

# Powder River

April 11, 2025


## AIC NEWSLETTER

Daily exercise  
routine  
See Page 2

Extended  
date for  
Flagging  
class  
See Page 4

Native  
American  
Sweat/Lodge  
See Page 7



FRI April 11	SAT April 12	SUN April 13	MON April 14	TUE April 15	WED April 16	THU April 17
						
H: 60 L: 37	H: 53 L: 33	H: 53 L: 33	H: 59 L: 35	H: 62 L: 36	H: 58 L: 35	H: 61 L: 37
Cloudy	Mostly Cloudy	Partly cloudy	partly Cloudy	Partly cloudy	Partly cloudy	Partly cloudy

# Start a new routine

## How to Start a New Routine and Stick to It

1. Decide what needs to be in your routine. Do you want to get more exercise or more alone time? ...
2. Set small goals. Break each large goal into smaller goals. ...
3. Layout a plan. ...
4. Be consistent with time. ...
5. Be prepared. ...
6. Make it fun! ...
7. Track your progress. ...
8. Reward yourself.



Be prepared to  
tackle obstacles  
with courage,  
confidence, and  
creativity.

# Establish Healthy Routines

## 1. Assess Your Current Lifestyle:

- **Identify your current habits:**

Before making changes, understand your current lifestyle, including your sleep patterns, eating habits, and exercise routine.

- **Set realistic goals:**

Start with small, achievable goals rather than trying to overhaul everything at once.

## 2. Focus on Key Areas:

- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night to support physical and mental health.
- **Improve Nutrition:** Focus on a balanced diet rich in fruits, vegetables, and lean protein.
- **Incorporate Exercise:** Find activities you enjoy and aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Manage Stress:** Incorporate relaxation techniques like meditation, yoga, or spending time in nature.

## 3. Create a Structured Approach:

- **Plan Ahead:** Plan meals, workouts, and other healthy activities in advance.
- **Set a Schedule:** Create a daily or weekly schedule that incorporates your healthy habits.
- **Use Routines:** Routines help establish and reinforce healthy habits by providing a consistent framework for daily activities.
- **Habit Stacking:** Link new habits to existing ones to make them easier to adopt. For example, you could stack a walk after dinner with a healthy snack.

## 4. Make it Sustainable:

- **Start Small:** Don't try to change everything at once. Start with one or two small changes and gradually add more.
- **Make it Fun:** Find activities you enjoy and make them a part of your routine.
- **Reward Yourself:** Celebrate your successes to stay motivated.
- **Be Patient:** It takes time to build new habits, so be patient and don't get discouraged if you slip up occasionally.
- **Stay Hydrated:** Water is essential for the proper functioning of all body cells, tissues, and organs.

# **FLAGGING CLASS**

**DATE EXTENDED TO WEDNESDAY, MAY 21<sup>ST</sup> 2025**

**THERE ARE 10-20 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 May 17<sup>th</sup>.**

## 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.



**Please take note all thermal underwear will need to be turned into R&D on April 14<sup>th</sup>, 2025.**

# 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

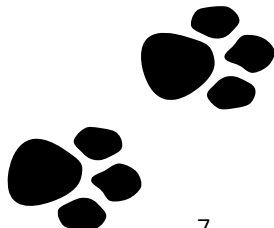
has been the ability to provide meaningful work for inmates in training homeless dogs. More specifically, the program assists homeless dogs lacking obedience skills and behavioral issues that limit the animal's ability to be re-homed successfully. New Hope for Eastern Oregon Animals is a Private Non-Profit 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**



# APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Turn in CD-28s for tickets by 9pm	8	9	10 <b>PRAS Payday</b>	11 Coffee, Photo & Activity Tickets <a href="#">A&amp;O CLASS</a>	12 <b>Passover begins at sundown.</b>
13	14 Turn in CD-28s for tickets by 9pm	15	16	17	18 Coffee, Photo & Activity Tickets Delivery <a href="#">A&amp;O CLASS</a>	19
20 <b>EASTER</b>	21 Turn in CD-28s for tickets by 9pm	22 <b>Earth Day</b>	23 <b>Administrative Professionals Day</b>	24	25 Coffee, Photo & Activity Tickets Delivery <a href="#">A&amp;O Class</a>	26
27	28 Turn in CD-28s for tickets by 9pm	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

Department of Revenue

P.O. Box 14999

Salem, OR

800-356-4222

#### Internal Revenue

##### Tax Forms Req

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*





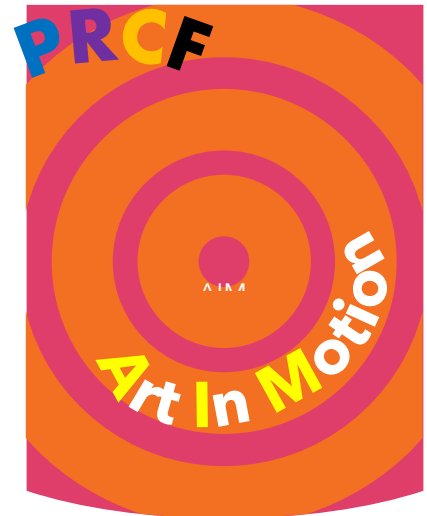
PRCF is now taking applications for **Artists** who are interested in creating and painting various canvas pieces and/or projects throughout the institution. The size and nature of the project or canvas will vary depending on the day. There may be additional visual arts projects available in the future.

If you are interested, please send a work application with samples of your work and/or portfolio. Please add a narrative about your interest and experience.

You will be selected based on your proven experience as an artist, Airbrush a Plus, two years of painting experience preferred, clear conduct, good behavior, incentive level 3, and be able to work independently.

PRAS Points start at 10 pts.

**Please send your information to Ms. Bronnenberg ASAP.**



### Law Library Closure: Week of April 28-May 2, 2025

DOC Law Libraries will be closed across the state for all-staff training during the last week of April. Annual training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

Institution-specific information is posted in the facility library.

Date: April 4, 2025

To: All Adults in Custody

From: DOC Health Services Division

Beginning May 1st, aspirin will no longer be offered at medline. For those patients who are suffering from mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, backaches and other associated symptoms, ibuprofen and acetaminophen are available at the housing unit. In addition to calcium carbonate (Tums®) for acid indigestion, heartburn and upset stomach, these products are available for self-use. If your health care needs are of a greater need, please see your medical provider.

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# 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



# PRCF FAMILY QUARTERLY MEAL



**DATE: FRIDAY, May 16<sup>th</sup> 2025**

**TIME: 4:30pm to 6:30pm**

**COST: \$6.00 per meal for each person**

**MEAL:**

BBQ CHEESEBURGERS WITH A VARIETY OF CONDIMENTS

BBQ BAKED BEANS

FRENCH FRIES

WATER, COFFEE, TEA, AND JUICE

WHITE CAKE OR CHOCOLATE CAKE

*\*\*Personal Condiments are not allowed for the event. \*\**

***This event is open to General Population, Treatment Communities, and ALL INCENTIVE LEVELS.***

## **TO ENROLL IN THIS EVENT, PLEASE DO THE FOLLOWING:**

1. Please send an AIC COMMUNICATION FORM to MR. Maruin, MPB 513 by 8:00AM ON May 7<sup>th</sup>, 2025.
2. THE COMMUNICATION FORM MUST INCLUDE:
  - a. The number of guests
  - b. The name and age of each guest
  - c. The guest's relationship to you
  - d. GUESTS MUST BE ON YOUR VISITING LIST—NO EXCEPTIONS
3. Include a CD-28 for the total number of meal(s) you are purchasing PAYABLE TO:
  - a. FAMILY FOUNDATION-ACCOUNT #2564  
Purpose: PRCF Quarterly Meal-MAY 2025
  - b. Cost of Meal: \$6.00 per meal for each person
4. THE COMMUNICATION FORM AND THE CD-28 MUST BE SUBMITTED TO MR. Maruin BY 8:00AM ON May 7<sup>th</sup> 2025. NO EXCEPTIONS AND NO REFUNDS. INCOMPLETE FORMS/INFORMATION WILL BE RETURNED.
5. Photos will be available. Photo tickets must be purchased through ACTIVITIES prior to the event. PLEASE PLAN ACCORDINGLY-NO EXCEPTIONS WILL BE GRANTED.



# PRCF SPIRIT-RUN 2025

May 3, 2025



PRCF NATIVE  
AMERICAN  
CIRCLE

## SPIRIT RUN

**7:30 am** Set-Up

**8:00 am** Guest arrives

**8:10 am** Program Begins

- Smudge
- Prayer
- Drumming & Songs
- Pipe Ceremony

**9:30 am** Spirit Run

**10:50 am** Return to Unit for Count-Time & Lunch

**12:00 pm** Spirit Run Cont.

**3:00 pm** Closing Prayer

**3:15 pm** Clean Up & Return to Units

## YOU ARE INVITED

