



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

August 15, 2019

Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow.

-Alice Mackenzie Swain

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.

2019 Q3 STAR AGENT ARTICLE

DMV Call Center DMV Manager Ms. Matthews

DMV * STAR * Agent
(Star to Agent Recognition)

Please join the Coffee Creek DMV Team in congratulating this quarter's * STAR * employee!

This award is given to an exemplary DMV/Coffee Creek agent who has met the criteria set forth by the STAR Committee. The STAR Committee consist of four phone agents, who were nominated then voted upon by their peers, one DMV Technical Specialist staff member, and final oversight provided by the DMV Center Manager. This committee meets quarterly to review the award processes, making recommendations or improvements as needed, and prepare for the next STAR agent. The initial eligibility criteria is based upon: customer service excellence, performance stats, attendance, team participation, team cohesiveness, co-worker observations and the consistent display of values associated with integrity, honesty and professionalism.

Our 2019 3rd Quarter STAR Agent

Is...

Valisha Eteuati

Valisha has shown herself to be an outstanding employee who goes above and beyond normal DMV excellency standards. She is a goal-oriented team player who is always willing to help out and encourage her fellow agents. She consistently demonstrates outstanding "soft skills" on the phone and in person with her fellow peers. She is diligent with the task of delivering accurate and complete DMV information to every customer throughout each day.

A fun fact Valisha would like her community at Coffee Creek and co-workers at DMV to know about her is that she lived in Australia for 12 years and it was amazing. She absolutely loves to travel. Some short-term goals of hers are strengthening her creativity through music. Valisha would like to encourage her fellow peers by saying, everyone has played a role in her success and growth within DMV. She wishes everyone will continue to support one another and grow strength through unity. Her favorite quote is, "Don't rush into anything just to say you have something. You can be everything you need if you take your time, build yourself, create security, understand your emotions, and heal from your history."

Congratulations and great job, Ms. Eteuati!



~ Your Proud Manager, Ms. Matthews ☺

Bee Team

From Capt M. McCorkhill

My First Bee Hive Experience

When I started the Bee Program, I was very scared of bees. The first time I put on the bee suit & gear I told myself, "Show no fear – they can smell it and it'll be a wrap!" As we approached the hives, I silently repeated my

mantra, throwing in some “I think I cans: I called to Johnson, “I think I’ll watch from over here. “Keeping my distance, I slowly crept closer, curiosity getting the better of me. All the sudden I am shocked! They were beautiful! Even more shocking – they just went about their own business of creating despite our intrusion. I had to get closer. Before I knew it, my curious mind led the way along with my feet, and I was peeking inside the hive. I was astounded by nature I then realized that like every other situation in life, education and courage will always conquer fear. Putting one foot in front of the other will always get you where you need to go- and with a supportive team, you will an always BEE successful!

AIC Steffany Silsby

Why Walk?

July to August is the highest point in the year for our “Honey Flow”. The gardens are in full bloom. Honey bees collect the pollen and turn the nectar of the flower to honey to feed the colony. On her journey each flower collected pollen is transferred to other flowers to be reproduced. On this warm afternoon I sat at the coffee cart smiling at the passing ladies when a bug fell from the sky...One of our honey bees took her last flight. Her wings as fragile as tissue paper have torn and frayed making her flight impossible to return to the hive. Without food, warmth and the safety of her colony she probably will not survive the night. Her job is done.

I thank her, tell her she did a wonderful job and placed her off the walk onto a flower. This is so she will not be stepped on and may enjoy the rest of her life in peace.

AIC Kate Crosby

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

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.

I'M never having sex again!

I'M too old to get pregnant!

I'M with a long term partner, so it can't happen to me!

I'M lesbian, I don't have to worry!

I'VE turned things around, I'M only playing it safe!

YES!!!

And....

These and many more things were said by women who left CCCF/CCCM and contracted STIs or found themselves in the middle of an unwanted pregnancy just as their new life was starting.

What Is *Smart Start*?

Smart Start provides reproductive health education, resources, birth control and clinical services for hundreds of inmates being discharged each year from Oregon correctional institutions.

Why is *Smart Start* so important?

Smart Start strives to reduce the hardships of unintended pregnancies. *Smart Start* classes address:

- Knowledge of high-risk behaviors
- Knowledge about birth control choices
- Awareness of community resources
- The option to sign-up for contraceptive clinical services from outside providers

Upon release make sure you grab you ***Smart Start*** bag!

Filled with condoms, lube, reproductive health information, & community resources.



**WOMENS
REPRODUCTIVE
HEALTH
CCCF/CCCM**

Reproductive health education and birth control options are available to you before you leave!

Outside Providers will deliver:

- **Risk Reduction Class**
- **Birth Control Class**
- **Birth Control Clinic**

RISK REDUCTION CLASS

Within 6 months to the gate ~ What you can expect:

You will learn about:

- Sexual longevity
- Healthy sexuality
- Lowering sex-related risks
- Healthy decision-making
- Myths regarding sexuality

You **MUST** attend this class it is MANDATORY for all departing women (yes, the Men too!)

- Contents of Smart Start bag
- Who I Am & what the program is
- How to lower the risk for negative consequences of sexual activity
- Unintended pregnancies,
- Sexually transmitted infections,
- Regret
- Emotional trauma.
- Learn the difference between:
 - Annual exams
 - Pelvic exams
 - Pap smears
 - STI testing
- Find out the recommendations for each of those exams
- Learn about common STIs (Chlamydia, gonorrhea, herpes, HPV / Genital warts, HIV, Hepatitis C
- Find out about opportunities to get on birth

BIRTH CONTROL CLASS

Within 2 months to the gate ~ What you can expect:

You **MUST** attend this class to be scheduled for the clinical follow-up with the outside provider to obtain your chosen birth control method.

You will learn about:

- Your menstrual cycle
- Your fertility patterns
- Myths & facts about birth control
- How to lower your risk of getting an STI
- Your birth control methods:
 - o How they work
 - o How they can fail
 - o How effective they are

- What side effects they may have
- How to get them at CCCF/CCCM

BIRTH CONTROL CLINIC

Before you leave ~ What you can expect:

A short while before release you will be scheduled for a clinic appointment to obtain the method of birth control you've chosen.

The birth control appointment is with an outside nurse practitioner (NP) who does not work for corrections.

You will have a 20 minute appointment with the NP to get on your method.

WATCH FOR CALL-OUTS

YOU MUST GOT TO YOUR CALL-OUTS FOR ALL 3 SMART START PROGRAMS TO GET YOUR METHOD BEFORE YOU LEAVE CCCF/CCCM

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.

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

A Little Kindness from person to person is better than a vast love for all humankind.
-Richard Dehmel

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

Sustainability News

From: Green Team

Thank you everyone who helped support our recent Granola/Trail Mix Fundraisers! Thanks to you, book fees and class supplies will be covered for the next Roots of Success classes. Funding is a continual need with book fees and IT etc. That's why Green Team Members actively pursue relationships via Business letters to Green Businesses in the surrounding counties seeking further assistance & building relationships for those interested in Roots of Success Graduates, as parolees looking for employment.

Congratulations to the newest Roots of Success Graduates! We will begin new classes in Medium & Minimum soon. Remember to drop a kyte to Ms. Fitts/Green Team to sign-up or get on the waiting list! The 3-month Environmental Literacy Program is an excellent opportunity to gain knowledge & a variety of skills which may open the door for employment opportunities in Green Businesses when you parole. Roots of Success has been a big boost for CCCF. Recently, Kim Moore, the Oregon Business Magazine Editor, came and interviewed Roots of Success Peer Educators as well as current students. The article "Green is the New Black" is online at oregonbusiness.edu, by Kim Moore.



Go Plantago Team Go!!! As Plantagos continue to fill G/H yard with strong, robust plantlife, the favored butterfly food spreads outside the gated yards as seeds travel with animals, insects & the breeze. Atop the reproductive stem, Plantago seeds dry and scatter wherever the wind travels. Wild Plantagos spotted in the G/H Volleyball Court had a slightly different structure & leaf formation one crew member noted. This is a common occurrence with botany as cross-pollination stimulates adaption to differing soils, environments & climates. Thank you for keeping the yards clean and garbage free to better allow nature to thrive & do its best!

Please be sure to dispose of old sandals & other shoes in a biodegradable manner. Sturdier shoes can be donated through the Property Room. Just kyte to get rid of your "hot-trash." Doing so will help you play an important part in protecting the earth. Each new day provides opportunities to make choices reflecting your commitment in sustainability and the health of our planet. The children of our future deserve a clean Earth, let's do what we can to help provide that by reducing, reusing and recycling whenever we can.

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.

8/17/2019	Fighting with my Family
8/18/2019	Wonder Park
8/24/2019	Captive State
8/25/2019	The Little Mermaid

ADL HIRING

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, 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

PSU CLASS

From: Ms. Jensen, Education Coordinator

METAMORPHOSIS

A PORTLAND STATE UNIVERSITY GENERAL EDUCATION COURSE

15 credits: Fall, Winter and Spring 2019-2020

Requirements:

- High school diploma or GED
- Must be able to complete the course/be enrolled for all 3 terms
- \$100/term: Total \$300
- Incentive Level 2 or 3

Metamorphosis is the ancient Greek name for "shape changing". The process of change is fundamental to our sense of being. This 15 credit, first year, interdisciplinary general education course investigates the process of change in the human experience. How do we envision and experience the process of transformation in our bodies, our minds, our communities, and our world?

CREDITS:

15 credits, 5 per each term, Fall, Winter and Spring

How the UNST credits transfer:

One term of UNST 100-level (5 cr) = 5 credits general elective

Two terms of UNST 100-level (10cr) = 10 credits general elective

Three terms of UNST 100-level (15cr) = 3 credits writing (WR 121), 4 credits social science, 4 credits science, 4 credits arts & letters

The course will meet twice a week for 2 hours. It is an "Inside Out" course, partnering with a PSU Capstone, and for 2 hours/week, "outside" students and "inside" students will engage in shared academic assignments and discourse. Tuesday and Friday, 9:00-11:00 AM.

Start Date October 1, 2019.

For applications kyte Ms. Jensen, Education Coordinator. Applications reviewed September 1 – September 15.

MINIMUM BREW

Gig Economy and the Parolee

From: Ms. C. Tabert

The gig economy has become a popular term for working from home through the internet, also known as telecommunicating and the virtual workforce. About 1/3 of the nation's workers participate to some extent, and millions make it their full-time career. Because such teleworkers are usually 1099 contractors, not W-2 employees, **your past is not a factor.**

During this class, you will learn what the gig economy is, how to prepare to participate in it upon release, and how to grow it as an entrepreneur into a thriving online business, possibly alongside a regular job or other commitments.

Internet experience is not required for this class, and what you knew about the internet before incarceration has likely changed.

Case studies will form the bulk of this class, starting with the success and failure of others, and then exploring the potential threats and opportunities facing the ideas of each attendee. Peter Shikli, a serial online entrepreneur who founded Access2online here at CCCF, will guide individual attendees to convert their education, experience, and most importantly their passions into a gig plan.

This plan will begin with the process to find a viable value proposition for your prospective customers that you can deliver across the internet. The plan will cover the resources you'll need to assemble including training, and how to go about all this. Each attendee will leave with a roadmap applicable to their individual foray into the gig economy. Attendees are expected to discuss freely their release plan, their outside resources, and even their life plans as it relates to entrepreneurship. **This is not a class where you can hide in the corner taking notes.**

Where: Room D-5.

When: First and fourth Thursday of the month from 10/3/2019.

Requirements: Release within 3 months but not before class ends.

How: Kyte your interest to Carly Tabert.

What to bring: Ideas and a notepad.

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 mediation, 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