Powder River

April 25, 2025

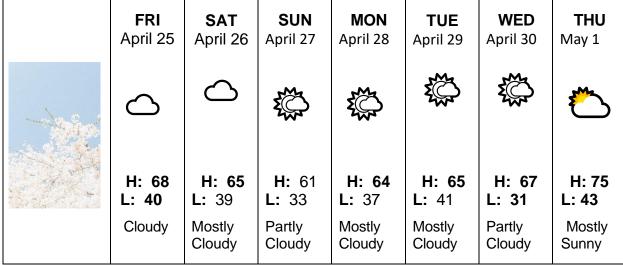
Adults in Custody (AIC) Newsletter

Family Quartlerly Meal See Page 5

Commissary News See Page 7

Sprit Run See Page 8





Do you know what the 30-30-30 rule is?

The 30-30-30 rule for weight loss involves consuming 30 grams of protein within 30 minutes of waking up, followed by 30 minutes of low-intensity, steady-state cardiovascular exercise. The rule is not a strict diet plan but rather a set of behaviors intended to support weight management.

Here's a more detailed breakdown:

30 grams of protein within 30 minutes of waking:

This emphasizes protein consumption early in the day, which may help with satiety and blood sugar regulation. Some studies suggest that high-protein morning meals can contribute to better muscle mass and potentially aid in weight loss.

• 30 minutes of low-intensity exercise:

This involves cardiovascular activity that is steady and not overly intense, such as walking or cycling. The focus is on consistent movement rather than intense bursts of exercise.

Important Considerations:

Calorie Deficit:

While the 30-30-30 rule can be a component of a healthy lifestyle, weight loss primarily relies on creating a calorie deficit, according to Men's Health.

Individualized Needs:

The 30-30-30 rule may not be suitable for everyone, and individual protein needs can vary. <u>Cleveland Clinic Health Essentials</u> recommends consulting with a registered dietitian to determine individual protein requirements.

Sustainability:

If the 30-30-30 rule feels restrictive or doesn't align with an individual's routine, a more personalized approach may be more sustainable, <u>according to Prevention</u>.

• Exercise Intensity:

While low-intensity exercise is emphasized, it's important to eventually increase exercise intensity to maintain weight loss and weight loss maintenance, <u>according to Prevention</u>.

Holistic Approach:

The 30-30-30 rule can be a part of a larger strategy for weight loss, including healthy eating habits and regular physical activity.



Level 3 - Restricted

FLAGGING CLASS

DATE EXTENDED TO WEDNESDAY, MAY 21ST 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 17th.

NOTICE:

Currently, BTI is NOT scheduled for classes at PRCF.

At the time a contract is secured and BTI schedules a time to conduct classes at Powder River, AICs will be notified and provided the opportunity to apply.

Until then, please DO NOT inquire about dates/times for BTI classes from staff.

Thank you!

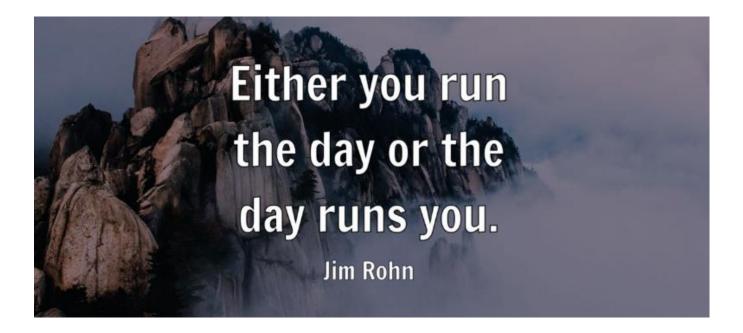
PRCF AIP TRANFERS -

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 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.

The Mennonite church (30 Performers) Presents:
A SPECIAL EASTER CELEBRATION CHOIR CONCERT @ PRCF
Friday, April 25, 2025 < 6:30pm 8:30pm>



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, IWP COORDINATOR

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 PRAS Payday	Pnoto &	12 Passover begins at sundown.
13	Turn in CD- 28s for tickets by 9pm	15	16	17	18 Coffee, Photo & Activity Tickets Delivery A&O CLASS	19
20 EASTER	Turn in CD- 28s for tickets by 9pm	22 Earth Day	23 Administrative Professionals Day	24	25 Coffee, Photo & Activity Tickets Delivery A&O Class	26
27	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 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.
 - o 1099 MISC issued to AICs who have received \$600 or more in PRAS.
 - o 1099 INT issued to AICs who have accrued \$10 or more in interest.

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

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.

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

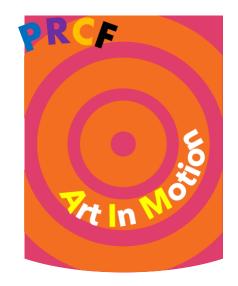
will vary depending on the day. There may be additional visual arts projects available in the future.

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.

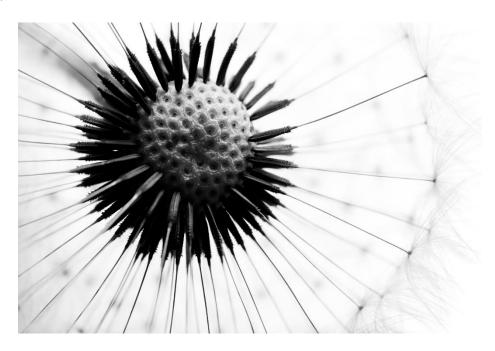
Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

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.





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



DATE: TUESDAY, APRIL 08, 2025

TO: Adults in Custody

FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager

SUBJECT: Commissary News, Updates and Reminders

News:

Due to year-end inventory, sales of the following pre-sale items will be suspended from

May 5th close of business - June 30th, 2025.

Incentive form

Incentive Order Form							
Please use my Protected Funds for this order	Please allow ueto 6 weeks for delive as we do not call an invento of items.						
Signature Required	Your order was processed						
	Shoe Order#						
SID: Unite:							
	Incentive Order#						
Name							
Institution Block-Unit Cell-Bunk	TV Order#						

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning June 30, 2025.

PRCF FAMILY QUARTERLY MEAL

Date: Friday May 16th 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

Notice:

Unless there is a minimum of ten (10) AICs with family members participating in the Quarterly Family Meal scheduled for 5/16/2025, it will have to be cancelled and rescheduled for another date and time.

Thank you,

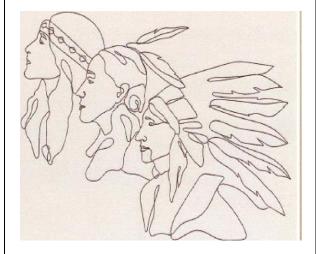
PRCF Correctional Rehabilitation Services.

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. Marvin, MPB 513 by 8:00AM ON May 7th, 2025.
 - 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. Marvin BY 8:00AM ON May 7th, 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.

^{**} Personal Condiments are not allowed for this event**

May 3, 2025



PRCF NATIVE AMERICAN CIRCLE

SPIRIT RUN

30 am Set-Up

8:00 am Guest arrives.

8:10 am Program Begins

- o Smudge
- o Prayer
- Drumming & Songs
- o 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





April 25, 1967 - The first law legalizing abortion was signed by Colorado Governor John Love, allowing abortions in cases in which a panel of three doctors unanimously agreed.

April 26, 1944 - Federal troops seized the Chicago offices of Montgomery Ward and removed its chairman after his refusal to obey President Roosevelt's order to recognize a CIO union. The seizure ended when unions won an election to represent the company's workers.

April 27, 1865 - On the Mississippi River, the worst steamship disaster in U.S. history occurred as an explosion aboard the *Sultana* killed nearly 2,000 passengers, mostly Union solders who had been prisoners of war and were returning home.

April 28, 1789 - On board the British ship *Bounty*, Fletcher Christian led a mutiny against Captain William Bligh, setting him and 18 loyal crew members adrift in a 23-foot open boat. Bligh survived a 47-day voyage sailing over 3,600 miles before landing on a small island. Christian sailed the *Bounty* back to Tahiti, eventually settling on Pitcairn Island and burning the ship.

April 29, 1992 - Riots erupted in Los Angeles following the announcement that a jury in Simi Valley, California, had failed to convict four Los Angeles police officers accused in the videotaped beating of an African American man.

April 30, 1789 - George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.

FUN FACTS

- No number before 1,000 contains the letter A.
- There were active volcanoes on the moon when dinosaurs were alive.
- Sudan has more pyramids than any country in the world.
- The human circulatory system is more than 60,000 miles long.
- The Pope can't be an organ donor.

