



Security

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, inmate communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential.

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.

3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all inmates aware that a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to –

- Amplify the victim's voice
- Redirect victim blaming
- Provide emotional support
- Explain options for reporting
- Help victim process decision (not guide, recommend or suggest what is right)
- Provide resources and referrals
- Sit through forensic exam / investigatory interview if desired by the victim.
- Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.
Single Cell Housing

All requests for **Single Cell Housing** must come through the Group Living Captain.

BHS and medical staff input, as well as facility needs, will be taken into account when deciding who to place into the single cells that become available.

Single cell housing priority will be:

1. Medical concerns
2. BHS concerns
3. Administrative concerns
4. Inmate convenience move requests

Once an inmate is housed in a single cell, if a higher priority placement concern occurs, the inmate may be removed. Issues with inmate conduct may result in removal from a single cell.

/s/ S. Alvis, Security

Activities

The 2017 Race Season

We welcome the new season with six 5K/10K Races and one ½ Marathon. This is our approved schedule:

5K/10K

March 17
April 28
May 19
June 9
July 7
August 25
October 6

Half-Marathon

September 8

This year each inmate runner must **pre-register** before each race. You will be assigned a race number, which you **must save and re-use** for each race. Be aware that if you lose your race bib you can purchase another for a \$3 replacement charge. No race times will be kept for anyone without their assigned number, so it is imperative you keep track of issued bib.

This program is available to Level 2 or 3 inmates.

If you are interested in participating send your inmate communication to the below.

/s/ B. Marion, Activities

Breakfast Fundraiser

Capital Toastmasters is having a Burger King breakfast fundraiser to raise funds to purchase hygiene items for the indigent guys in ICH and MHI. The fundraiser will be held on Saturday, February 11, 2017, at the 7:45 a.m. line movement. Each person will receive one serving of hashbrowns, three French Toast Sticks, two Sausage Biscuits, one Croissan'wich with egg, cheese, and bacon, and a cold orange flavored drink with coffee. For non-pork eaters, no sausage will be included. The price for this fundraiser is \$12.50 with CD-28s being processed with February PRAS.

If you are incentive level 2 or 3 and want to take part, please send a CD-28 to Activities payable to Capital Toastmasters account #2423 for \$12.50. Please put your CD-28s in the Activities box on the Control Floor and do not take them to the Control Center. Act fast as there is limited space.

/s/ C. McFadden, Activities

Commissary

NOTE: The Felix Photo Tickets are now available in the Commissary.

New Process to purchase Felix photos

First I want to say thanks to all who have been a part of purchasing Felix Photos. Beginning January 1, 2017, if you want a picture with Felix, you will **no longer fill out a CD-28**. You may purchase a Dog Photo Ticket for \$1.50 from Commissary. After much discussion, you will receive two prints for the \$1.50 Dog Photo Ticket. You may have only one image number per ticket. You will need to write in on the Commissary Sheet, that you want to purchase Dog Photo Ticket and how many. The Commissary sales receipt number will have to be included on the back of the Dog Photo Ticket. There will be a space included to what photo image number you may want to order. On the Front of the Dog Photo Ticket, you will need to fill in your name and SID number along with your housing unit. This all needs to be legible and done immediately after receiving tickets from the Commissary.

Once the Dog Photo ticket is purchased, you will then have either of the dog handlers take your photo. The dog handlers will turn the tickets into Deb Schlueter, Assignment Office Support Specialist II who has been overseeing the photo program. The photos will still be ordered from the same source as of August of 2016. You will still receive the same quality picture. All

proceeds from these tickets go to the care and welfare of Felix.

If you have any questions, you may submit an inmate communication to Deb Schlueter, Office Support Specialist II in the Assignment Office.

/s/ D. Schlueter, Assignment Office

NWC Photoshop

COMING SOON! We will be offering New Border options for 2017!

Please note: There will be a price increase for pictures ordered with borders, and/or with the holiday options we offer. We will send out another Newsletter with the new options and prices, when they become available

Thank you, NWC Photoshop

Commissary Reminder

During Commissary normal operations, inmates are not allowed to enter the north door. Entry into the Commissary needs to be through the Breezeway door only. The North door is for exiting only. Inmates are not allowed to loiter in the Commissary Gate area. Inmates are not allowed to give Commissary items away.

While inside the Commissary waiting for your order to be processed, please act in an orderly fashion and keep noise to a minimum. This is a small area with a lot of people present and gets noisy fast.

Inmates violating these directives will be held accountable as appropriate.

/s/ M. Yoder, Asst. Supt. General Services



Miscellaneous

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. **To decrease your chances of spreading or catching the flu it is also important to wash your hands frequently and disinfect surfaces.**

Signs and Symptoms of the Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Self-Care for the Flu

- Take Acetaminophen or Ibuprofen as directed by manufacture to reduce fever and muscle aches.
- Drink clear fluids, such as water, or sports drinks
- Rest and sleep.

Period of Contagiousness & Onset of Symptoms

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. The time from when a person is exposed to flu virus to when symptoms begin is about one to four days, with an average of about two days.

If you have questions, concerns, or feel like you have the flu please send an inmate communication to Sick Call.

/s/ C. Coffey, Health Services

OSP Mail Room

- CD-28s: Be sure that you sign your CD-28. A staff will need to stamp this with an

authorization stamp and initial this. If those three items (your signature, authorization stamp and staffs' initials), are missing from the CD-28, staff will not process your request for legal mail postage, or Central Trust check requests and the item will be returned to you. This delays your legal mail or check request. **CD-28's are still only for legal mail through the Legal Library.**

- When mailing an item out of the institution please be sure to select the appropriate size envelope, priority envelope or flat rate box: Standard envelope up to one ounce, international gold envelope up to one ounce, 6.5x9.5 envelope up to two ounces, 10x13 envelope up to three ounces, 12.5x18.5 envelope up to three ounces, Priority envelope if it fits it ships no limit on weight, Small flat rate box no limit, two medium flat rate boxes 50 pound weight limit, two large flat rate boxes 50 pound weight limit, Triangle tube for artwork up to 15 ounces. Note that all Priority envelopes, Triangle Tube and Flat rate boxes utilize tracking and are insured up to \$50 if lost or damaged through the US Postal Service.
- Oversized items such as Guitars and Keyboards need to be mailed out through the Property Cpl. Make sure you speak with the Property Cpl. and follow the instructions given.
- Please remember that the scales in the blocks are an approximation. The final weight of an item is determined by the metered postage scale in the Mailroom.
- If you have any questions about mail or the mail rules please send an inmate communication to OSP Mailroom, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room



Chapel Schedule

SATURDAY, January 14

8:00 a.m. Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service

11:30 a.m. Native American Ceremony

6:00 p.m. Calvary Chapel

SUNDAY, January 15

8:00 a.m. Spanish Protestant Service
Jehovah's Witness Spanish
Russian Baptist

1:00 p.m. Catholic Mass
Jewish Study
Wicca Outside

2:00 p.m. Asatru Outside

6:00 p.m. Latter Day Saints Study
Lutheran
Urantia

MONDAY, January 16

1:00 p.m. Buddhist Discussion Group
Restorative Justice

6:00 p.m. Restorative Justice

TUESDAY, January 17

8:00 a.m. Universal Unitarian

1:00 p.m. Russian Bible
Lifeline
Torah Men

6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study

WEDNESDAY, January 18

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support
Orthodox Christianity

6:00 p.m. Indigenous Circle
RJ Theater

THURSDAY, January 19

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish

1:00 p.m. TUMI ☹
Spanish Catholic

6:00 p.m. Gospel Worship
Celebrate Recovery ☹

FRIDAY, January 20

8:00 a.m. Trauma Transformation

1:00 p.m. Nation of Islam
Sunni Jum'ah Prayer
United Pentecostal Study

☹ = Service is full or restricted. Add requests are not being accepted at this time.

☹ = Service has a waiting list. Submit a request to be placed on waiting list.