If you choose to enroll, consistent attendance, feedback and respectful communication are keys to a successful course experience. This course is a pilot project. Course length will be determined upon completion of this initial group.

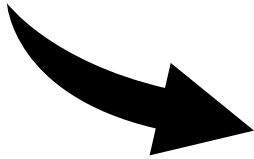
If you have questions OR wish to enroll in the course, please send an AIC Communication to:

Ms. Hoopes, MPB Rm. 505.

Application requests are due to Ms. Hoopes by:

MARCH 28, 2025

****TREATMENT AICs MUST HAVE THEIR PRIMARY COUNSELOR'S APPROVAL IN WRITING TO PARTICIPATE. ****



Admin Clerk

Admin is seeking a Clerk to aid in computer work, filing, and activities committee related tasks. Requirements to qualify to apply include:

MUST HAVE:

1. 8 months until treatment eligibility or release date
2. No Program failures
3. Clear Conduct for the past 6 months
4. GED
5. Strong work ethic, ability to follow instructions, and work independently.
6. **MUST HAVE** working knowledge of Microsoft Office – Word and Excel
7. Previous experience preferred.

Interested in the position please fully complete the CD1523 Work Application Form and send to Ms. Pimentel – IWP Coordinator.

The position open until filled by qualified.

PRCF AIP TRANSFERS -

2024 the decision was made to ensure all Adults in Custody (AIC) participating in the Alternative Incarceration Program (AIP) are transferred to correctional facilities closer to their county of record prior to the beginning of the non-prison leave (NPL). The goal of this change was to ensure individuals releasing from the Oregon Department of Corrections (ODOC) can return to their communities and report for supervision in the most timely, safe, reliable, and efficient manner possible.

Earlier this year, conversations began addressing concerns related to AICs not being able to take advantage of the full AIP program due to transferring out up to two weeks prior to their program completion and beginning of their NPL. The concerns were viable, and the department wants to ensure AICs can take full advantage of the services AIP provides. To ensure an AIC can complete the program prior to transferring to a closer facility for release onto NPL, the decision was made to extend the time between the institution program completion date and the date the NPL begins. Reentry and Release personnel, specifically release counselors, will set NPL start dates 14 days after the program completion date. If the NPL start date falls on a weekend or holiday, the NPL start date will be set to the last business day prior to the weekend or holiday.

If you have questions related to this process change, please contact your treatment team.

MARCH IN HISTORY

March 15

March 15, 44 B.C. - Julius Caesar was assassinated in the Senate chamber in Rome by Brutus and fellow conspirators. After first trying to defend himself against the murderous onslaught, Caesar saw Brutus with a knife and asked "Et tu, Brute?" (You too, Brutus?) Caesar then gave up the struggle and was stabbed to death.

March 16, 1968 - During the Vietnam War, the My Lai Massacre occurred as American soldiers of Charlie Company murdered 504 Vietnamese men, women, and children. Twenty-five U.S. Army officers were later charged with complicity in the massacre and subsequent cover-up, but only one was convicted, and later pardoned by President Richard Nixon.

March 16, 1968 - New York Senator Robert Kennedy announced his intention to run for the Democratic presidential nomination.

March 17th - Celebrated as Saint Patrick's Day commemorating the patron saint of Ireland.

March 18, 1974 - The five-month-old Arab oil embargo against the U.S. was lifted. The embargo was in retaliation for American support of Israel during the Yom Kippur War of 1973 in which Egypt and Syria suffered a crushing defeat. In the U.S., the resulting embargo had caused long lines at gas stations as prices soared 300 percent amid shortages and a government ban on Sunday gas sales.

March 19, 2003 - The United States launched an attack against Iraq to topple dictator Saddam Hussein from power. The attack commenced with aerial strikes against military sites, followed the next day by an invasion of southern Iraq by U.S. and British ground troops. The troops made rapid progress northward and conquered the country's capital, Baghdad, just 21 days later, ending the rule of Saddam.

March 20, 1995 - A nerve gas attack occurred on the Tokyo subway system during rush hour resulting in 12 persons killed and 5,000 injured. Japanese authorities later arrest the leader and members of a Japanese religious cult suspected in the attack.

March 21, 1918 - During World War I, the Second Battle of the Somme began as German General Erich von Ludendorff launched an all-out drive to win the war. The battle began with a five-hour artillery barrage followed by a rush of German troops. The offensive lasted until April 6th and resulted in the Germans gaining about 35 miles of territory. Allied and German casualty figures for both battles approached 500,000.



Physical Plant Tool-Room Clerk

Physical Plant is seeking a Tool-Room Clerk to aid in inventorying tools, keeping track of work orders, supply closet inventory, tag-out process, filing, and computer related skills/tasks.

Requirements to qualify to apply include:

MUST HAVE:

- 8 months until treatment eligibility or release date
- No Program failures
- Clear Conduct for the past 6 months
- GED
- Strong work ethic, ability to follow instructions, and work independently.
- MUST HAVE working knowledge of computers and able to identify tools and their use.
- Previous experience preferred.

Interested in the position please fully complete the CD1523 Work Application Form and send to Ms. Pimentel – IWP Coordinator. The position open until filled by qualified candidate.



PHYSICAL PLANT WORK ASSIGNMENT OPPORTUNITIES

Physical Plant is accepting applications for general services. If you are interested, please submit a complete application. You must have proven trade skills listed below. If you have submitted a previous application, you may submit an updated application.

To Qualify:

Clear Conduct – DOC staff will review your overall behavior while in DOC Custody.

Desired Experience:

- Drywall
- Framing
- Experience with woodworking tools
- Carpenter
- HVAC
- General Construction Skills
- Painter
- **PLEASE complete the CD1523 Work Application Form and send to MS. PIMENTEL ASAP**

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**





March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Turn in CD-28s for tickets by 9pm	4	5	6 PRAS Payday	7 Coffee, Photo & Activity Tickets A&O CLASS	8
9 Day light savings	10 Turn in CD-28s for tickets by 9pm	11	12	13	14 Coffee, Photo & Activity Tickets Delivery A&O CLASS	15
16	17 St. Patrick's Day Turn in CD-28s for tickets by 9pm	18	19	20 Spring Begins	21 Coffee, Photo & Activity Tickets Delivery A&O Class	22
23	24 Turn in CD-28s for tickets by 9pm	25	26	27	28 Coffee, Photo & Activity Tickets Delivery A&O Class	29
30						



Financial Services

Informational Briefing

Adult in Custody (AIC) 2025 Tax Information

The Department of Corrections (DOC) will not provide federal or state tax forms to AICs.

- AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.
- AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.
- DOC staff / legal assistants are not authorized to provide tax advice or status updates on filings to AICs.
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- DOC will only issue 1099 (MISC/INT) to AICs who meet specific IRS minimum requirements.
 - ✓ 1099 MISC issued to AICs who have received \$600 or more in PRAS.
 - ✓ 1099 INT issued to AICs who have accrued \$10 or more in interest.

State and Federal
taxes due date:
April 15th,
2025

AICs will need to use
their own pre-
addressed postage
paid envelope for tax
correspondence and
filings.

Oregon Department of Treasury Tax Forms Requests	Internal Revenue Service Tax Forms Requests
Department of Revenue P.O. Box 14999 Salem, OR 800-356-4222	Department of Treasury Internal Revenue Service Ogden, UT 84201-0002 800-829-3676

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.oregon.gov.



Due to hoarding of clothes and R&D having a need to keep a proper inventory, AICs who are found with excess clothing can receive an automatic 8-24 Hour Conduct Order. Please do not go through the clothing binds but wait for clothing exchange day Monday (GP) 7am, Tuesday (Programmers) 7am, Thursday (Programmers) 7am, Friday (GP) 7am.

AIC Handbook **J. Personal Hygiene/Dress Code**

18. Facility/State property you are authorized to have in your possession.
 - a. 2 pair of blue jean pants
 - b. 3 pair under shorts
 - c. 3 pair regular socks
 - d. 2 full sets of thermal underwear (seasonal)
 - e. 1 Heavy jacket
 - f. 1 stocking cap (beanie)
 - g. 2 padlocks for top bunks (drawer and mud locker)
 - h. 3 padlocks for bottom bunks (drawers and mud locker)
 - i. 3 T-shirts
 - j. 2 sweatshirts
 - k. 1 chambray shirt (general population)
 - l. 2 chambray shirts (Alternative Incarceration Program-AIP, if sweatshirt is returned)
 - m. 2 towels
 - n. 1 pair red shorts (return if blue shorts are purchased)
 - o. 1 pair state sneakers (return if personals purchased)
 - p. 1 pair work/snow boots (if job required)
 - q. 2 pair boot socks (if job required)



AIC Newsletter Article – 2022

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

Get Life Right

10 WEEK COURSE

CLASSES BEGIN:

TUESDAY, MARCH 25, 2025

1:00 PM – 2:30 PM

EAGLE CAP ROOM IN MULTI PURPOSE BUILDING



Please join this 10-week class to help you craft a better life on the inside that will follow you to the outside!

This staff facilitated class will be 1.5-hours long. You will be given a book that is yours to keep, have assigned homework and the opportunity to participate in group discussions. Upon successful completion of this course you will receive a certificate. **You will earn 1 PRAS point per class.**

You must have at least 10 weeks left before releasing. If you choose to enroll, consistent attendance, feedback and respectful communication are keys to a successful course experience.

If you have questions OR wish to enroll in the course, please send an AIC Communication to Ms. Hoopes, MPB Rm. 505.

APPLICATIONS ARE DUE TO MS. HOOPES BY MARCH 10, 2025—NO EXCEPTIONS

ODOC Health Services presents:

An EHR Short-Story



...there was a man named Mr. T. He had some health problems, but luckily, Health Services at the Oregon Department of Corrections had a special computer system called an Electronic Health Record (EHR) to help the doctors, nurses, dentists, and BHS work together.



One day, Mr. T had a really bad toothache, so he went to see the dentist, Dr. Larkin. Dr. Larkin looked at Mr. T's electronic health record (EHR) and saw that he had a lot of cavities in the past. He made a plan to fix Mr. T's teeth and asked the rest of the healthcare team to help.



Dr. Larkin talked to Nurse Ana. Together, they noticed that Mr. T was scheduled for sick call because of headaches and feeling tired. Nurse Ana met with Mr. T and updated the EHR with this new information. She thought it was important for Dr. Patel, the main doctor, to check it out.

Dr. Patel read the updated EHR and thought that Mr. T's tooth problems might be causing his other symptoms. She spoke with Dr. Larkin and Nurse Ana, and they decided to do some tests to make sure everything was okay with Mr. T.



Around the same time, BHS Martin met with Mr. T because he was anxious and sad. After looking at the EHR she saw that Mr. T had been recently seen by Dental and Medical and she knew pain can affect feelings. BHS Martin helped Mr. T find ways to feel better.

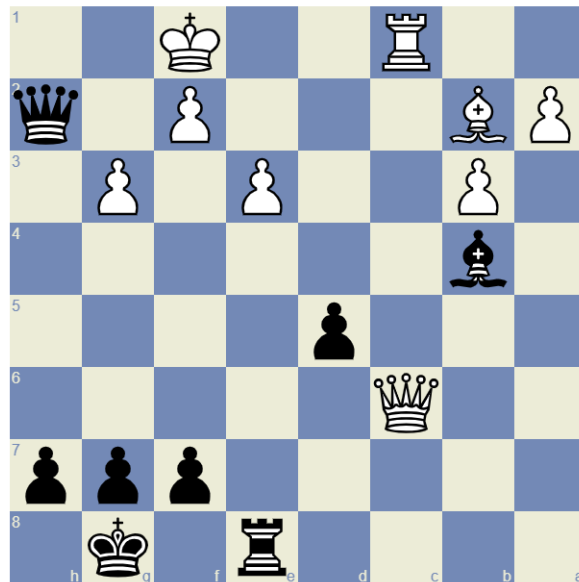
Thanks to the EHR system, everyone could share information and work together. Mr. T's dental issues were treated, his headaches went away, and he felt happier. The EHR helped make sure Mr. T got the care he needed.

En Passant- weekly chess puzzle

Difficulty: Intermediate

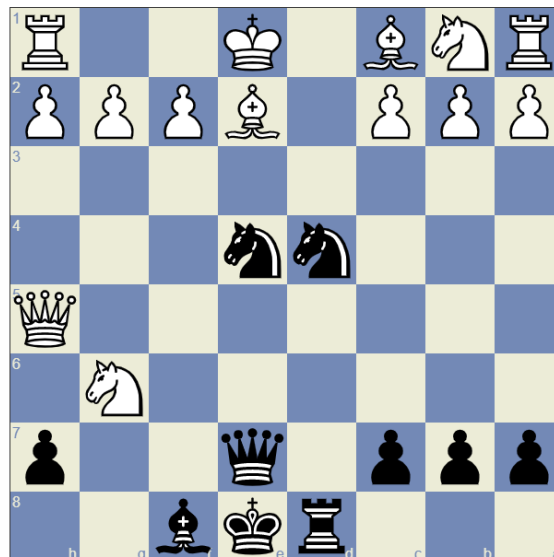
Black to move

Puzzle 974686: Black to win



Last puzzle's solution

Puzzle 755552: Black to win



1. Nc2+, Kf1 2. Rd1+, Bxd1 3. Ng3+, hxg3 4. Qe1#

En Passant



The PRCF chess club will be restarting in March. Those AICs, level 2 and 3, who are interested in participating need to send a kyte to Officer Endersby. The club will be meeting Monday nights from 6-8 pm in the Elkhorn room of the Multipurpose building. Once your kyte has been received you will be placed on a call-out to attend.