Powder River

May 2nd 2025

Adults in Custody (AIC) Newsletter

Family Quartlerly Meal See Page 5

Commissary News

See Page 7

Sprit Run See Page 8



FRI	SAT	SUN	MON	TUE	WED	THU
May 2	May 3	May 4th	May 5	May 6	May 7	May 8th
H: 79	H: 53	H: 55	H: 65	H: 71	H: 71	H: 65
L: 43	L: 34	L: 35	L: 36	L: 40	L: 39	L: 38
Sunny	showe rs	Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	

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 handson 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 openbook 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 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.

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.
- Must be able to lift 50 lbs.

IF YOU ARE INTERESTED, PLEASE SEND AN APPLICATION FORM TO MS. PIMENTEL, IWP COORDINATOR

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Turn in CD- 28s for tickets by 9pm	6	7	8 PRAS Payday Feed forms due for cinnamon rolls	9 Coffee, Photo & Activity Tickets A&O CLASS	10
11 Mother's Day	Turn in CD- 28s for tickets by 9pm	13	14	15	Coffee, Photo & Activity Tickets Delivery A&O CLASS	17
18	Turn in CD- 28s for tickets by 9pm	20	21 Coffee, Photo & Activity Tickets Delivery	22	23 A&O Class	24
25	26 Turn in CD- 28s for tickets by 9pm Memorial Day	27	28	29	30 Coffee, Photo & Activity Tickets Delivery	31



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

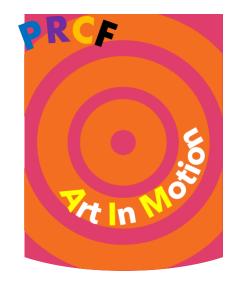
will vary depending on the day. There may be additional visual arts projects available in the future.

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.

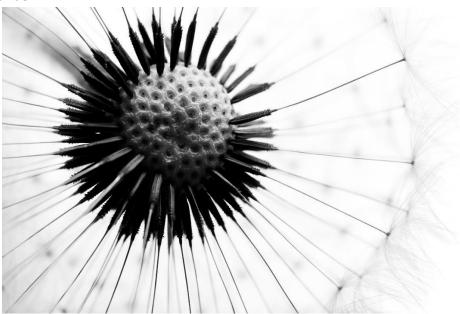
Please send your information to Ms. Bronnenberg ASAP.



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

900	13300	Incentive	Order Form		
Please use my Protected Funds for this order			Please allow uggo 6 weeks for delive as we do not ca!!!) an invento of items		
Signature Required		equired	Your order was processed		
SID:	8	IDate:	Shoe Order#		
E 30.22	SID.		Incentive Order#		
Name Institution	Last Block-Unit	First 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

b.

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,

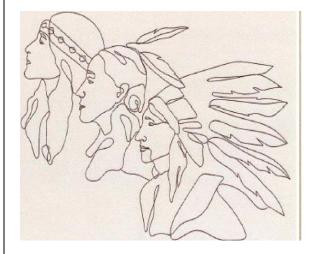
PRCF Correctional Rehabilitation Services.

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.
- 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
 - 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





DATE: THURSDAY, MAY 01, 2025

TO: Adults in Custody

FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager

SUBJECT: Commissary News, Updates and Reminders

News:

The box for the Treva 5" Fan \$12.56 sold on commissary states that a power cord comes with the fan. The ISM's approved the sale of the fan if the cord was removed due to security issues. We do apologize. We have found a vendor that provides an acceptable power cord that is within security's specifications. This is the Clear Fan Adapter Cord that sells for \$10.25 on the commissary form. The fan is also battery powered therefore no power cord needed.

Thank you for your understanding and for always supporting your commissary operations. As we work daily to bring you new items and to keep the AIC welfare fund running.



Financial Services Informational Briefing

Adult in Custody (AIC) Trust Accounts

General Spending Account

- Primary spending account for AICs
- Eligible deposits are received into this account
 - o Examples: Deposits received from friends/family, and PRAS
- AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
- Funds in this account are not protected from debt/obligation collection or garnishment

Protected Spending Reserve Account

- This is a spending account established for AICs who receive protected money
 - Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards
- AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
- Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
- Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody
- 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500
- AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, available electronically and in paper) up to \$500

Transitional Savings Account

- AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
- Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account

General Savings Account

- Established as a means for AICs to save funds outside of the Transitional Savings Trust Account
- AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, available electronically and in paper)
- Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
- Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment

Obligated Reserve Accounts

- Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria
- AICs may receive deposits directly to one of these accounts from an external source
- AICs must be approved to place funds into an Obligated Reserve Account
- Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

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.state.or.us.



Releasing from prison soon? Worried about employment barriers due to your criminal background? We would love to help you.

You must be 6 months to Release to attend the class.

Send a Kyte to Ms. Suing if interested ASAP

Come to our class this May 22nd 9:30-10:30am here at PRCF.

Or contact our office for an application and write us at:

Opportunity Oregon 1045 Gateway Loop Ste C Springfield, OR 97477