

Powder River

APRIL 2025

AIC NEWSLETTER

Thermal
underwear
return date
See Page 4

Extended date
for Flagging
class
See Page 5

Native American
Sweat/Lodge
See Page 7



FRI March 28	SAT March 29	SUN March 30	MON March 31	TUE April 1	WED April 2	THU April 3
H: 51 L: 34	H: 52 L: 33	H: 53 L: 37	H: 51 L: 33	H: 52 L: 37	H: 48 L: 35	H: 52 L: 35
PM Showers	Partly Cloudy	Cloudy	Mostly Cloudy	PM Showers	Mostly Cloudy	Mostly Cloudy



Weekly Exercise Routine



Monday: Upper Body Strength Training (push exercises)

- **Exercises:** Push-ups, bench press, overhead press, bicep curls, tricep extensions
- **Sets/Reps:** 3-4 sets of 8-12 repetitions per exercise

Tuesday: Lower Body Strength Training (pull exercises)

- **Exercises:** Squats, deadlifts, lunges, Romanian deadlifts, hamstring curls
- **Sets/Reps:** 3-4 sets of 8-12 repetitions per exercise

Wednesday: Cardio (HIIT or Steady-State)

- **HIIT:**
20-30 minutes of high-intensity interval training (e.g., burpees, jumping jacks, sprints)
- **Steady-State:**
30-60 minutes of moderate-intensity cardio (e.g., jogging, cycling, swimming)

Thursday: Rest or Active Recovery (Yoga, Stretching, Light Activity)

- **Active Recovery:** Light activities like walking, swimming, or cycling
- **Yoga:** 30-60 minutes of yoga to improve flexibility and reduce stress

Friday: Upper Body Strength Training (pull exercises)

- **Exercises:** Pull-ups, rows, lat pulldowns, dumbbell rows
- **Sets/Reps:** 3-4 sets of 8-12 repetitions per exercise

Saturday: Lower Body Strength Training (push exercises)

- **Exercises:** Front squats, glute bridges, leg press, calf raises
- **Sets/Reps:** 3-4 sets of 8-12 repetitions per exercise

Sunday: Rest or Active Recovery

- **Active Recovery:** Light activities like walking, swimming, or cycling
- **Rest:** Allow your body to fully recover

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 97302-497**

SATURDAY, MAY 3, 2025, NATIVE AMERICAN SPIRIT RUN AT PRCF.

PLEASE NOTE THAT THERE WILL BE A
NATIVE AMERICAN SPIRIT RUN REACT
SCHEDULED FOR 05/03/2025 STARTING AT 7:30
AM AND ENDING AT 3:30 PM AT PRCF.

John Agbasiere,
Chaplain



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

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.

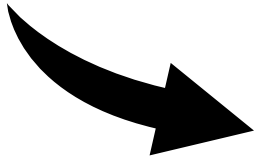
ALSO, MOST FLAGGING COMPANIES ARE FELON FRIENDLY!

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.



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 24, 1934 - The Philippine Islands in the South Pacific were granted independence by President Franklin D. Roosevelt after nearly 50 years of American control.

March 25, 1807 - The British Parliament abolished the slave trade following a long campaign against it by Quakers and others.

March 26, 1992 - Soviet Cosmonaut Serge Krikalev returned to a new country (Russia) after spending 313 days on board the Mir Space Station. During his stay in space, the Soviet Union (USSR) collapsed and became the Commonwealth of Independent States.

March 27, 1977 - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

March 28, 1979 - Near Harrisburg, Pennsylvania, the Three Mile Island nuclear power plant accident occurred in which uranium in the reactor core overheated due to the failure of a cooling valve. A pressure relief valve then stuck causing the water level to plummet, threatening a catastrophic nuclear meltdown. The accident resulted in the release of radioactive steam into the atmosphere, and created a storm of controversy over the necessity and safety of nuclear power plants.

March 29, 1979 - In the U.S. Congress, the House Select Committee on Assassinations released its final report regarding the killings of John F. Kennedy, Martin Luther King, and Robert Kennedy.

March 30, 1981 - Newly elected President Ronald Reagan was shot in the chest while walking toward his limousine in Washington, D.C., following a speech inside a hotel. The president was then rushed into surgery to remove a 22-caliber bullet from his left lung. "I should have ducked," Reagan joked. Three others were also hit including Reagan's Press Secretary, James Brady, who was shot in the forehead but survived. The president soon recovered from the surgery and returned to his duties.

March 31, 1991 - The Soviet Republic of Georgia, birthplace of Josef Stalin, voted to declare its independence from Soviet Russia, after similar votes by Lithuania, Estonia and Latvia. Following the vote in Georgia, Russian troops were dispatched from Moscow under a state of emergency.





NATIVE AMERICAN SWEAT/LODGE

DATE/TIME: 7 AM - 2:30 PM/APRIL 6, 2025 TOTAL AIC

PARTICIPANTS: 20 A/CS

7 AM TO 8:30 AM

CHAPLAIN WILL CHECK TO SEE THAT ALL NECESSARY ITEMS ARE PRESENT IN THE SWEAT LODGE AREA, THEN BRING GARDEN TOOLS, HOSE, AND SHREDDED PAPER INTO GATE 3. CHAPLAIN WILL REMOVE THE CABLE FROM THE PRIVACY PANELS AND SECURE IT IN THE PHYSICAL- PLANT.

- **AICS DESIGNATED FOR PREPARATIONS WILL BE CALLED OUT TO HELP SETUP.**
- **BLANKETS WILL BE GATHERED FROM R & D.**
- **THE FIRE WILL BE SET UP AND LIT.**
- **AICS WILL SET UP THE SWEAT LODGE.**
- **FOOD SERVICES WILL PROVIDE SACK LUNCHES AND WATER.**

8:30AM TO 1:30 PM

- THE REST OF THE NATIVE AMERICAN INMATES ARE CALLED OUT TO GATE 7.
- 9:00 AM EVENT COMMENCES.
- AICS WILL BE **OUTCOUNTED** DURING 11:00 AM FORMAL COUNT, USING THE OUT-COUNT SHEET.

1:30 PM TO 2:00 PM

- 1:30 PM EVENT ENDS.
- ALL AICS CLEAN UP AND DECONSTRUCT THE SWEAT LODGE.
- THE FIRE IS FULLY EXTINGUISHED/PUT OUT.
- 2:00 PM EVERYTHING IS COMPLETED, CLEANED UP AND ALL AICS ARE READY TO BE PATTED DOWN OR UNCLOTHED SEARCHED AT **GATE 7.**
- BLANKETS WILL BE RETURNED AS PER PROCEDURE.
- TOOLS AND LARGE SWEAT LODGE COVERS ARE RETURNED TO THEIR PROPER PLACES BY THE CHAPLAIN.

A/CS SHOULD NOT BE LEAVING OR ENTERING THE SECURE COMPOUND FOR ANY REASON.

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



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
Coordinator
Oregon
Corrections
*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*

PREA
Department of

3723 Fairview Industrial Drive, SE
Salem, OR 97302

ODOC Health Services presents:

An EHR Short-Story



ONCE UPON A TIME ...

...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.