

January

TRCInfo

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Date: December 29, 2016

State of Oregon

To: All DOC Inmates

Department of Corrections Commissary

From: Anita Nelson, Statewide Commissary Operations Manager

Subject: Commissary News, Updates and Reminders

Commissary Updates:

Happy New Year!

Commissary would like to take a moment to explain the change on how exempt items will be noted on the commissary order forms. Every item that is marked with an * will be exempt from your total spending limit. Please watch for changes to your commissary order forms.

Commissary Reminders:

The following guidelines were put in place November 1, 2016 for the return of soda tickets for credit.

Soda tickets will only be credited if an inmate has been transferred to a different facility.

The inmate has 30 days from the date of transfer to submit an inmate communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request.

Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Please write legibly and include your full name, SID number and institution when submitting a commissary order form, communication or suggestion form to Commissary.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions and requests Commissary receives, we cannot respond to each request individually. Please watch your newsletter for periodic updates regarding items being added or discontinued. If a product is approved you will see it added to the Commissary list. We strive to keep updated quality products and to remove unpopular items from Commissary. Please continue to submit your suggestions and requests.

Make sure the shoes or boots fit before you accept them. There is no DOC canteen warranty and all sales are final.

ACCESS VENDOR WARRANTY: We offer a 30 day limited warranty on all shoes. If the shoes have a manufacturer's defect, do not have worn soles, do not show signs of abuse and were purchased within the 30-day period, send the shoes, sales receipt, package authorization slip and a brief explanation for the return to:

Keefe Group Customer Service

ATTN: Oregon Canteen Shoe Returns

55-101 Vista Blvd.

Sparks, NV 89434

If the shoes are determined to be defective and fall within these guidelines, we will replace them with the same shoe at no charge. If the same shoe is out of stock or discontinued, we will replace them with a similar shoe in price and style. There will be no cash refunds. Any shoe over 30 days old will not be replaced or repaired. Please do not try to return shoes that are over 30 days old; they will be returned at owner's expense. Vendor offers a 30-day warranty for manufacturer defects. Commissary is not the warrantor. No manufacturer warranty applies. ODOC adults in custody are not allowed to return their shoes to the manufacturer for repair or replacement. **DISCLAIMER:** Every effort has been made to show and describe the merchandise and all information as accurately as possible. However, many manufacturers make changes in design, color and style during the year. We regret any changes that may occur. All shoes are subject to DOC approval and can be removed at any time. ***

Above information copied directly from the Oregon Shoe Catalog***

TRCInfo Inmate Newsletter Mid-Month Editions produced only when necessary

~Dayroom use only~ Check out with ID~



Oregon

Kate Brown, Governor

Date: December 15, 2016

To: All DOC Adults in Custody

Oregon Department of Corrections

Office of the Director

2575 Center Street NE

Salem, OR 97301-4667



From: Colette S. Peters, Director

Subject: Inmate Financial Accountability Workgroup

As you may know, I am a firm believer in accountability, opportunities for positive change, and efforts to improve transition and re-entry. This comes in many forms. One part is financial accountability. For example, satisfying your victim restitution and other financial obligations (like child support and civil judgments) is part of accountability. It provides a sense of accomplishment. It will also help you when you return home because it will be one less thing to worry about.

I also know that satisfying debt while incarcerated can be difficult. Keeping this in mind, I want to let you know of a proposed solution that will help you pay off your debt and not break the bank.

You may recall that legislation was introduced in 2015 that would have resulted in DOC collecting funds from inmate trust accounts for certain restitution (HB 2761 and HB 2322A). While both bills did not pass, DOC committed to discussing the issue with stakeholders.

So, we established the Inmate Financial Accountability Workgroup. The group included representatives from DOC, labor organizations, crime victims groups, community corrections, the Oregon District Attorneys Association, Oregon Criminal Defense Lawyers Association, Oregon Judicial Department, and the Oregon Department of Justice. The group also included representatives from Oregon CURE, who presented a voice for you and your families.

The workgroup met several times to discuss issues related to the collection of inmate funds. The workgroup developed recommendations for how DOC could collect from inmate funds to help you pay off your debt.

The workgroup's recommendation is for DOC to collect the following from each deposit into your trust accounts:

- 10 percent for court-ordered obligations or financial obligations imposed in a criminal action that are collected by the court (such as restitution, criminal fines and fees, and civil judgments). If you don't owe any of these, DOC would not collect 10 percent.
- 5 percent for re-entry savings (up to \$500). Once re-entry savings reaches \$500, DOC would collect:
 - 15 percent for court-ordered obligations (if you still owe).
 - If no other debt is owed, you could choose to continue making 5 percent deposits into your re-entry savings account.

This concept would:

- Apply to all adults in DOC custody;
- Include discretionary monetary awards made by DOC to inmates under the Performance Recognition and Awards System (PRAS) and funds sent in from individuals or entities; and
- Exclude Tribal funds, veteran disability funds, Prison Industries Enhancement Certification Program funds, funds dedicated for medical, dental, and optical expenses, and funds dedicated for emergency trips.

The workgroup's recommendations will require legislative action in 2017 in order to take effect. Even with legislation, DOC will need some time to put systems in place to support the collection of funds. So, any changes would not take place for more than a year. Again, this will require legislative approval.

I encourage you to talk with your families about these proposed changes. We will keep you updated as the workgroup's recommendations move forward.

Self Management Skills for Living Well (CDSMP)

CDSMP is a 6 week workshop that meets once a week for 2.5 hours:

Some of the topics covered in CDSMP are:

- ❖ Healthy eating
- ❖ Physical activity
- ❖ Dealing with difficult emotions
- ❖ Dealing with fatigue and pain
- ❖ Communication skills
- ❖ Making decisions
- ❖ Relaxation
- ❖ Working with your health care provider
- ❖ Using medications properly

Processes used in CDSMP:

- ✓ Goal setting and making a weekly action plan to reach goals
- ✓ Feedback and sharing from weekly action plans



Learn tools to help you break the chain in your symptom cycle!



Participants do not need to have a medically diagnosed condition to benefit from CDSMP. Being incarcerated affects your mental and physical health!

Want to leave prison healthier than when you got here?
You can choose to make a difference in your own health.

Join your peer health educators in classes and develop your own skills to become a Healthier You!

To be enrolled in CDSMP send a communication form to K LeGore in Health Services.

From the Administrative Rules Desk:

Below is a list of status changes for the DOC administrative rules since 10/3/16:

291-022: Use of Force for Parole and Probation Officers

- These amendments are necessary to establish in rule that parole officers are required to wear protective body armor whenever an officer leaves an assigned work location to perform field related duties, and clarify parole officers may carry a department-issued firearm while off duty if authorized by the Assistant Director for Community Corrections.

291-065: Parole and Probation Officer Duties

These amendments are necessary to update the definitions with current terminology.

The last day to submit comments is **February 14, 2017**.

HOW TO COMMENT: Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center Street NE, Salem, OR 97301-4667.

PERMANENT RULES

291-079: Shared Information System (Repeal)

DOC rules are available for review in the inmate legal library or for a copy contact K. Thompson



From the TRCI Mailroom

Please be advised the Pendleton branch of the US Postal Service has been shut down. All mail including publications are now routed through Portland – it is now taking longer to get all of our mail.

The mailroom has no means to track mail or other items either incoming or outgoing, unless you specifically pay for tracking of outgoing mail.

If you order photos from a photo company and one of them is violated the whole order is returned to the company. TRCI mailroom is holding photos pending mail reviews as a courtesy. Mail reviews must be requested within 30 days of the violation notice date. Please include the reference number on the violation notice when requesting a review.

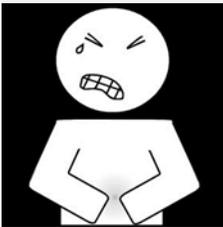
From Health Services:

Chronic pain and the management of chronic pain is an issue for many providers, nurses, clinics and care facilities. Although narcotics and opioids are an option to control pain, a lot of providers hesitate to keep patients on long term narcotics as it can cause dependency and make the medication less effective. This makes it necessary to take more of the medications and more often.

The list of options for controlling pain is long and can be more or less effective for each individual person. What may work for one person, may not necessarily work for another the same way. Here are some ideas to help control pain and the stress that comes with being in pain chronically:

Meditation & Relaxation techniques

Deep breathing and meditation are techniques that help your body relax, which may ease pain. Tension and tightness seep from muscles as they receive a quiet message to relax.



Although there are many ways to meditate, the soothing power of repetition is at the heart of some forms of meditation. Focusing on the breath, ignoring thoughts, and repeating a word or phrase -- a mantra -- causes the body to relax. While you can learn meditation on your own, it helps to take a class.

Deep breathing is also a relaxation technique. Find a quiet location, a comfortable body position, and block out distracting thoughts. Then, imagine a spot just below your navel. Breathe into that spot, filling your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon.

Light exercise, such as walking at an even pace

Distraction techniques – reading, music, talking with someone.

When you focus on pain, it makes it worse rather than better. Instead, find something you like doing -- an activity that keeps you busy and thinking about things besides your pain. You might not be able to avoid pain, but you can take control of your life.

To effectively treat your pain, your doctor needs to know how you've been feeling between visits. Keeping a log or journal of your daily "pain score" that will help you track your pain. At the end of each day, note your pain level on the 1 to 10 pain scale. Also, note what activities you did that day. Take this log book to every doctor visit -- to give your doctor a good understanding of how you're living with chronic pain and your physical functioning level.

If you have any questions about dealing with chronic pain issues, please send an inmate communication form to Health Services.

PRAS run dates for 2017

follow the same schedule as 2016 dates (1st Thursday following the 1st Monday)

1/05/17

4/06/17

7/06/17

10/05/17

2/09/17

5/04/17

8/10/17

11/09/17

3/09/17

6/08/17

9/07/17

12/07/17