

Powder River

June 20th, 2025

Adults in Custody (AIC) Newsletter








Month of
June

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H: 66 L: 38	H: 57 L: 37	H: 64 L: 40	H: 74 L: 49	H: 76 L: 48	H: 78 L: 48	H: 81 L: 49
Mostly Cloudy	AM Showers	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Mostly Sunny	Mostly Sunny

Monday: Upper-body strength training (45 to 60 minutes)

Strength training is a critical part of any weekly workout schedule. Sure, dumbbells and barbells may look overwhelming at times, but strength training can help build lean muscle, increase bone strength, and prevent injury. Try this [upper-body dumbbell workout](#) or incorporate HIIT into your upper body training with this [at-home bodyweight workout](#). When it comes to following an A+ weekly workout plan, remember to [change up your strength routine](#) every three to four weeks to keep seeing results, suggests [Holly Rilinger](#), an AAFA-certified personal trainer and founder of LIFTED.

Tuesday: Lower-body strength training (30 to 60 minutes)

When it comes to lifting, the general rule of thumb is to allow 48 hours of recovery time between working the same muscle group, according to the [Hospital for Special Surgery](#). (When you train, you develop microscopic tears in the muscles that produce inflammation, and your body needs this in-between time to repair the tears.) That said, focus on lower-body strength on "day two" of your weekly workout routine to give upper body muscles a rest.

Wednesday: Yoga or a low-impact activity such as barre, light cycling, or swimming (30 to 60 minutes)

While spacing out your workouts, avoid doing the "same activity on successive days," says Dr. Cardone. "So, if you have a high-impact day, follow that up with a low-impact day." A low-impact workout will ensure you give your muscles time to recover before you hit the heavy weights again.

Thursday: HIIT (20 minutes)

Not only do these fast-paced workouts take less time than others, but [HIIT workouts](#) can also provide the same health benefits as endurance activities, according to a [2013 study](#) published in the *Journal of Physiology*. There's even evidence that those who pick up HIIT-style workouts are [more likely to stick to their routine](#) (including a weekly gym workout plan!) because of the variety of movements.

Friday: Total-body strength training (30 to 60 minutes)

End your workweek with total-body strength training. "When it comes to strength training, you should aim to hit all of your major muscle groups like your quads, glutes, hamstrings, chest and upper back, plus core," says Rosante. He encourages a primary focus on [heavier compound lifts](#) (which work tons of muscle groups), such as the deadlift, hip thrust, squat, bench press, and weighted rowing movements — plus, anti-movement exercises for your core. "Think: plank and plank variations as well as exercises like the Paloff press," he says.

Saturday: Steady-state cardio (running or cycling for as long as feels comfortable for you)

HIIT workouts tend to get all of the attention these days for their [many benefits](#), but steady-state cardio is still important for your health. In fact, a [2017 study](#) found that running just two hours a week can significantly extend your lifespan, providing some pretty convincing evidence that running deserves a place in your weekly workout schedule. Ditto for biking — a 2017 study conducted by researchers at the University of Glasgow and published in the *British Medical Journal* suggested biking can help you live longer while reducing your risk of cancer and heart disease by nearly half. (FYI, cyclists involved in the study clocked an average of 30 miles per week.)

Sunday: Rest

Sunday is your much-needed rest day, so don't forget to use it to foam roll and stretch. "Think of fitness as a lifelong experience," says Rilinger. "When you're younger, you feel invincible and ignore the warning signs. Giving your body the time it needs to recover means you can stay in the game longer."

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 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.

SEASONAL RECRUITMENT

Adults in Custody FIRE CAMP SUPPORT

UPDATE

PRCF is recruiting for Fire Camp Support (not fire suppression at this time).

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 **8/1/25**.
- AICs in treatment program **CANNOT** participate in the fire crew at this time.
- You must be medically approved to work in the forest. **Camp Support and Fire Suppression has the same medical review protocol.** 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)**
- 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 even in the fire camp support can be long hours, 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. **No pack test is required.** If you are selected, you will be trained in First Aid and CPR Certification and Food Handlers card.

Camp Support is awarded of the following:

- PRAS of **14 points per day, plus**
- Meritorious award of **\$12.50 per day** on fire camp, **plus**
- Reentry Savings account of **\$12.50 per day** on fire camp

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.

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

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 PRAS Payday	6	7
8	9 Turn in CD-28s for tickets by 9pm	10	11	12	13 Coffee, Photo & Activity Tickets A&O CLASS	14
15 Father's Day	16 Turn in CD-28s for tickets by 9pm	17	18 Coffee, photo & Activity tickets delivery	19 Juneteenth	20 A&O CLASS	21
22	23 No CD-28s for tickets	24	25	26	27 No ticket delivery A&O Class	28
29	30 Turn in CD-28s for tickets by 9pm					



Financial Services

Informational Briefing

AIC Debt and Obligation Information

Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are not available until the AIC releases from ODOC custody.

Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none">Collected from eligible deposits per ORS 423.10510% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied	<ul style="list-style-type: none">The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO detailsCOFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child supportCOFOs will continue to collect during the Holiday Buying Period
DOC Debt	<ul style="list-style-type: none">Collected from eligible depositsAdditionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available	<ul style="list-style-type: none">DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advancesDOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debtMonthly, AICs may spend up to \$40 of the first \$80 deposited into general spendingDOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month	<ul style="list-style-type: none">County obligations refer to deferred county filing feesThese obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing feeCounty Court fees will continue to collect during the Holiday Buying Period
Initial Federal / US Court Filing Fee Obligation	<ul style="list-style-type: none">Collected as funds become availableMultiple collections may occur throughout the monthAdditionally, collections shall occur the last business day of the month	<ul style="list-style-type: none">Initial Filing fees can be collected in total and are due upon receiptThese obligations are incurred when an AIC <i>elects</i> to file with the court and the court approves a deferred filing feeInitial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal / US Court Deferred Filing Fee Obligation	<ul style="list-style-type: none">Collected around the beginning of the month	<ul style="list-style-type: none">General filing fee collection amount determined by the previous month's deposit(s)20% of previous months deposits multiplied by the number of cases is deemed collectableFederal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period



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

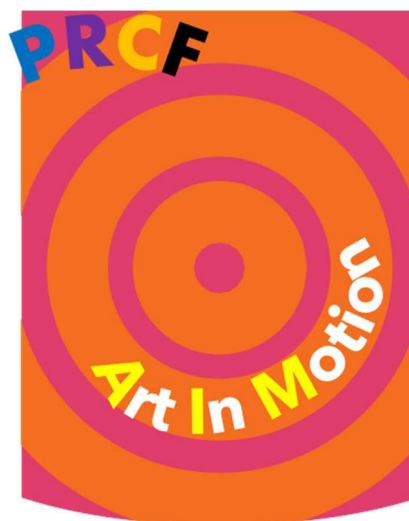
will vary depending on the day. There may be additional visual arts projects available in the future.

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.



The History Place™

This Month in History

. **June 20, 1782** - The U.S. Congress officially adopted the Great Seal of the United States of America.

June 21, 1964 - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.

June 22, 1918 - A Michigan Central Railroad troop train struck the rear of the Hagenbeck-Wallace Circus train in Ivanhoe, Indiana. Fifty-three circus performers were killed. Of the circus animals not killed, most were maimed and had to be destroyed. The performers, of whom only three could be identified, were buried in a mass grave.

June 23, 1865 - The last formal surrender of Confederate troops occurred as Cherokee leader and Confederate Brigadier General Watie surrendered his battalion comprised of American Indians in the Oklahoma Territory.

June 24, 1948 - Soviet Russia began a blockade of Berlin. Two days later the Allies responded with an emergency airlift to relieve two million isolated West Berliners. During the Berlin Airlift, American and British planes flew about 278,000 flights, delivering 2.3 million tons of food, coal and medical supplies. A plane landed in Berlin every minute from eleven Allied staging areas in West Germany. The Russians lifted their blockade of Berlin on May 12, 1949, however the airlift continued until September 30th.

June 25, 1950 - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full scale invasion of South Korea. Five days later, U.S. ground forces entered the conflict, which lasted until July 27, 1953, when an armistice was signed at Panmunjom, formally dividing the country at the 38th parallel into North and South Korea.

June 26, 1893 - Illinois Gov. John P. Altgeld issued a controversial pardon for three anarchists convicted after the Haymarket Riot. The riot had occurred in Chicago in May of 1886, after 180 police officers advanced on 1,300 persons listening to speeches by labor activists and anarchists. A bomb was thrown. Seven police were killed and over 50 wounded. Four anarchists were then charged with conspiracy to kill, convicted and hanged while another committed suicide in jail. Three others were given lengthy jail terms, then pardoned by Gov. Altgeld in a move that likely cost him his political career



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

State of Oregon
Department of Corrections Commissary

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 up to 6 weeks for delivery as we do not call an inventory of items.	
Signature Required		Your order was processed	
SID: _____		Shoe Order#	
Date: _____		Incentive Order#	
Name		TV Order#	
Institution	Last Block-Unit	First Cell-Bunk	

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

Attention:
Croc footwear will only be worn in the housing units.



PRCF *NATIVE* AMERICAN CIRCLE

Native American sweat lodge

**1st Saturdays Of every month starting on June 7th 2025
From 7am To 3pm**

Native American Talk Circle/ Smudge

**Every Saturday of the week Starting in June 2025 From
9am to 10am**



Any certificates of completion from the app are provided directly from Edovo. ODOC staff do not provide these certificates. However, if their family or friends would like to contact Edovo on the AIC's behalf, they can obtain a transcript of the completed courses by filling out a "Request a Learner Transcript" form at edovo.com. This form is located at the bottom of the web page, under "Company." They will need the AIC's name, Edovo ID, DOB, and facility.

FOR CYPHERWORX:

CypherWorx offers a system where the incarcerated learner can generate a secure code to share their certificates and transcripts with designated individuals, such as family members or attorneys. This allows these individuals to access and download the learner's educational records. Here's how an incarcerated learner can generate this secure code:

1. Access their profile by clicking the profile image in the top-right corner of the screen.
2. Select "Transcripts" from the dropdown menu.
3. In the "Share Your Certificates" section, click "View Terms and Conditions," then click "I Accept".
4. A unique code will be generated.
5. Share this generated code verbally or in writing with the intended recipient, as long as it complies with facility security guidelines.

This page is designed for individuals who have been given a secure code by an incarcerated learner to access their completed training records. Here's what you can expect:

1. Access the page: Go to <https://cypherworx.com/certificates>.
2. Enter the code: You'll need to enter the code provided by the incarcerated learner.
3. Download: After entering the code, a download button will appear, allowing you to save the learner's certificates and transcripts.

Important Notes:

- This website is for one-way access only; you cannot use it to communicate with the individual who shared the code.
- By using this site, you agree to the terms and conditions and confirm you have permission to access the educational records.
- If you haven't received a code but need access, you can contact CypherWorx to request it.



**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 July 16th 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

Our services are statewide and at no cost to YOU.

NARCOTIC ANONYMOUS

Program/counseling!

In the chapel: 12:40 pm - 2:00 pm Every

Thursday: Starting from ...

Thursday, June 26, 2025.

NB ... *interested AIC/s should do well to kyte the chaplain's.*

Office.

Thank
you.

Chaplain