



# OREGON CURE

Citizens United for the Rehabilitation of Errants

The mission of Oregon CURE is to support the incarcerated and their families and friends by advocating for effective criminal justice policies and procedures.

Winter 2026, Volume 81

A Newsletter for Incarcerated People and their Families and Friends  
P.O. Box 80193, Portland, OR 97280

For December of 2025, we sent each of our inside newsletter subscribers a Holiday Greetings in the form of a PAPER Greeting (Card) since the new mail rule kept us from sending our traditional yearly greeting cards into all ODOC facilities. We did so because we at Oregon CURE are doing what we can to let you know that you are being thought of. We hope you liked the greetings we sent and that your holidays were as happy as could be under the circumstances and that you are going into the New Year filled with hope for a better tomorrow, as are we. We know that there is every likelihood that before the end of this new year, all mail will be delivered electronically, so just as 2024 saw us sending in the last actual holiday "cards", 2025 may very well have seen us sending in the last "tangible" holiday greetings. We are told there will be a lot of perks that offset the electronic mail, and we hope that proves to be true. Change can be difficult and painful, and we also know change can be one door closing so that a bigger and better door can open. If the electronic mail results in every incarcerated individual being given a tablet to receive their mail on along with phone calls, programming, treatment, education, podcasts, Ted talks, job training, basic health care and healthy relationship building and mental health and parenting education and other positive opportunities that are now in short supply or missing all together, than the trade off could certainly be valuable. In time we will know and in the meantime, we are here to navigate these changes with you and we appreciate and encourage your input along the way. Please reach out to us with your concerns, suggestions, and ideas.....we will listen and assist where we can. Thank you and best wishes in this 2026 year from all of us at Oregon CURE.



## ART BY Michael Botting

My name is Michael Botting, and I've been incarcerated for nearly 22 years. I've had many ups and downs since my time began. The ups seem to be few and far between. This is why I celebrate them the most. The downs have been a constant since I suffer from PTSD. Yet these times are the most valuable when I think about it. I appreciate the opportunity to slow down and think about my life. I'm not saying that my crime had a purpose, it didn't. I'm saying that the opportunity to put things into perspective is the gift of incarceration. Even the depressing times have their place in life when you live life on life's terms. Maintaining integrity even though you are suffering is a major step in growing up for anybody. Art has

given me an outlet to meditate and see beauty where others tend to overlook. Composition, contrast and color are three things we enjoy, yet putting these together in your mind allows you to create something that's all yours. This piece of art here reminds me to slow down and enjoy the little things. I used to work on a ranch and have many fond memories of that time back home in Eastern Oregon. I imagine the contrast of the light and dark areas in the sky give this cowpoke much to contemplate. The dark silhouette represents the humble attitude we all should have when out in nature. We should enjoy it, remember it and sanctify it as if we were never there in the first place. Just be in awe.

## **OPTIONS FOR EMPLOYMENT OPPORTUNITIES ONCE RELEASED CAN BEGIN WHILE INSIDE.**

**FROM EAST CASCADES WORKS, Brendon Kinzel State Reentry Program Manager**

Participants of the WSO Program begin while they are still inside Oregon DOC facilities. Once they get within 180 days of their release, then they are put on a call-out for Road to Success. Upon completing the employment portion of that class then they are eligible for WSO Reentry. The program started as a Pilot in 2019 at DRCI and then Covid halted things. In 2022/23, we were able to pick things back up again, expand into WCCF, and then in 2024 I was hired to expand the program statewide. Since about September or October 2024 we have been fully launched in all 12 correctional facilities and are providing career services to the AICs while they are still down. We offer 1 year of follow up services with their case manager in the community as well as we are also serving customer post release in every county in Oregon.

We finished PY 24 with 764 total enrolled in the program statewide:

- Recidivism (12 months rate) 0.92%
- Employment 2<sup>nd</sup> quarter after exit 65.96%

This is just a quick snapshot of the program. It is working and we are helping these individuals obtain gainful employment so they do not have to resort back to old behaviors that led them to incarceration.

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## **CARCERAL EDUCATION**

**by Jacob Sopher, September 29, 2025**

Education is a critical aspect of serving productive time. In the Oregon DOC there are a handful of options for inmates pursuing higher education dependent on multiple factors, including location. Most of the education provided is offered by community colleges and leads to 2-year associate's degree. There are some options for earning a bachelor's degree, but these offerings are far more sparse. The main option for inmates wishing to take control of their education, finish their undergraduate studies and earn a bachelor's or even a master's degree are print based correspondence courses. Yes, because inmates are not allowed to use computers and the internet to take online classes, they must still take paper classes through the mail. As of today, one can earn a Master's degree in Business Administration (MBA), Sociology, or Criminal justice through the mail, with similar bachelor's degrees available also. Graduate education is so important for lifers, inmates serving long sentences, and inmates like me who entered prison already having earned a bachelor's degree. Correspondence courses can be expensive as inmates don't have access to low interest student loans to pay for their tuition.

\*\*\*California Coast University offers a full slate of accredited degrees and a very reasonable \$150 a month payment plan. They can be reached at 225 N Spurgeon Street, Santa Ana California 92701 or [calcoast.edu](http://calcoast.edu) for a free info packet. The Oregon DOC needs to offer accredited classes on tablets. There is an educational app called Edovo with some good content but no accredited classes. It would be amazing if you could study hard and earn a degree through the tablets. In the meantime, it would be great if there was a grassroots incarcerated student's honor fraternity with a newsletter and a scholarship for incarcerated students to help pay for correspondence course tuition. These are just some ideas to improve the state of carceral education.

\*\*\*Oregon CURE highly recommends that anyone reaching out to CCU, or any college for that matter, be sure to verify that the courses you are interested in, will in fact earn you credits that are transferable. NOTE the receiving school decides which credits count and how they apply. Make sure you have all the facts before you invest.

# **DON'T GET CAUGHT IN THE TRAP: HOW TO RECOGNIZE AND AVOID SCAMS AFTER REENTRY FROM WOMAN II WOMAN OCTOBER 27, 2025**

**Readers: Although the article was written for women it applies to everyone (previously incarcerated or not!).**

Reentry is a powerful season of rebuilding — a time to step forward with hope, wisdom, and courage. It's also a season when new challenges appear, especially in the world of money, jobs, and technology. Scammers know this, and they often target people who are starting over, hoping to take advantage of that fresh start.

At Woman II Woman, we believe knowledge is protection. Learning to recognize the signs of a scam isn't about fear — it's about standing firm in confidence and discernment. As Proverbs reminds us, "The wise see danger and take refuge." Wisdom keeps us safe as we rebuild.

## **WHY SCAMMERS TARGET PEOPLE AFTER REENTRY**

When you're rebuilding your life, you're often filling out applications, searching for jobs, trying to find housing, or reconnecting online. Those steps open doors to opportunity — but they can also open doors for dishonest people to slip through. Scammers prey on hope, urgency, and trust. They may sound kind, professional, or even spiritual. Their goal is to get your money, personal information, or trust. It's not your fault if you've ever been fooled — scams are designed to look real. But the more you know, the better you can protect yourself.

## **COMMON SCAMS TO WATCH FOR:**

**Job Scams** - Scammers post fake job listings or send messages offering "easy work-from-home" opportunities. They might ask you to pay for training, send your bank info for "direct deposit," or buy gift cards. These jobs almost always pitch a high weekly/hourly wage for a customer service job, often saying they are an Amazon affiliate or from other large corporations.

→ *Real jobs don't ask you to pay money to get started.*

**Rental Scams** - If you're looking for a place to live or a good deal online, be careful with ads—especially on Craigslist, Facebook Marketplace, or unfamiliar websites. Scammers often post fake rental listings or sell items that don't exist. Common red flags in rental scams:

- The price is way lower than others in the area.
- The "landlord" is out of town and asks you to send money before you see the place.
- They rush you to send a deposit or application fee.
- There's no lease or paperwork.

One of the women we know, who did over twenty years, fell for a scam like this and lost \$1,000. It can happen to anyone — the key is to verify and take your time.

→ *Always try to see the place in person, meet the landlord, and never send money through apps like Cash App, Venmo, or Zelle unless you're 100% sure it's legit.*

**Credit Repair Scams** - These scams promise to "erase your record," "fix your credit overnight," or "get you a new identity." Some charge big fees for services you can do for free.

→ *No one can legally remove accurate negative information from your credit report.*

**Romance & Celebrity Impersonation Scams** - Online friendships or relationships can turn romantic fast — sometimes that's a scam. A person might pretend to be a romantic interest, often saying they're in the military, overseas, or working out of state, then ask for money. Similarly, scammers sometimes create fake social media

accounts pretending to be celebrities or public figures. They may tell you it's their "private account" and try to build trust before asking for money or personal information.

→ *If you haven't met in person, and they ask for money — it's a scam.*

**Government or Legal Scams** - You might get calls, texts, or emails saying you owe fines, missed jury duty, or have a warrant — unless you pay immediately. They may even pretend to be law enforcement.

→ *Government agencies don't call or text demanding payment or personal info.*

**Reentry Assistance Scams** - Sadly, even fake "programs" pop up offering housing, transportation, or job placement for a fee. If you are unsure of a program and want to make sure it is legit, talk to your parole agent or contact an organization that you know and trust (like us!) with your concerns.

→ *Legitimate reentry programs don't ask for money up front.*

## HOW TO PROTECT YOURSELF

- Slow down. Scammers use pressure — "act now or lose your chance." Take your time to think and pray before responding.
- Guard your information. Don't share your Social Security number, bank info, or full birthdate unless you're sure it's legitimate.
- Verify everything. Look up the company or person online. Check reviews. Use official websites, not links in texts or emails.
- Ask someone you trust. Show the message or offer to a mentor, friend, or reentry program staff before taking action.
- Listen to your gut. If it feels off, it probably is — that inner warning is there to protect you.
- Stay informed. Visit [consumer.ftc.gov](https://consumer.ftc.gov) to read about the newest scams.

## IF YOU THINK YOU'VE BEEN SCAMMED

If you think you've shared information or sent money to a scammer, don't panic — act quickly:

- Stop communication immediately.
- Contact your bank or credit card company to freeze or dispute any charges.
- Report the scam to the Federal Trade Commission (FTC) at [reportfraud.ftc.gov](https://reportfraud.ftc.gov).
- Report the scam to the platform (Facebook, Instagram, TikTok, etc).
- Change your passwords.
- Monitor your credit reports for free at [annualcreditreport.com](https://annualcreditreport.com).
- Reach out for support. You're not alone, and recovery is possible. Every mistake can become a lesson that strengthens your discernment.

## WISDOM IS POWER

Part of rebuilding your life is learning who and what deserves your trust. Every day you grow stronger, wiser, and more confident in your decisions.

At Woman II Woman, we believe your new beginning deserves protection. Don't let anyone take advantage of your progress. Stand tall, stay alert, and know that God's wisdom is your best defense:

"Do not forsake wisdom, and she will protect you; love her, and she will watch over you." — Proverbs 4:6–7

# **TRANSFORMATIVE JUSTICE COMMUNITY**

## **REGROUP | RESILIENCE PROJECT | CREW | TJCOREGON.ORG**

**HOW IT STARTED - CREW** (Connecting Resources to Empower Women), the newest program of the Transformative Justice Community, was established in partnership with the Lifers of Coffee Creek in February of 2024. Through the guidance and leadership of these remarkable incarcerated women, we identified a list of needs for CREW to address. With funding from the Collins Foundation and the Vital Project Fund, CREW officially began its work in January 2025 and has quickly grown.

### **SINCE THEN...**

**Building a Foundation for Healing** - This new 10-session curriculum is a healing and growth journey for incarcerated women. It is on track to be completed with a facilitator's guide, participant workbooks, and 10 video teaching sessions featuring women with lived experiences by the end of 2025. Women's prisons in three different states will pilot the program in 2026 for a robust experiment to identify Then - Now - Next as an evidence-based practice to be used in women's prisons across the country.

**Workshops for Incarcerated Women Preparing to Release** - This 12-session, completely free and publicly available workshop series was built upon the foundation of "Making Amends and Creating Community," created by Cameron Hayes for men in the maximum-security prison from which he was released. It was expanded and customized for women and is now offered free of charge to anyone seeking additional support for reentry preparation.

**Empowerment Book Club** - CREW hosts a weekly book club on the medium side of Coffee Creek Correctional Facility (CCCF), focusing on books centering strong women and healing from trauma.

**CREW & CCCF Release and Reentry Taskforce** - CREW holds monthly meetings with DOC and CCCF staff, gender-informed practices representatives, advocates with lived experience in prison, survivors of sex trafficking, community organizations, and interested volunteers to organize initiatives to meet the identified needs of women releasing from CCCF.

**Safe Rides** - No woman should have to leave prison alone and be left at a bus stop. CREW organizes a coalition of volunteers to give women a safe ride to a safe place and provide them with a suitcase full of clothing and hygiene products, plus a free tattoo cover-up for sex trafficking or gang-related tattoos. In just four months, CREW has provided 18 safe rides to a safe place, 30 clothing and hygiene bundles, and 6 tattoo cover-ups!

### **WHAT'S NEXT...**

**CREW Release Center for Women** - CREW is in the process of securing funding for space to open a Release Center for women leaving CCCF without a support system. Using a pay-it-forward model in which every woman who benefits will contribute in at least one way to those who come after her, CREW will be able to offer a variety of services and supports **free of charge**. Women will be picked up by two vetted CREW volunteers and brought to the Release Center, where they can eat breakfast in a relaxed and not-overwhelming setting, fill a large duffel bag with new outfits from our clothing closet, choose from a variety of essential hygiene items, stock up on basic food items, enjoy a haircut and makeover, get a gang or sex trafficking tattoo covered, connect with a mentor, contact their parole officer, leave in a safe ride to their approved destination, and benefit from ongoing support through support group meetings, workshops, regular events, and a community of survivors.

### **PLEASE JOIN US IN CONTINUING THIS TRANSFORMATIVE JOURNEY!**

CREW is launching an initial fundraising drive for \$100,000 to get the Release Center up and running and helping women by early 2026. We sincerely appreciate your support and ask that you help us fund this exciting initiative.

# THE DIVERGENT PATHS: WHY PRISON TRANSFORMS SOME AND TRAUMATIZES OTHERS by Scott Spencer-Wolff, PhD

After thirty years studying human development and advocating for prison reform, I've observed a paradox that haunts our criminal justice system: two people can enter the same facility, serve similar sentences under nearly identical conditions, yet emerge as fundamentally different people. One leaves traumatized, institutionalized, and more likely to reoffend. The other somehow maintains their psychological integrity, even grows. Understanding this divergence isn't just academic—it's essential for creating environments that promote rehabilitation rather than destruction.

The critical factor isn't the prison itself, though conditions certainly matter. It's the intersection between the person's developmental trajectory and the prison environment. Incarcerated individuals aren't frozen in time; they're living, developing human beings whose brains and identities continue to evolve behind bars, for better or worse.

Age and developmental stage at incarceration prove crucial. Those imprisoned during adolescence or early adulthood face unique vulnerabilities. Their prefrontal cortex—responsible for impulse control, planning, and identity formation—is still developing until the mid-twenties. Prison during this critical window can derail normal development entirely. The very time when young people should be learning to navigate complex relationships, make autonomous decisions, and develop a coherent sense of self, they're instead learning to survive in a coercive environment with rigid hierarchies and constant threats.

Conversely, individuals incarcerated later in life, with already-formed identities and life experience, maintain better psychological continuity. A forty-year-old with a career, family connections, and life accomplishments has internal resources that a nineteen-year-old simply hasn't had time to develop.

Age alone doesn't determine outcomes. Attachment history matters profoundly. Those who experienced secure attachments in childhood—who learned that relationships can be safe, that others can be trusted, that they are worthy of care—carry this internal working model into prison. Even in an environment designed to dehumanize, they can maintain hope for connection and hold onto their sense of self-worth.

Those with histories of childhood trauma, neglect, or abusive attachment, however, often find their worst fears confirmed in prison. The violence, unpredictability, and dehumanization reactivate early trauma. For them, prison isn't just punishment—it's retraumatization. The hypervigilance required to survive becomes indistinguishable from PTSD symptoms they may already carry. They adapt by shutting down emotionally or becoming increasingly aggressive, strategies that helped them survive childhood but now become entrenched pathology.

Cognitive flexibility—the ability to adapt thinking patterns and find meaning in adversity—separates those who grow from those who deteriorate. Some individuals possess or develop what researchers call a "growth mindset." They reframe their incarceration as an opportunity, however unwanted, to develop themselves. They take classes, read voraciously, mentor younger inmates, engage in therapy. They find purpose even in constraint. This isn't about toxic positivity—it's about maintaining agency over their internal world when external control is stripped away.

Others experience what Martin Seligman termed "learned helplessness." The loss of autonomy convinces them they have no control over their lives. They become passive, institutionalized, unable to make basic decisions. When released, they're overwhelmed by the complexity and freedom of outside life. Some (and not a few, either) unconsciously sabotage themselves to return to the predictability of incarceration.

Social support makes an enormous difference. Those who maintain connections with family, friends, or community organizations have anchors to their pre-incarceration identity and hope for their post-release life. Regular visits, letters, and phone calls aren't luxuries—they're psychological lifelines that prevent total institutional immersion.

Isolation, by contrast, accelerates deterioration. Solitary confinement represents the extreme, causing measurable brain changes and severe psychological symptoms. But even in prison's general population, those without external support are forced to rely entirely on prison social structures, often organized around violence and exploitation. They must (or may feel they must) become someone new to survive, and that someone may be unrecognizable.

The prison environment itself (like every other 'Total Institution' environment) either supports or undermines resilience. Facilities that offer meaningful programming—education, vocational training, genuine therapy, substance abuse treatment—provide tools for change. They communicate that incarcerated people are capable of growth. Programs that address trauma specifically can help individuals process rather than simply react to their experiences.

Conversely, facilities characterized by violence, arbitrary rule enforcement, abusive staff, and meaningless busy-work send a clear message: you are not human; you cannot change; you are only your worst moment. People internalize these messages.

The capacity for meaning-making also differentiates outcomes. Some incarcerated individuals find meaning through religion, creative expression, helping others, or commitment to change. This meaning provides a psychological structure that prevents total disintegration.

What's crucial to understand is that these differences aren't simply individual failings or strengths. They're the product of entire developmental histories interacting with environmental conditions. A young person incarcerated after a childhood of trauma, in a violent facility with no programming, is set up to fail. An older person with secure attachments, in a facility offering robust support, has numerous advantages.

This understanding should fundamentally reshape our approach to incarceration. If we recognize that people continue to develop in prison, we must create environments that support healthy development rather than arrest or restrict it. If we understand that trauma histories make individuals vulnerable to further traumatization, we must provide trauma-informed care, not punishment that reactivates wounds. If we know that meaning, agency, and connection protect against deterioration, we must design systems that preserve these elements even within custody-appropriate constraints.

The question isn't why some people change, and others don't. It's why we've created a system that makes healthy development nearly impossible for those who need it most, while occasionally, almost accidentally, allowing some to survive intact. We can do better. We must.

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## NOT SO FUN FACTS BY TONI

A common myth is that a prison improves the economy in a rural area.

Let's look at SRCI, in Ontario Oregon,

1. How many of the staff live in and pay property taxes in Oregon vs. Idaho
2. How many visitors fly in to Idaho instead of Oregon to visit an AIC at SRCI
3. How many visitors rent vehicles in Idaho instead of Oregon once they fly in to visit an AIC at SRCI
4. How many visitors stay in a hotel in Idaho instead of Oregon once they fly in to visit an AIC at SRCI
5. How many visitors eat in Idaho instead of Oregon when they visit an AIC at SRCI

These are just 5 things to consider when being told that SRCI improves Oregon's economy and was and is therefore a great financial incentive to Oregon to have this prison way out in Ontario.

FACTS:

- People with criminal history can vote in Oregon once they are released and while in jail, but they cannot vote while they are in prison.
- If an incarcerated individual needs glasses they may have to wait up to 9 months to get an examination and prescription. This prescription is for glasses only. If they want contacts they must pay out of pocket for examination and transportation to an optometrist. This can cost as much as \$400. Contacts are considered medical devices but the requirements to get them for the incarcerated makes it extremely difficult to get them.



**INITIAL INFORMATION FORM AND  
CONSENT TO RELEASE OF CONFIDENTIAL INFORMATION**

**INSTRUCTIONS:** The DOC grievance process must be completed before submitting a complaint to the Office of Corrections Ombuds. The Office of Corrections Ombuds (OCO) will NOT investigate a complaint if the DOC grievance process has not been completed, unless there is an overwhelming reason why the process cannot be completed or if it is believed the DOC is not properly following the grievance process. This form must accompany any written complaint to the OCO. Fill out completely, sign, attach documentation and mail the form to the address listed.

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

SID: \_\_\_\_\_ FACILITY: \_\_\_\_\_

Has the DOC grievance process been completed? ☐ Yes ☐ No

*If yes, what was the outcome? If no, is there an overwhelming reason why the process cannot be completed or reason to believe DOC is not properly following the process? Please attach a description of the process here or submit a copy of your final grievance form.*

**INCIDENT REPORT:**

On or about \_\_\_\_\_ (insert date, dates, or date range), the Department of Corrections or an employee of the Department of Corrections took the following actions:

*Please attach a description of the incident here on no more than one piece of paper. Do not include supporting documents at this time, EXCEPT for final grievance form. Additional documents will be requested/collected if needed for information.*

I have attached the following documents (list documents provided, if any):

**FORM IS CONTINUED ON REVERSE SIDE**



### CONSENT TO RELEASE OF CONFIDENTIAL INFORMATION

**Complete the remainder of this form ONLY if you consent to the Oregon Office of Corrections Ombudsman sharing this form, along with any attachments, with outside entities to include the Department of Corrections, the Office of the Governor, or another appropriate state agency, as determined by the OCO.**

I understand that the Corrections Ombudsman is required to "[t]reat confidentially all matters and the identities of the complainants or witnesses coming before the ombudsman." (ORS 423.430(2).)

I understand that I am under no obligation to consent to release this form and any attachments.

I understand that by not signing this consent to release, my complaint will be recorded and used for data analysis to identify systemic issues, but will not be investigated further.

I further understand that my consent to release this form and any attachments may be revoked by me, in writing, before the form and any attachments have been shared with the Department of Corrections, the Office of the Governor or other state agency.

I have read this consent, or it has been read to me, and I understand its content. By my signature below, I hereby agree that this form and the attachments will not be treated confidentially by the Office of Correction Ombuds, and I hereby consent to the release of this form and any attachments to the Department of Corrections, the Governor's Office or other state agency.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_ SID: \_\_\_\_\_

## KRISTINA RICE - OREGON'S CORRECTIONS OMBUDSMAN

My name is Kristina Rice, and I am honored to introduce myself as the newly appointed Corrections Ombuds.

As Ombuds, I serve as a confidential and independent resource for addressing concerns and working to resolve individual and systemic issues within the Department of Corrections (DOC) and/or specific correctional facilities. I am here to listen, to support transparency and fairness, and to promote meaningful change.

My approach is grounded in respect, integrity, and a commitment to ensuring that all voices are heard—whether from adults in custody, their families, DOC staff or community stakeholders. I believe that everyone deserves to be treated with dignity, and I will work to ensure that concerns are addressed thoughtfully and impartially.

If you've contacted the Office of Corrections Ombuds (OCO) previously, the OCO has read and logged the information you provided and may use that information to identify potential systemic issues and areas for improvement within the DOC and/or specific correctional facilities. If the matter you reached out to the OCO about is ongoing, please complete an Initial Information Form and Waiver of Information Release and send these forms to the address below in an envelope marked "OFFICIAL MAIL" for OCO's review.

The Initial Information Form and Waiver of Information Release can be found online at [oregon.gov/gov](http://oregon.gov/gov) and then by clicking on the Resources tab on the top right, clicking on Ombudsman Resources, and then choosing Office of Corrections Ombudsman. You can also contact the OCO to request a copy of the form by emailing [doc.ombuds@oregon.gov](mailto:doc.ombuds@oregon.gov), by calling 833-685-0842 or by writing to the address: Office of Corrections Ombuds, 900 Court Street, Room 254, Salem, OR 97301.

Lastly, the OCO does not have jurisdiction over county jails, federal facilities, interstate compacts, probation or parole officers, or court officials, and the OCO does not provide legal assistance, advice, answers to any legal questions, or referrals. If you are seeking any of that information, you may want to seek the advice of an attorney.

I am grateful for the opportunity to serve in this role.

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## SHOP & SUPPORT OREGON CURE

You can benefit from Oregon CURE when you shop at any Kroger/Fred Meyer store. Simply sign up at [Kroger.com](http://Kroger.com). Link your shopper's card if you already have one or sign up for one and choose Oregon CURE as the organization you wish to benefit from your shopping with each transaction. Once you sign up, any transaction you make moving forward using your membership Shoppers Card number will benefit Oregon CURE at no expense to you. Kroger will donate a percentage of what you spend with them to Oregon CURE. What a great way to benefit our non-profit.

## SUPPORT US IN OTHER WAYS

Oregon Cure appreciates your donations and support. Click to see the full QR code and scan to go directly to our PayPal link. When your donation is for a newsletter subscription-please let us know if it is for a printed or emailed newsletter along with all information needed for us to send it to the correct recipient.



### HOW DOES YOUR DONATION HELP?

It pays for our phone service, post office box, and postage to correspond with those who write to us, both in the free world and the incarcerated, it pays to print and mail our newsletters, and it pays for our non-profit status.

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## MEMBERSHIP RENEWAL

Your membership renewal date is on the address label of this newsletter. If your renewal date is expired, we ask that you please renew today to continue to receive this newsletter and to continue to support our organization.

**You can also make a donation for someone you know to become a member. Your support is important to our mission and your donation is tax-deductible.**

Send your membership tax-deductible donation to Oregon CURE, PO Box 80193, Portland, OR 97280.

Please fill out the member donation form below to receive our newsletter. Adult in custody subscription donation is \$3 and Individual Non-Incarcerated subscription donation is \$15. **All tax-deductible donations are greatly appreciated and can be made in any amount. Visit our website at [oregoncure.org](http://oregoncure.org).**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_  
(optional)

City/State/Zip: \_\_\_\_\_

Name of incarcerated loved one / SID & facility: \_\_\_\_\_

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## PUBLICATION NOTICE

This newsletter is a publication of Oregon CURE. Oregon CURE is a 501 (c)(3) organization whose goal is to reduce crime through criminal justice reform. The opinions and statements contained in this newsletter are those of the authors and do not necessarily reflect the views of Oregon CURE.

Contributions of articles, letters to the editor, notices, etc. are welcome but may be edited or rejected for space. Articles may be copied in their entirety with credit to the author or to the publication. Oregon CURE is an all-volunteer organization that is not a service organization. Do not send us any legal documents, we are not a legal service. We are not qualified to assist you with legal matters.

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## RELEASE ORIENTATIONS

ODOC in collaboration with Oregon CURE holds quarterly TEAMS meetings as follows: The first Tuesday of February, May, August, and November from 6pm to 7pm.

You can join these meetings through Microsoft TEAMS app or by calling in at:

[Join the meeting now](#)

Meeting ID: 236 196 526 738

Passcode: Hi3sg33T

**Dial in by phone**

[+1 971-277-2160,,629436211#](#) United States, Portland

[Find a local number](#)

Phone conference ID: 629 436 211#

## INTAKE ORIENTATIONS

Intake Orientations are on hold until further notice. Please look here and on our website and Facebook page for updates.

Alternatively, you can email us at [oregoncure@gmail.com](mailto:oregoncure@gmail.com) for updates. We anticipate there will be intake information shared in the Release Orientations.

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Oregon CURE  
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**ATTENTION:**

Your address label has printed your renewal date below your name. This will be your last newsletter if your renewal date has passed. **Renew today to remain informed!**



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**SUPPORT GROUPS**

Oregon CURE support groups are intended for adult family members and friends only. Some topics of discussion may not be suitable for small children or pre-teens. Attend a support group and network with family members who have “been there.”

Some of these support groups meet via zoom and some meet in person. Please reach out with the contact information given below as you are planning to attend, or if you have any questions. There is no limit to which or how often you attend a support group, nor is there a location requirement, if you are interested in attending a support group, we welcome you to do so. Each meeting offers different insights and valuable information, and you are not required to share anything it all, if you do not wish to, simply listen and learn from other attendees.

**Zoom Support Group**

1<sup>st</sup> Wednesdays: 7pm-8:30pm

Please email for Zoom link prior to meeting.

[oregoncure@gmail.com](mailto:oregoncure@gmail.com) or [admin@oregoncure.com](mailto:admin@oregoncure.com)

We welcome one and all adults (only age 18 and above please) to join our monthly Zoom support group. Here you will hear from those who have a loved one incarcerated and learn best practices, up to date information, how others are navigating this chapter of their lives and how they have best found to support their incarcerated loved one.

You can speak, ask questions, or remain quiet and anonymous if you wish to. We hope you will find value in doing so.

**Eugene Support Groups**

1<sup>st</sup> Thursdays: 6:30pm-8:30pm

Please call to confirm location.

Dave (541) 344-7612 or Don (541) 521-2231

**Salem Support Group**

1<sup>st</sup> Saturdays: 9:30am-11:30am

The Keizer Senior Center

930 Plymouth Drive NE, Keizer, OR 97303

Kyle (541) 643-5055