



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

March 7, 2019

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

3/9/19	Breath
3/10/19	The Meg
3/16/19	The Nun
3/17/19	Christopher Robin

Getting Your Minor Child on Your Visiting List

From Ms. Wheeler, Library Services Coordinator

It has recently come to my attention that there is some confusion regarding the parental delegation forms you receive from the law library.

First, this form does not assign guardianship. Only the court can do that. The form is meant to allow a caregiver permission to act on your behalf in matters such as getting medical care for your child, or signing your child up for school.

In order to get your minor child on your visiting list, you must submit a visiting application, which will then trigger Inmate Services to send a custodial consent letter to the person with legal custody, which must be signed and notarized by that person.

Center for Hope and Safety Trainings

From Captain Wilson, Operations Captain

Other trainings led by CHS advocates include:

- Teen Dating Violence – March 18th
- Sexual Assault – April 15th
- LGBTQ+ – May 20th
- Domestic Violence – June 24th

Mark your calendar!

PREA INFORMATION

From DOC

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

Inmates who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the inmate telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and if you sign a release of information.

Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the inmate telephone system, writing an inmate communication, filing a grievance, or writing the Governor's Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

PREA Advocate Coordinator
Oregon Department of Corrections
2575 Center Street NE
Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled similar to legal calls/official mail.

You may reach your community-based advocate by dialing "711" from the inmate telephone, dialing their direct crisis line number, or sending written correspondence.

Institution	Community-Based Advocacy Center
CCCF	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
CRCI	Portland Women's Crisis Line (PWCL) Advocacy Program PO Box 42610, Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100

	Bend, OR 97701 1 (866) 504-8992
EOCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
MCCF, OSCI, OSP SCI	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
PRCF	May Day 1834 Main St., Baker City, OR 97814 (541) 403-0291
SCCI	Women's Safety & Resource Center 1681 Newmark Ave., Coos Bay, OR 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980, Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook Co. Women's Resource Center PO Box 187, Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774, Lakeview, Oregon 97630 1 (800) 338-7590

Flu Vaccines Offered

From Health Services

It is nearly spring again and the flu season has been harsh. Health Services want to remind you to get vaccinated against the flu. Every year ODOC Health Services offer flu vaccines to our adult in custody (AIC) population. Health Services will be giving Flu Vaccine to Adults in Custody who are at higher risks of the flu first; then it may be offered to the rest of the general population by AIC request. If you would like to get a flu vaccine please send a non-emergent health care request to Health Services so that you can be added to our Flu Vaccine Clinic List. We compile this list starting in September and add to it as the season progresses. When the vaccine becomes available Health Services will start the clinics.

Vaccines help your body build protection against illness. Your body will build antibodies (an-ti-bod-ies) that act as soldiers to protect you against different flu viruses. Each year that you get the vaccine you build up another layer of protection against the ever-changing strains of the flu virus. When you get a flu vaccine you may or may not feel like you have a mild flu after you receive a vaccine but this is just your body building the antibodies/soldiers to fight off the flu and feeling mild flu symptoms does not always happen. It is important to know that you cannot actually get sick from receiving a flu vaccine.

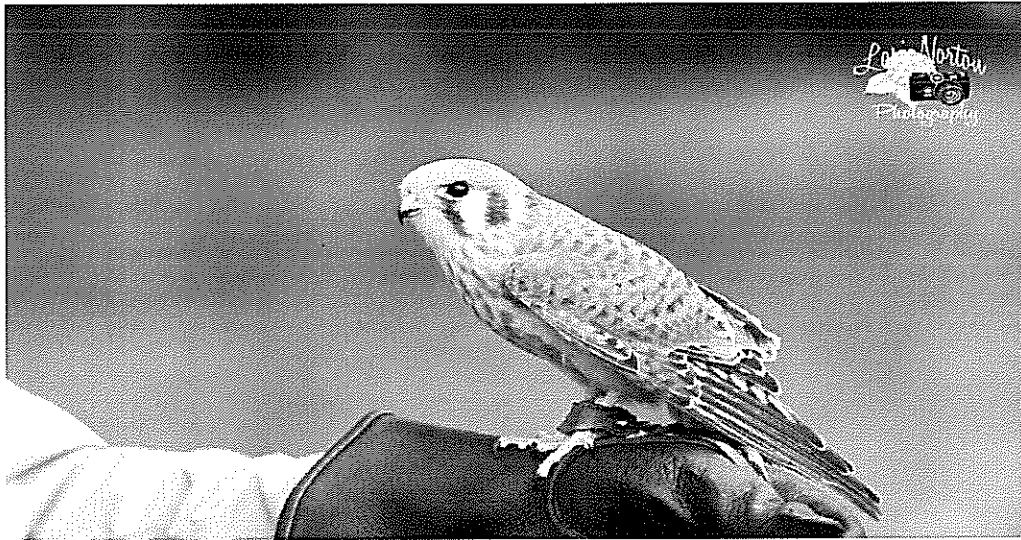
Whether or not you choose to get a Flu Vaccine you should remember to do the following throughout the flu season:

Birds of Prey Lecture on 3/13/19

The second lecture in the series brought to Coffee Creek by the Sustainability Office and Institute of Applied Ecology will be held Wednesday March 13th in both the medium and minimum facilities.

Erika Seirup, from Chintimini Wildlife Center, will present “Birds of Prey.” This presentation will have one of their Raptor Ambassadors as part of an interactive discussion of Oregon’s amazing Birds of Prey. Learn about the history of native wildlife and ways we can conserve and protect our local fauna.

The bird that will be brought in an American Kestrel. She is their smallest raptor.

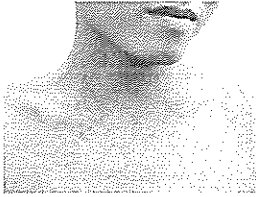


This special talk will be held Wednesday March 13th, 1:00 pm to 2:00 pm in the minimum Visiting Room, and 2:30-3:30 pm in the medium Chapel, limited to 70 participants in medium. Medium participants will need to kyte Denise Gardiner by 3/8/19 to be considered for the lecture. Attendees will be picked at random from all qualifying adults in custody. The minimum will be an “all call” for those that want to attend.

Medium’s and Minimum’s criteria:

- Must be open or have no conflicts for Wednesday afternoon (no job/other program conflicts).
- Must be incentive level 2 or 3.
- Conduct Orders, program fails and daily fails will be reviewed

Measles Update for IM Newsletters



Measles – What You Need to Know:

You may have read or heard a lot about the Clark County (Vancouver area), WA and Multnomah County, OR measles outbreak.

The facts from the Washington and Oregon Public Health Departments and the Centers for Disease Control and Prevention (CDC) are:

- Measles is a **vaccine-preventable** yet highly contagious airborne virus that can cause potentially serious illness, mostly among:
 - *Children 12 months and younger;*
 - *People with weakened immune systems; and*
 - *Pregnant women.*
- MOST Oregonians have been vaccinated against the measles!
- If you or loved ones have not been vaccinated that can be resolved.
- Vaccine *For You*~ contact medical!
- Vaccine *For loved ones*, they can contact their local health departments often for ***free*** vaccine.
- Living inside prison puts you at **no higher risk** than living anywhere else, in-fact the opposite may be true because exposure sources are limited;
- ***The main way you may be exposed to measles is through visiting!***
- Take responsibility to keep yourself and your community safe. Communicate clearly with your visitors, ensure they are aware of their risks, their potential exposure and ensure everyone is healthy before each visit!

YOU ARE THE KEY TO GOOD HEALTH WHILE YOU ARE INCARCERATED!

For more information Kyte your *Health Promotion Program Contractor*
or *Medical* at your institution!

The Salty Six



Did you know that many common foods are loaded with sodium? Sodium is used as a preservative and flavor enhancer for food. Most Americans consume too much salt. In fact, you only need 1 tsp. per day, which is equivalent to 2300 mg. Too much sodium can increase blood pressure, which can lead to heart disease. Excessive sodium also puts you at risk for stroke, osteoporosis, stomach cancer, kidney disease and kidney stones. These six food categories contain large amounts of sodium, some of them over half of your daily requirements.

1. Cold cuts & cured meats
2. Pizza
3. Soups (unless made from scratch with lower sodium broth)
4. Breads/rolls (adds up, due to the # of servings per day)
5. Chicken/turkey (processed)
6. Sandwiches

The 2015 -2020 Dietary guidelines for Americans advise limiting sodium to less than 2300mg per day. ODOC has been working to reduce the salt in the menus as well. We have been reformulating recipes and purchasing items that contain less salt as well as reducing the amounts of processed meats. This is an ongoing process.

Stay tuned for “Reading a nutrition label for sodium content”

Betty Hansen, RDN

2/13/19



Vanessa Morris was formerly incarcerated at Coffee Creek. In December, she submitted clemency paperwork to Governor Kate Brown, who decided to commute her sentence on January 22, 2019 at the Oregon State Capitol.

Ms. Morris was 17 years old when the crime occurred, and her manslaughter sentence was completed.

She participated in many rehabilitation programs offered at Coffee Creek such as Non Violent Communications and obtained occupational skills while working in trade industries offered at Coffee Creek.

Congratulations Ms. Morris!



Levelled UP!

Coffee Creek has started a new event called "Levelled Up!". Levelled Up will happen monthly on the units to celebrate Adult in Custody whose incentive level has increased in the last month becoming a level 2 or a 3.

AICs will be recognized within their communities by receiving a certificate, a free photo with their certificate and a bag of popcorn. We want to celebrate those who work hard to make their community a safer place by having clear conduct and rewarding positive behavior.

When presented the award, it brought tears to some AICs and the acknowledgment was much appreciated. Some AICs are proudly sending their photo home to friends and family!

Our first round of recipients was awarded on Thursday 2/7/19. The next event will be 3/15 to celebrate those who levelled up in February.

January Recipients Medium

HOLDEN, KAYLA JO
ALLOCCO, CYNTHIA ANN
MORENO, GISELA ELIZABETH
HOLINBECK, NAOMI AMANDA

KOESTER, PRISCILLA LYNN
LAWRENCE, CHRISTINA MARIE
WILLIAMS, DANIELLE DEE
YOUMANS, AMY DEAET
CORTEZ-JACKSON, FAWN R
ARREOLA, STEPHANIE
BROWN, CRYSTAL
LEE, VEDA MARIE
EISENSTEIN, MYA MEGAN
GAUTHIER, AUMODIE MAUREEN
LOWE, RINITA LINELL
GILTNER, BRITTNEY
HUSTER, KAREN L
CURELL, ARESHIA MARIA
FULMER, MARSHAY RENE
JOHNSON, LINDSEY DANIELLE
BRESHEARS, JORDAN E

January Recipients Minimum

KING, BRIANNA
CUNNINGHAM, AMANDA
LEWIS, SUNSHINE
RODGERS, SARAH KATHERN
CRAIG, SAMANTHA WILLIAMS
JAMES, SEAIRA DAWN
OROBIO-MENDOZA, MARITZA
OKONSKI, CASSANDRA JOY
TOOKE, DEBORAH LYNN
MOCK, DARLENE MAE
EVANS, DANIELLE NICOLE

SEIFERT, KATHERINE ANN
QUIROZ, REBECCA ROSE
RICE, KRYSTA GRACE
BIRD, RACHAEL RENEE
GHEYSEN, CORRINE ELISABETH
CHAMBERS, ELISE FERN
TODD, LINDSEY KUINILANI
ROACH, PARIS UNIQUE
BALDWIN, JESSICA SUE
ARMOUR, JAIME MARREE
MCLANE, LEA ANN
CHARLES, THELMA MAE
CARSON, GRACE EMILY
ROBINSON, MECHELE ANN
BUCK, VIRGINIA CECILIA
JUAREZ, RACHELLE SHANTE
GUIRMA, DOMANETE ALEMIYOU
JENSON, JAIME LEA
TONEY, STEPHANIE JEANNE
KENDALL, JOYCE MARIE
TURK, JAMIE RENEE

Good job everyone!!



**State of Oregon
Department of Corrections Commissary**

Date: Wednesday, March 06, 2019
To: Adults in Custody
From: Anita Nelson, Statewide Commissary Operations Manager
Subject: Commissary News, Updates and Reminders

Price Changes:

Our vendor has raised the price of Raisin Bran cereal. It is now \$3.00 for a 15 ounce box. The United States Postal Service has also raised their prices. Please refer to the chart below for the new prices.

Item #	Description	Price
1035	#10 Standard Envelope	\$0.64
1069	Domestic 6.5 X 9.5	\$1.34
1072	Domestic 10 X 13	\$1.87
1076	9X12 International/Domestic	\$3.41 C. America/USA
1074	12.5 X 18.5	\$4.97
1075	Priority Mail	\$7.85
1080	Small Flat Rate Box	\$8.40
1081	Medium Flat Rate Box	\$14.85
1082	Large Flat Rate Box	\$20.45
1083	Tube/Triangle Flat Rate Box	\$9.80

New Product:

Commissary is pleased to announce that we now have remotes for the 9 inch televisions. The cost is \$8.59.



Do you have substance use issues? Have you ever had problems with opioids? Would you like to chat with someone who is trained and caring?

Peer-Recovery Coaches PRC are trained peers inside CCCF who can meet with you and discuss your concerns. PRC can talk to you about:

- Ways to get out of the negative cycle that leads to disciplinary action inside;
- Thoughts you may have about using inside, quitting, or fears regarding using when back in community;
- The process of recovery and what it means for each individual;
- How to set goals and action plans to meet those recovery goals;
- What is available inside to get into/stay in recovery;
- Programs that help support skill-development for different choice making;
- How
- to look at your holistic health and how abstinence from substance use can lead to better overall health;
- How medication-assisted-treatment for opioid dependence works and why it might be a good choice for you (*we've come a long way from methadone baby!*); and More!
- What they *won't* talk with you about is drama, hearsay, gossip, relationship matters or *how to get one over on the system*.

IF you are interested in real dialogue about how YOU can change YOUR life, Kite Ms. Chaela Manning at CRU E-07 and let her know you are interested.

Wash your hands frequently. This will help prevent you from getting common colds and help put a stop to your friends and neighbors getting it as well. Please practice this important and simple tool.

Cover your mouth and nose with a tissue or your sleeve (not your hand!) when you cough, sneeze or yawn to prevent germs from spreading. It is better to cough into your elbow. **Drink lots of fluids**, water, juices, and clear soups will help loosen mucus and keep you from becoming dehydrated. Drink at least 8, 8 ounce cups of water daily.

Rest

If you do get the Flu: Let Health Services know so that they can try and help lessen some of the symptoms and help prevent the spread of the flu to your fellow inmates.

- Send a Non-emergent communication form to Health Services listing your symptoms and how long you have had them.
- You will be scheduled for nurse triage to assess you and determine if treatment or precautions are needed.
- Treatment only lessens the symptoms and duration but does not cure the flu.
- Precautions involves having to wear a mask to prevent you spreading the virus to others and being placed on lay ins so that you rest and do not spread the virus.
- Flu viruses are generally contagious to others for the first 3-4 days after a person is infected.
- The Flu has to run its course.

Health Services cares about you staying healthy and recommends getting the flu vaccine annually.

Talk the Talk

From Cpl Mecham

The 'Walk in the Light' education team will be presenting the educational presentation *"Talk Saves Lives"* produced by the American Foundation for Suicide Prevention on

Saturday morning March 30th in the chapel from 9:00 to 11:00.

Be watching for a sign up sheet that will soon be posted on your unit if you would like to attend. The talk will include:

- How to talk about suicide
- Statistics
- Warning signs
- What can be done to prevent suicide
- How to provide support
- And much more

You will also be able to pick up literature that may be helpful to you as it answers often asked questions about a subject that is commonly overlooked or kept silent. Sign up

sheets will only be up for a short period of time. Sign up quickly. You don't want to miss the opportunity to educate yourself on this important subject.

OUT OF THE DARKNESS SUICIDE PREVENTION COMMUNITY WALK COMING IN APRIL

If you would like to participate in the *"Out of the Darkness Community Walk"* please check out the poster on your unit and sign up on the sheet provided. If you are not on a cell in or Lop you may attend the event. You must be a level 2 or 3 to participate. It will be held the following Saturday after the education seminar.

Saturday morning April 6th from 8:00 to 10:30.

Come and hear testimonies, show your support and be encouraged! This is a way in which we can band together, bridging the gap in unity against this tragic condition.

Newspaper Subscription Changes

From Ms. Clayton

Changes to newspaper subscriptions:

Considering ongoing problems delivering newspapers to AICs who have paid subscriptions, all newspapers delivered to the facility need to be given to medium facility access and will be stored in a tote for the mailroom to pick up including weekend newspapers. Security staff will no longer be responsible for delivering newspapers on the weekend. The mailroom staff will pick up the newspapers Monday through Friday from facility access, label and issue to the AICs.

If you have any questions, please send a paper communication to the mailroom.

2019 PRAS Award Dates

From DOC

January 10, 2019	February 7, 2019
March 7, 2019	April 4, 2019
May 9, 2019	June 6, 2019
July 4, 2019	August 8, 2019
September 5, 2019	October 10, 2019
November 7, 2019	December 5, 2019

Cultural Events and Non-Cash Incentives

From CRU

We will be engaging in some cultural events here at Coffee Creek which means we've had to take a look at our incentive levels.

By definition, the purpose of non-cash incentives is to enhance cost effective inmate management by providing tiered access to services and privileges at department facilities. Non-cash incentives encourage pro-social behavior among inmates consistent with good correctional practices and the mission of the department. Functional unit managers may limit an inmate's access to services and privileges available within the incentive level attained by the inmate, as necessary, to ensure the safe and secure operation of the facility and within resources available to and physical plant limitations of the facility.

Moving forward, it has been determined that in order to participate and attend any cultural events, you must be at a 2 or 3 incentive level. No exceptions.

I encourage each of you to engage in programming, become more pro-social, and bring honor to your name while housed here at the Creek. Is it time to level up?

Looking forward to new and exciting events in 2019!!

SUSTAINABILITY NEWS

From Green Team

Great job helping collect valuable recyclables worth BIG \$\$\$ for the local Food Bank! We collected almost 500 Cereal Bags, earning 5,256 points towards real cash last month to benefit Wilsonville's Community Share Program. The non-profit food-bank helps needy families year round. Please keep recycling accepted items in each TerraCycle Brigade Box conveniently located on your Unit to help feed the hungry.

Congratulations to the CCCM Work Crews who received Certificates in a special Ceremony hosted by IAE, the Institute of Applied Ecology. The women's groundbreaking work in feeding Oregon's endangered Silverspots at the Oregon Zoo and out-planting 8,000 violas & other nectar plants (preferred by Butterflies) in the Nestucca Bay Wildlife Refuge has been a success against habitat encroachment and dwindling Butterfly populations. Our community's unwavering commitment with Sustainability for Endangered Butterflies, Organic Gardening, Honey Bees, conservation & also the Sagebrush Program at WCCF has made significant strides for the environment. Together we've instilled a healthier ecosystem by reducing energy & water use, recycling & assisting endangered life forms. Sagebrush in particular is a tough, drought-resistant shrub that could see a comeback thanks to the WCCF Sagebrush Crew who spent last year sowing 30,000 seeds and producing almost 22,000 sage brush plants, out-planting 4,000 just last November.

Did you know students from Paisley Middle School & Lakeview High also helped plant 1,300 sagebrush grown by WCCF? Sagebrush habitats are crucial for animals like mule

deer, bald & golden eagles, pronghorn, pygmy rabbits & burrowing owls as well as Sage Grouse. Sage Grouse, the unusual, knee high bird with pointed tail feathers has particularly suffered with a decline of 90%. The flightless birds' primary food source is sagebrush; they court, mate and nest under its branches. Thanks to innovative programs working with the community to spread biodiversity, threatened species are protected.

ATTENTION MOTHERS

From CRU

Do you have a baby or toddler under five? 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 age from birth to Age 5
- Minimum or minimum eligible with gate clearance
- Child lives less than 60 minutes away
- Transportation to/from the school are Tuesday and Thursday 9:00am - 12:30pm

VISITING APPLICATIONS

From Ms. Stehle, 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

BIRTH CERTIFICATES AND SOCIAL SECURITY CARDS

From Records Office

Many already know how important it is to have your birth certificate and social security card, but it's worth repeating and even "kyting" about. Aside from the benefits of having your birth certificate while you're still inside, both pieces of

identification are essential to your success after release because they are needed to get a job, open a bank account or cast a check, and apply for state or military benefits.

As you approach your release, if the DOC does not have a birth certificate or social security card on file for you and if you may be eligible to receive one provided by the DOC, you will receive a kyte from the institution records office. Those approaching age 65 will also be sent a kyte if the DOC does not have a birth certificate on record. The kyte will tell you which piece of identification is missing and give you the means to start the application process. Just fill in the information and forward the kyte to your **INSTITUTION RECORDS OFFICE**. It's as simple as that.

Note: To eliminate duplication that could delay your application process, please complete and return only one for each of the birth certificate and social security card forms.



Help Wanted - ADL

From 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, 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 may be scheduled and called out for an interview. Thanks for your interest.

Medium Religious Services

From Chaplain Brault

Friday, March 8, 2019

Chaplain Holmes Bible Study 9:00-10:00 A.M. Gh02 (*No LOP*)

Coffee Talk 3/7/2018

Native Flute Circle 9:30-10:30 A.M. Chapel (**Participants Only**)

ARMS/Boundaries 1:00 – 4:00 p.m. GH02 (**Participants Only**)

Meditation 201 1:00-2:30 p.m. Chapel (*No LOP*)

Buddhist Service 7:00-9:00 Chapel (*LOP Ok*)

New Thought Ministries 7:00-9:00 p.m. CD02 (*LOP Ok*)

Saturday March 9, 2019

Spiritual Book Club For Lifers 9:00 – 11:00 A.M. Chapel (**Participants Only**)

Druid 12:30 – 1:30 p.m. Chapel (Participants Only)

SDA Service 2:00 – 4:00 p.m. Chapel (*LOP Ok*)

Baptist 7:00-9:00 p.m. Chapel (*LOP Ok*)

Sunday, March 10, 2019

LDS Bible Study 1:30 – 3:00 p.m. M111 (*LOP Ok*)

LDS Choir 2:30 – 4:00 p.m. Chapel (**Participants Only**)

Monday, March 11, 2019

Celebrate Recovery Step Study 6:30-8:30 p.m. GH02 (*No LOP*)

JW 7:00 – 9:00 p.m. GH02 (*LOP Ok*)

Aglow 7:00 – 9:00 p.m. Chapel (*LOP Ok*)

Healing The Scared Hoop 7:00- 9:00 p.m. Chapel (**Participants Only**)

Tuesday, March 12, 2019

Threshold 1:00 – 3:00 p.m. Chapel (*Participants Only*)

Baptist Study 7:00-8:30 p.m. GH02 (*No LOP*)

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

Wednesday, March 13, 2019

Grief Class W/Nancy 9:00-10:30 a.m. Chapel (**Participants Only**)

Meditation 101 1:00-2:30 p.m. Chapel (*No LOP*)

FITS 7:00-9:00 p.m. M111 (*LOP ok*)

Anticipate 6:30 – 8:30 p.m. GH02 (**Participants Only**)

Thursday, March 14, 2019

Moms In Prayer Class 8:30-10:30 A.M. Chapel (**Participants Only**)

Bridgetown Disciple 12:30 -1:00 p.m. Chapel (*Participants Only*)

Bridgetown Service 1:00-3:00 p.m. Chapel (*No LOP*)

Prison Fellowship 7:00-9:00 p.m. Chapel (*LOP Ok*)

Catholic Service 7:00-9:00 p.m. GH06 (*LOP Ok*)

Celebrate Recovery 6:30 – 8:30 p.m. GH02 (**Participants Only**)

VOEG 1st Class 6:30-8:30 PM CD02 (**Participants Only**)

Friday, March 15, 2019

Chaplain Holmes Bible Study 9:00-10:00 A.M. Gh02 (*No LOP*)

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

Meditation 201 1:00-2:30 p.m. Chapel (*No LOP*)

MINIMUM ONLY



Oxford House Presentation

Thursday 3/21/2019

Representatives from Oxford House are visiting Coffee Creek to discuss the following topics:

- What Oxford House is and how it operates
- Qualifications for living in an Oxford House and basic expectations
- How to apply for membership in an Oxford House
- Benefits of living in an Oxford House
- Move-in costs and average monthly EES (rent)
- Locations of Oxford Houses across the state
- Question & Answer Time

The presenters will also provide an overview of their personal stories with the Oxford House Program.

If you are less than 12 months to release and interested in learning more about this topic, please send a kyte to:

Carly Tabert, Transition Coordinator/Minimum Mailbox.

Participation will be prioritized by release date; however, if you are not able to attend this session, your name will be placed on a waiting list to attend the next session.

UPDATED, January 2019

ARMS 1:00 – 3:00 p.m. GH02 (**Participants Only**)
Buddhist Service 7:00-9:00 Chapel (**LOP Ok**)
New Thought Ministries 7:00-9:00 p.m. CD02 (**LOP Ok**)

Saturday, March 16, 2019

Parole Board Prep Group 9:00 –11:00 A.M. Chapel
(**Participants Only**)
SDA Service 2:00 – 4:00 p.m. M111 (**LOP Ok**)
Baptist 7:00-9:00 p.m. Chapel (**LOP Ok**)

Sunday, March 17, 2019

City Bible Church/Manna Bread 9:00–10:30 A.M. Chapel
(**LOP Ok**)
LDS Bible Study 1:30 – 3:00 p.m. M111 (**LOP Ok**)
LDS Choir 2:30 – 4:00 p.m. Chapel (**Participants Only**)
Pagan 7:00 – 9:00 p.m. Chapel (**LOP Ok**)

Monday, March 18, 2019

Celebrate Recovery Step Study 6:30-8:30 p.m. GH02 (**No LOP**)
JW 7:00 – 9:00 p.m. GH02 (**LOP Ok**)
Aglow 7:00 – 9:00 p.m. Chapel (**LOP Ok**)

Tuesday, March 19, 2019

Threshold 1:00 – 3:00 p.m. Chapel (**Participants Only**)
Baptist Study 7:00-8:30 p.m. GH02 (**No LOP**)
Labyrinth 7:00-9:00 p.m. Chapel (**No LOP**)

Wednesday, March 20, 2019

Grief Class W/Nancy 9:00-10:30 a.m. Chapel (**Participants Only**)
Meditation 101 1:00-2:30 p.m. Chapel (**No LOP**)
FITS 7:00-9:00 p.m. Chapel (**LOP ok**)
Anticipate 6:30 – 8:30 p.m. GH02 (**Participants Only**)

Thursday, March 21, 2019

Moms In Prayer 8:30-10:30 A.M. Chapel (**Participants Only**)
Bridgetown Disciple 12:30 -1:00 p.m. Chapel (**Participants Only**)
Bridgetown Service 1:00-3:00 p.m. Chapel (**No LOP**)
Prison Fellowship 7:00-9:00 p.m. Chapel (**LOP Ok**)
Catholic Service 7:00-9:00 p.m. GH06 (**LOP Ok**)
Celebrate Recovery 6:30 – 8:30 p.m. GH02 (**Participants Only**)
VOEG 6:30-8:30 p.m. CD02 (**Participants Only**)



Outside Track Reminder

From CO Smith

Just as a reminder- when using the outside track for exercise, please remember that all runners should be

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keeping to the inside of the track. All runners should be aware of their surroundings and other runners- please ensure you are able to hear and see others around you to avoid running into each other.

Those who are using the track to walk should do so on the outside of the track. You should be walking in the opposite direction of the runners (counter clock-wise) and when approaching runners in a group, please yield to runners so that they are not forced off the track.

Thank you for your cooperation in this matter.

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:

New thought Ministries: Tuesday 7PM

We are a spiritually based faith, grounded in the Principles of Love, Oneness and Acceptance. The foundation of New Thought is based on Jesus' central teaching, "As you Believe, so shall you receive." We're an inclusive teaching honoring all faith traditions, religions, creeds, races, cultures and sexual orientations, with the premise that we are all whole and complete spiritual beings having a human experience. At our services, we cover a variety of topics, from meditation, visualization, the power of prayer, the law of attraction, and much more. The idea of New Thought is that you already have all the answers with you, and we're there only to assist and support you in believing this for yourself, as the Power of God is one with you, and not separate from you.

Episcopal Services: Saturdays 7PM

All are welcome at weekly worship services. Learn more about the Bible-four readings every week. Learn more about the Good News of God as revealed in Jesus Christ. Our more traditional way of worshipping includes lots of room to bring your own experience and reason. Eucharist (communion) is served about twice a month. We join together for evening prayer the other evenings.

- ASATRU meets D4 the 2nd & 4th 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