



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

September 15, 2016

WEEKEND AT THE MOVIES

From: CRU

You may request any film be shown for a weekend movie; however, a film may **only** be shown as long as it meets the DOC's movie criteria as well as copyright rules (Swank).

Due to the volume of requests received, I am unable to respond and will be adding the movie requested to the list of movies that need to have eligibility determined.

Remember, there are several factors that have to be considered when selecting the movies, and these factors vary at **each** institution. This means that just because a movie was shown at another Institution it may not meet criteria to be shown here.

The movie selection process is subject to change without notice.

I will try to ensure there is a combination of movie genre and release date for those being shown. Please remember that there are many residents here at Coffee Creek with many different tastes in movies.



Upcoming Movies

9/17/2016	Batman v Superman: Dawn of Justice
9/18/2016	Hello My Name is Doris
9/24/2016	Blended
9/25/2016	The Angry Birds Movie

ATTENTION MOTHERS!

From Mr. Randall, CRU Manager

Do you have a baby or toddler under three? Want seven hours a week parenting your child?

Early Head Start offers a bi-weekly opportunity for incarcerated mothers and their children to strengthen their relationship and to preserve the bond of attachment while separated. Mothers gain hands-on parenting experience while their children learn through play and exploration.

Early Head Start is a national program established in 1995 to promote healthy prenatal outcomes, enhance the development of infants and toddlers, and promote healthy family functioning. The mission of the Early Head Start program at

Coffee Talk 9/15/2016

Coffee Creek is to promote, strengthen and support bonding and attachment between infants and toddlers and their incarcerated mothers.

Requirements:

- Child aged zero to three
- Minimum or minimum eligible with gate clearance
- Child lives less than 60 minutes away
- Transportation to and from the school (not provided by EHS) Tues/Thurs 9-12:30

Talk to your counselor to see if you qualify today!

CHANGES FOR THE 2017-18 FEDERAL STUDENT AID (FAFSA)

From Ms. Jensen, Education

The 2017–18 *Free Application for Federal Student Aid* (FAFSA®) season will begin earlier than previous FAFSA application cycles. Beginning on Oct. 1, 2016, people will be able to fill out the FAFSA for the 2017–18 school year. (In the past, they had to wait until January 1).

What does this mean for Coffee Creek? If you are releasing between July 1, 2017- June 30, 2018 you can complete a FAFSA application starting in October to receive student financial aid after release.

FAFSA workshops will be scheduled in medium and minimum facility for women who:

- Have a High School Diploma or GED
- Releasing between July 1, 2017-June 30, 2018
- Plan to attend college between July 1, 2017-June 30, 2018

Send an inmate communication to Ms. Jensen, Education Coordinator, to get on the list for the FAFSA workshops in October.

RECYCLING NEWS

From Green Team

The three R's that focus on sustainability have been expanded. Oregonians have been focusing on "Replant," and in Europe the trend is towards "Repair." The Minimum Gardeners have the opportunity to replant as well as the

Page 1 of 4

women who grow viola leaves for Oregon's endangered Silverspot butterfly. Plus we frequently see Physical Plant ladies at work with their tremendous effort to restore things! Whether doors need to be fixed, plumbing refitted, washers and dryers overhauled, even exercise equipment revamped and walls repainted, the Physical Plant women are constantly involved with sustainability as they repair things.

Our individual ability to repair items is limited due to security concerns, but we can mail out our televisions and headphones amongst other expensive items to reduce wasting precious natural resources with new items, plus save money! Try to take care of your stuff so it lasts! Imagine the numerous items you can fix on the "outs" when you parole. Check out books that teach you how to repair cars, appliances and even relationships so you can be well on your way towards success in an earth-friendly manner!

Save water whenever you can. Continue to reduce energy usage in your room and daily activities. How we treat the Earth affects all living systems from plant life to habitation for wildlife and our families! Turn off the lights, televisions and other energy-consuming objects to add up to more savings for the BTU Energy Contest too!

The three R's are **Reducing, Reusing & Recycling** and we do well by adding **Replant** and **Repair** just like they did in Europe! The group effort here at Coffee Creek will reflect positively upon individuals across the globe! What can you do to help save the planet today?

YOGA RETREAT

From Ms. Keicher, Lifeskills

We are having a yoga retreat! This will be an extended yoga session for participants to get in a bit more practice or get to try yoga for the first time. Please kyte Ms. Keicher in LifeSkills to participate. If you are regularly in yoga, it does not mean you automatically will get signed up, you must kyte.

Minimum 9/24/16 @ 7am – 10:30 am
Medium 9/24/16 @ 1pm – 4:30pm

VISITING APPLICATIONS

From Mr. Robrscheib, CRU

Once you have submitted an application, whether it was hand written or on the kiosk, please do not keep re-submitting applications for the same visitor. The process for a visitor application can take up to 6 to 8 weeks. Once the visitor is approved or denied, you will receive notification of the application status. Submitting more than one application per visitor is not productive and will not speed up the process.



ADL HELP WANTED

From Nurse Gordon, Health Services

Are you looking for a new job? Are you a kind, caring, compassionate person? Are you looking for a way to help others and give back? Are you respectful and responsible? CCCF is currently accepting applications for ADL Worker positions. Activities of daily living (ADL's) are day to day activities like walking or pushing a wheelchair, bathing, dressing, feeding, and toileting that some inmates may not be able to do on their own; they require assistance.

In order to be considered for this position you must be housed in the Medium facility, cannot live on MHU, have 6 months clear conduct and no program failures in the last 6 months. You must also have at least one year remaining of your sentence, and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are patient, and respect the need for confidentiality. If you are interested in an ADL Worker position, pick up and complete an Inmate Work Application on your unit. Address your completed application to Health Services Nurse Manager and submit by placing in the Health Services kyte box on your unit. Applications received will be screened by Inmate Work Programs (IWP). Applicants who meet the minimum qualifications will be scheduled and called out for an interview. Thanks for your interest.

AUDACIOUS ORATORS

From Ms. Keicher, Lifeskills

You are all invited to attend any and all Toastmasters meetings. Be a part of a group of positive, upbeat women who are striving to enhance their leadership and speaking skills. There is always something exciting to hear or say in Toastmasters meetings!

Consider attending one or both of these special events:

September 20th: Guest Speaker:

October 4th: Speech and Table Topics Contest:

Though this is not an official contest we will be following official Toastmasters International rules. Several speeches will be given. Toastmasters will learn how to officiate and practice participating in speech contests. Outside speech contest winners are able to travel, sometimes to other countries, and participate in international contests. We have had several contest winning guest speakers come to Coffee Creek to entertain, educate and demonstrate their winning abilities.

Coffee Creek Toastmasters would very much enjoy seeing you and hearing what you have to say!

Toastmasters meet on the 1st and 3rd Tuesdays of every month. Our next meetings are scheduled for April 5th and 19th, May 3rd and 17th. If you are interested in observing a few meetings with no obligations, kite LifeSkills and request to be put on the Toastmasters callout. You can attend 6 meetings with no obligation.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault

Women's Spirituality: Beginning Thursdays, October 6th through November 10th, you are invited to sign-up for a six-week Women's Spirituality class from 8:50-10:45 am. Women of faith and those of no religious affiliation are most welcome to join the group. These sessions are not about organized religion, but about getting in-touch with your inner-self at this point in your life. For those who attend, it will be enlightening, supportive and confidential. Class size is limited. Registration ends on Oct 3.

Friday, September 16, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 *(No LOP)*
Asatru Blot 9:00-10:00 GH02 **(No Lop)**
Meditation 201 12:50-2:30 p.m. Chapel *(No LOP)*
ARMS 1:00-3:00 p.m. M111 *(Participants Only)*
Buddhist 6:50-8:50 p.m. Chapel *(LOP ok)*
New Thought Ministries 6:50-8:50 p.m. CD02 *(LOP ok)*
Seventh Day Adventist Study 6:50-8:50 p.m. M111 *(No LOP)*

Saturday, September 17, 2016

Spiritual Community for Lifers 9:00-11:00 a.m. Chapel *(Participants Only)*
Seventh Day Adventist Service 1:50-3:50 p.m. Chapel *(LOP ok)*
Baptist 6:50-8:50 p.m. Chapel *(LOP ok)*

Sunday, September 18, 2016

City Bible 8:50-10:50 a.m. Chapel **(No LOP)**
LDS 1:30-3:00 p.m. M111 *(LOP ok)*
Islamic Service/Study 2:00-3:30 p.m. M111 *(LOP ok)*
Choir Practice 2:30-4:00 p.m. Chapel **(No LOP)**
Pagan Gathering **CANCELLED**

Monday, September 19, 2016

Transcendental Meditation 9:00-11:30 a.m. Chapel *(Participants Only)*
Houses of Healing 1:00-3:00 p.m. Chapel *(No LOP)*
JW 6:50-8:50 p.m. GH02 *(LOP ok)*
Baptist Bible Study 7:00-8:30 p.m. M111 *(No LOP)*
Women's AGLOW 7:00-9:00 p.m. Chapel *(No LOP)*
Estudio Biblico 7:00-9:00 p.m. GH08 *(No LOP)*

Tuesday, September 20, 2016

Threshold 12:50-3:00 p.m. Chapel *(Participants Only)*
Labyrinth 7:00-9:00 p.m. Chapel *(No LOP)*

Wednesday, September 21, 2016

Meditation 101 12:50 -2:30 p.m. Chapel *(No LOP)*
FITS 6:50-8:50 p.m. Chapel *(No LOP)*

Thursday, September 22, 2016

Anticipate! 8:30-10:30 a.m. M111 *(No LOP)*
Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel *(Participants Only)*
Bridgetown 12:50-3:00 p.m. Chapel *(No LOP)*
Prison Fellowship 6:50-8:50 p.m. Chapel *(LOP ok)*
Catholic Service 6:50-9:00 p.m. GH06 *(LOP ok)*
Celebrate Recovery 7:00-9:00 p.m. GH02 *(No LOP)*
Victim/Offender Education Group 7:00-9:00 p.m. CD02 *(No LOP)*

Friday, September 23, 2016

Chaplain Bible Study 9:00-10:00 a.m. GH02 *(No LOP)*
Meditation 201 12:50-2:30 p.m. Chapel *(No LOP)*
ARMS 1:00-3:00 p.m. M111 *(Participants Only)*
Buddhist 6:50-8:50 p.m. Chapel *(LOP ok)*
New Thought Ministries 6:50-8:50 p.m. CD02 *(LOP ok)*
Seventh Day Adventist Study 6:50-8:50 p.m. M111 *(No LOP)*

Saturday, September 24, 2016

Seventh Day Adventist Service 1:50-3:50 p.m. Chapel *(LOP ok)*
Baptist 6:50-8:50 p.m. Chapel *(LOP ok)*

Sunday, September 25, 2016

Choir Practice 9:00-10:30 a.m. Chapel **(NO Lop)**
LDS 1:30-3:00 p.m. M111 *(LOP ok)*
Islamic Service/Study 2:00-3:30 p.m. M111 *(LOP ok)*

Monday, September 26, 2016

Transcendental Meditation 9:00-11:00 a.m. Chapel *(Participants Only)*
Houses of Healing 1:00-3:00 p.m. Chapel *(No LOP)*
JW 6:50-8:50 p.m. GH02 *(LOP ok)*
Healing the Sacred Hoop 6:50-8:50 p.m. CD02 **(LOP Ok)**
Baptist Bible Study 7:00-8:30 p.m. M111 *(No LOP)*
Pastor Jose 7:00-9:00 p.m. Chapel **(LOP Ok)**

Tuesday, September 27, 2016

Threshold 12:50-3:00 p.m. Chapel *(Participants Only)*
East Hill 7:00-9:00 CHAPEL **(No Lop)**

Wednesday, September 28, 2016

Meditation 101 12:50 -2:30 p.m. Chapel *(No LOP)*
Grief Group (Peggy) 7:00-8:30 p.m. GH08 *(Participants Only)*
FITS 6:50-8:50 p.m. Chapel *(No LOP)*

Thursday, September 29, 2016

Anticipate! 8:30-10:30 a.m. M111 *(No LOP)*

Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel
(Participants Only)
Bridgetown 12:50-3:00 p.m. Chapel **(No LOP)**
Prison Fellowship 6:50-8:50 p.m. Chapel **(LOP ok)**
Catholic Service 6:50-9:00 p.m. GH06 **(LOP ok)**
Celebrate Recovery 7:00-9:00 p.m. GH02 **(No LOP)**
Victim/Offender Education Group 7:00-9:00 p.m. CD02 **(No LOP)**

Friday, September 30, 2016
Chaplain Bible Study 9:00-10:00 a.m. GH02 **(No LOP)**
Meditation 201 12:50-2:30 p.m. Chapel **(No LOP)**
ARMS 1:00-3:00 p.m. M111 **(Participants Only)**
Buddhist 6:50-8:50 p.m. Chapel **(LOP ok)**
New Thought Ministries 6:50-8:50 p.m. CD02 **(LOP ok)**
Seventh Day Adventist Study 6:50-8:50 p.m. M111 **(No LOP)**

Saturday, October 1, 2016
Spiritual Community for Lifers 9:00-11:00 a.m. Chapel
(Participants Only)
Seventh Day Adventist Service 1:50-3:50 p.m. Chapel **(LOP ok)**
Baptist 6:50-8:50 p.m. Chapel **(LOP ok)**

Sunday, October 2, 2016
City Bible 8:50-10:50 a.m. Chapel **(No LOP)**
LDS 1:30-3:00 p.m. M111 **(LOP ok)**
Islamic Service/Study 2:00-3:30 p.m. M111 (LOP ok)
Choir Practice 2:30-4:00 p.m. Chapel **(No LOP)**
Pagan Gathering 6:50 – 9:00 p.m.

Monday, October 3, 2016
Transcendental Meditation 9:00-11:30 a.m. Chapel
(Participants Only)
Houses of Healing 1:00-3:00 p.m. Chapel **(No LOP)**
JW 6:50-8:50 p.m. GH02 **(LOP ok)**
Baptist Bible Study 7:00-8:30 p.m. M111 **(No LOP)**
Women's AGLOW 7:00-9:00 p.m. Chapel **(No LOP)**

Tuesday, October 4, 2016
Threshold 12:50-3:00 p.m. Chapel **(Participants Only)**
Labyrinth 7:00-9:00 p.m. Chapel **(No LOP)**

Wednesday, October 5, 2016
Meditation 101 12:50 -2:30 p.m. Chapel **(No LOP)**
FITS 6:50-8:50 p.m. Chapel **(No LOP)**

Thursday, October 6, 2016
Anticipate! 8:30-10:30 a.m. M111 **(No LOP)**
Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel
(Participants Only)
Bridgetown 12:50-3:00 p.m. Chapel **(No LOP)**
Prison Fellowship 6:50-8:50 p.m. Chapel **(LOP ok)**
Catholic Service 6:50-9:00 p.m. GH06 **(LOP ok)**
Celebrate Recovery 7:00-9:00 p.m. GH02 **(No LOP)**
Victim/Offender Education Group 7:00-9:00 p.m. CD02 **(No LOP)**



NEW ARRIVALS TO MINIMUM

From Capt. M. McCorkhill, Minimum Operations

Every Friday at 1pm in your unit dayroom will be a mandatory meeting for arrivals to minimum for that week. You will meet your Peer Educators for your unit.

MINIMUM RELIGIOUS SERVICES

From Chaplain Al-Amin

New 12 Step Program will be meeting on **Thursdays from 3:00pm to 4:00 pm D5**. This program is being brought to you by the Latter Day Saints, but is open to all faith traditions. Space is limited. Please send a kyte to the Chaplain if you are interested.

African American Program a culturally specific transition program for Multnomah County Community Corrections. Please kyte the Chaplain if you are interested in this program and you are from Multnomah County. It will meet on

Monday evenings at 5:45 pm.

Meditation 101 Meets on Sunday 9am-10:30am in D8! This is an introduction to meditation that can help you become a healthier, happier, more positive person. You will learn techniques to cope with stress, take control of your mind and emotions, and live with balance and harmony.

Taught by teachers from Portland's Meditation Yoga Center, Meditation 101 is spiritual without being religious, and is an opportunity for you to learn and experiment with meditation techniques drawn from many cultures and traditions.

In Meditation 101 you will learn basic principles of meditation including:

- Breath Exercises
- Centering
- The Relaxation Response
- Visualizations
- Hindu and Buddhist mantras
- Chants (Native American, Hindu and Buddhist)
- Neuro-linguistic Programming Exercise
- Introduction to the Chakra System

Multicultural Group is reading and discussing **Houses of Healing** by Robin Casarjian. There are openings in the group. Please kyte if you want to participate.

Native American Sweat Lodge Ceremony Will meet this month time and date TBA

Chapel Library The Chaplain will call chapel library by units Monday and Wednesday Afternoons as her schedule permits.