



Coffee Talk



Superintendent: Mr. R. Persson

Editor: Ms. A. Wheeler

October 5, 2017

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

10/7/2017	Guardians of the Galaxy
10/8/2017	Guardians of the Galaxy Vol. 2
10/14/2017	The Big Sick
10/15/2017	Born in China

VISITING APPLICATIONS

From Mr. Rohrscheib, 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.

LIFE SKILLS FUNDRAISER

From Ms. Roach, Life Skills

Life Skills Fundraiser is coming! (Save your money!) Our annual sock drive fundraiser is fast approaching. We are partnering with a local BBQ restaurant and will be offering a variety of choices. Look for order forms on your unit. All CD-28s must be received by **Oct 15th**! If your incentive levels changes, or are on a cell in, **LOP**, or you are unable to attend due to being in segregation, you will not receive a refund for your order, it will be considered a donation. Ice and water will be provided. You must consume all food in the time allotted and will not be permitted to take any leftovers back to your housing unit. Please note, if you leave for any reason, you will not be allowed to return. You must be incentive level 2 or 3 and purchase BBQ to attend this event.

MP3 Helpdesk Speed Dial



Starting Monday, **October 2**, you may dial 777 to gain live customer support assistance to the Access Corrections Helpdesk. This number is available Monday thru Friday from 6 a.m. to 3 p.m. Pacific Standard Time (PST) for any MP3 device or song issues. This speed dial option will allow faster assistance - all calls are monitored and recorded. Please note you will not be permitted to leave messages.

All MP3 player and song issues should be reported using the new speed dial number as your first attempt to resolve an issue rather than the Telmate reporting system.

BABY BONDING

From Ms. Wiggin, CRU

Baby bonding is an extra visiting session each week for new mothers who give birth while here at CCCF/CCCM. **But, did you know that it is not limited to just the mothers who have given birth here?** If you have a baby under the age of **18 months**, and you are recently incarcerated, you could qualify for up to 6 months of Baby Bonding sessions! Want to know more? Send a kyte to **Ms. Wiggin/CRU** to see if you qualify for the program.

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 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!

RULE CHANGES

From DOC

Below is a list of status changes for the DOC administrative rules since 7/18/17:

291-058: Structured, Intermediate Sanctions for Offenders

These proposed changes are necessary to modify how Community Corrections address violations of offenders under community supervision, which includes sanctions and incentives. The Administrative Sanctions Grid has been modified accordingly.

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The last day to submit comments is **October 30, 2017**.
HOW TO COMMENT: Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center, Street NE, Salem, OR 97301-4667.

PERMANENT RULES:

291-139: Legal Affairs (Inmate)

DOC rules are available for review in the inmate legal library.

SUSTAINABILITY NEWS

From Green Team

Recycling efforts are increasing around the facility thanks to the informative Green Team Carnival and those who participated in energy pledges are doing great! Energy and water usage is especially important from what we've seen of natural disasters on the news lately. The world's ever-changing climate needs all of us working together to make the impact necessary for helping the earth. Recycling has become a global effort and Minimum & Medium were part of recycling/upcycling 2.3 million pounds of product thru CDC, (Central Distribution Center). Thanks for helping make a difference in the local community and in the world that surrounds us.

Did you know 1,800 gallons of water is necessary to make a delicious hamburger patty? Raising a cow for ¼ pound of meat is equivalent to a 90 minute shower! Freshwater is still in high demand in parts of the U.S. so let's do what we can for water and energy savings by being more eco-conscious throughout our day.

Please separate toiletries from lotion and shampoo bottles as well as film plastics and ink pens. The recycling brigades do more than upcycle and recycle. They enable us to send money to Wilsonville's food bank, Community Sharing.

Remember to turn on Ch. 51 and listen to nature sounds as you write letters, do chores and simply relax. Try to enjoy all these lock downs we've had with nature's finest on display to remind us why protecting the earth is crucial for our children.

Questions? Comments? Let us know your ideas! All of those great ideas shared at meals, dayroom tables, and even between roommates can't be heard unless you a drop a kyte. Do so today to the Green Team/Ms. Fitts.



BETWEEN THE LINES 2017

From Life Skills, Medium

The YWCA is sponsoring a program called Between the Lines at CCCF on **Saturday October 21, 2017**. They will be bringing in volunteers to meet with inmates who would like to send their child a book and a CD of them reading a book to their children. Applications are on the units. Please send them before **October 9th**.

CONSTELLATIONS

From Ms. Roach, Life Skills

For over 10 years, Sarah Peyton has been coming into Coffee Creek as a volunteer to teach about Nonviolent Communication and the Brain. On Saturday, Nov 11th, she will come in to do a special kind of work that she has been studying, that allows people to understand their lives in new, healing and self-compassionate ways. This work is called Family Constellation Work. Please kyte Ms. Roach in Lifeskills to sign up. Must be a level 2 or above to participate. This workshop is in **MEDIUM** only.

People who come to this workshop day will:

- Understand more about what blocks self-compassion
- Learn how trauma changes the brain
- Experience significant personal growth in the way they see themselves and others
- Get to contribute to others' well-being
- Be able to explore puzzling and confusing aspects of their lives

Ask others who have come about whether this work will help you. If you've come before, come again to learn more, make more progress and to help others.

MEDIUM RELIGIOUS SERVICES

From Chaplain Brault



Beginning Thursdays, October 12th through November 16th, you are invited to sign up for this 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. It is intended to be enlightening, supportive for all those who attend. Class size is limited, so sign up soon!

Friday, October 6, 2017

Jewish Study 9:00-10:30 A.M. Chapel (**Participants Only**)

Chaplain 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 7, 2017

Spiritual Community for Lifers 9:00 -11:00 A.M.

Chapel (**Participants Only**)

Seventh Day Adventist Service 1:50 – 3:50 PM Chapel (**LOP Ok**)

Baptist 6:50 - 8:50 p.m. Chapel (**LOP Ok**)

Sunday, October 8, 2017

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 (Participants Only)

Monday, October 9, 2017

Silent Meditation Time 9:00-9:30 A.M. Chapel (**Participants Only**)

Houses Of Healing 1:00-3:00 p.m. Chapel (Participants Only)

JW 6:50-8:50 p.m. GH02 (**LOP ok**)

Healing Sacred Hoop 7:00-9:00 p.m. CD02 (**Participants Only**)

AGLOW 7:00-9:00 p.m. Chapel (**No LOP**)

Tuesday, October 10, 2017

Threshold 1:00 – 3:00 p.m. Chapel (*Participant Only*)
Baptist Study 7:00 - 8:30 p.m. GH02 (*No LOP*)
East Hill 7:00 - 8:00 p.m. Chapel (*No LOP*)

Wednesday, October 11, 2017

Meditation 101 12:50 -2:30 p.m. Chapel (*No LOP*)
FITS 6:50-8:50 p.m. Chapel (*LOP Ok*)
Anticipate 7:00-9:00p.m. GH02 (*Participant Only*)

Thursday, October 12, 2017

Women’s Spiritual Journey class 8:50-10:45 A.M.
Chapel (**Participants only**)
Bridgetown (Discipleship) 12:30-12:50 p.m. Chapel (*Participants Only*)
Bridgetown Service 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*)

Friday, October 13, 2017

Chaplain Study 9:00-10:00 A.M. GH02 (*No LOP*)
Native Flute Circle 9:30 – 10:30 AM Chapel (*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 14, 2017

Spiritual Book Club for Lifers (first meeting!) 9:00 – 11:00 AM Chapel
Baptist 6:50-8:50 p.m. Chapel (*LOP Ok*)

Sunday, October 15, 2017

City Bible 8:50 -10:50 A.M. Chapel (*LOP Ok*)
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 (Participants only)
Pagan Service 6:50-8:50 p.m. Chapel (LOP Ok)

Monday, October 16, 2017

Silent Meditation Time 9:00 - 9:30 A.M. Chapel (*Participants Only*)
Houses of Healing 1:00-3:00 p.m. Chapel (**Participants Only**)
JW 6:50-8:50 p.m. GH02 (*LOP ok*)
AGLOW 7:00-9:00 p.m. Chapel (*No LOP*)

Tuesday, October 17, 2017

Threshold 1:00 - 3:00 p.m. Chapel (*Participant Only*)
Labyrinth 6:50 – 8:00 p.m. Chapel (*Participant Only*)
Baptist Study 7:00 - 8:30 p.m. GH02 (*No LOP*)

Wednesday, October 18, 2017

Meditation 101 12:50 - 2:30 p.m. Chapel (*No LOP*)
FITS 6:50 - 8:50 p.m. Chapel (*LOP Ok*)
Anticipate 7:00-9:00p.m. GH02 (*Participant Only*)
VOEG Alumni 7:00-9:00p.m. CD02 (*Participant Only*)



**THE FAMILY PRESERVATION PROJECT’S
OCTOBER 2017 SPEAKER SERIES**

“TELL YOUR LIFE AS A LOVE STORY”

SPEAKER: MEG WORDEN

EVENT DETAILS:

FRIDAY, OCTOBER 6th

1:30 - 3:30PM

MINIMUM DINING HALL

OPEN CALL OUT! EVERYONE WELCOME!

How you feel about yourself, and how people perceive you, is based on a narrative created by your experiences and beliefs. Sometimes, these narratives are handed to you by others who tell you what, and how, to feel about things. Often, these stories aren’t true at all, or they are outdated and no longer in your best interest, keeping both your body, and your mind, incarcerated. Meg will share with you her own story of how she found freedom inside, and outside, prison. How she learned to help her son navigate his own story of her incarceration without shame or apology. And how she turned her personal prison story into a movement to help, heal and inspire others while fully supporting herself and her son. Mostly, she wants you to know that you don’t have to wait for your out-date to be free. Meg Worden is a health coach, writer, and formerly incarcerated mother. Her work centers on helping women become their own advocates, healing themselves of guilt, shame, regret, and fear so they can achieve a more real, more sustainable freedom no matter where they are.

MINIMUM RELIGIOUS SERVICES

From Chaplain Al-Amin

Please check the Religious Services Calendar for the month in your dorm for a schedule of meeting times and dates for services

Services and Activities with schedule changes:

- Asatru meets D4 the 1st & 3rd Thursdays of the month.
- WICCA, 1:00-2:30pm. D8; on the 1st & 3rd Sundays of the month.

Horizon Community Church:

(HCCGC on the call-out) holds Christian church services the 4th Sunday evening of each month. Join them for live music and a lesson from Beth Moore's book "Get Out of That Pit."

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.

Multicultural Group is reading and discussing **Houses of Healing** by Robin Casarjian.

Native American Sweat Lodge Ceremony Will not meet again until the Sweat Lodge is rebuilt.

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