



Security

Evening Winter Activities 2019

Summer night yard activities will conclude on Saturday, September 28, 2019. The Evening winter activities will begin Sunday, September 29, 2019.

Scheduling will be in three groups on a rotating basis.

1. E. Block
2. D. Block
3. A. Block, C. Block and Dorm.

Blocks rotate every third night starting with E. Block on September 29, 2019, only AICs living in the scheduled block(s) may attend.

The following procedures will be in effect:

1. A line for the evening activities will be run from the eligible housing units to the Recreation Yard building after the evening meal. This will be the only line out. Evening yard ends at 9:00 p.m.
2. AICs will go down the main avenue and enter the Recreation Yard through electric gate # 9, at the southwest corner of the basketball court. Security will not allow anyone to remain outside the Recreation Yard building.
3. If a Block has Winter Evening Activities and Evening Showers on the same night, those AICs can go to the Recreation Yard directly after their showers (you may not return to your housing unit first). These persons go directly to the Recreation Yard Building through the Security Gate and continue through electric gate # 3
4. The Card Room, Basketball Court, Pool Room, and showers will be open.
5. The television in the Card Room only for movies. The sports television is for sports viewing except on minority viewing nights (Tuesday, Wednesday, and Thursday).
6. Security calls optional one-way Cell / Pill Line at 8:00 p.m. There will be no returning to the yard from this line.

If you have any questions, please direct them to the Officer in Charge.

/s/ C. Borden, Group Living

Activities

Car Show Calendar Sale

2020 calendars of vehicles and bikes from the 2019 Car and Bike Show can now be purchased. Send a CD-28 to the Car Show, account #2488 for \$6.95. Calendars are on order and will be issued at the end of September or early October. Quantities are limited, so don't delay.



/s/ J. Rodriguez, Activities

Commissary

Update on Protected Funds

For those that have a Protected Funds account, your account will be active and funds available for Commissary purchases beginning October 1, 2019.

Please check your receipt at the Commissary window to make sure the correct account you designated on your order form was used for your purchase. If you do not have funds in the account you selected, your order form will be returned to you unprocessed.

These new sections do not apply to you if you do not have a Protected Funds account. If you sign the section on the Commissary Form or check the box on the kiosk forms authorizing purchase but do not have a Protected Funds account your order form will be returned to you unprocessed.

Commissary Reminders

You are allowed one commissary order per week. You must write legibly and your Commissary form must include your name, SID number, institution, unit, and bunk number or your order form will be returned to you unprocessed. Please clearly mark quantities in the box next to the items you are ordering. Your order form will be returned to you unprocessed if you do not have sufficient funds at time your order is being processed. **Please Do Not Draw or Doodle** on the form. Prices are subject to change without notice.

Soda Coupon Reminder

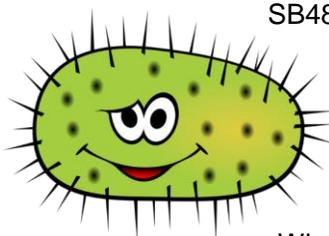
If you are moved to another institution and have soda coupons in your possession that you purchased **within the last six months** you may request a refund. To request a refund, you will need to staple your soda coupons and a copy of your sales receipt to an inmate communication and send it to the Commissary you purchased the coupons from. You must submit this request within thirty (30) days of your move.

Soda coupons that have been “eaten” by the vending machine, or damaged in any way will not be refunded by Commissary. As stated on the Commissary order form, “USE OF SODA MACHINES IS AT YOUR OWN RISK. NO REFUNDS WILL BE GRANTED”. Please do not submit an inmate communication to Commissary requesting a refund for a soda coupon that has been lost to the soda machine or damaged.

/s/ S. Jackson, Commissary

Miscellaneous

Beat the Flu 2019-2020



SB488 mandates that all AICs within ODOC sign a consent indicating if they would like their flu shot or not. This means you will be offered the shot and need to accept or decline.

Why get YOUR flu shot?

- ◆ It decreases the chance of you getting flu and flu-related complications!
- ◆ It decreases your chance of getting FUTURE flu due to your immune systems ‘memory’ of the vaccine!
- ◆ It decreases the chance you will give the flu to someone you care about!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs will begin in most institutions October 1, 2019 and YOUR part will be needed to succeed to **Beat the flu in 2019-2020!**

FLU FAQ

The 2019-2020 Influenza (flu) Vaccination will soon be underway. Here are some common myths/facts about the Flu Vaccine. You will be scheduled for your opportunity to receive the vaccination soon!

Oregon SB488 requires Oregon Department of Corrections to offer flu vaccine to all AICs on an opt-out basis; meaning everyone will sign a consent form accepting or declining flu vaccine beginning flu season 2019-2020.

Common Myths

Myth: Flu shots make you sick

Fact: The body creates what is called an *innate immune response* anytime a vaccine enters it. The immune system ‘feels’ the genetic information given by the vaccine and starts a response that can make a person feel ill! This is *NOT* the flu, rather it is a well-recognized vaccine-related immune response that naturally occurs in a healthy immune system. NOTE: the flu shot is not *whole ‘dead’ flu virus*.

Myth: The flu shot doesn’t work – the media told us so last year

Fact: The flu vaccine attempts to cover as many strains of flu that are projected to be ‘out’ in a given year. A) the vaccine doesn’t capture them all; B) the virus might be a slightly different ‘strain’ than what the vaccine is for.

What it CAN DO:

1. It might prevent you from getting the actual flu during the 2019-2020 flu season if the vaccine works well;
2. It definitely can help prevent against bad complications if you do get the flu, like you won’t get as sick as someone who doesn’t have a *built-in-immune response* to the flu; and
3. There is this weird thing call **immune archiving**. The immune system is like a computer in a way, it keeps data on vaccines that we have received and if a strain of flu comes around that we’ve been vaccinated against, the immune system will ‘remember it’ and try to fight it. Remember the big deal about the swine flu in 2009? It was expected to cause a major pandemic, but it didn’t really because so many people had been vaccinated against that strain of flu earlier in their lives! So the ‘old vaccine’ saved from the ‘new flu’

FLU FAQ (cont.)

Myth: Only old people get the flu

Fact: Everyone gets the flu, it is more likely to cause severe illness in or kill older and younger people. But people who live in prison and who have multiple chronic health conditions are likely to get bad complications from flu, so prevention really helps.

Myth: Medical doesn't care if we get the flu or not, they won't do anything why should we bother?

Fact: They **are** taking flu and flu-related complications very seriously. They will try to prevent and then contain an outbreak as much as possible for your health and the health of your visitors.

Myth: Vaccines are bad for you, they cause things like Autism

Fact: There are no studies showing the **causal nature** of vaccines-in-and-of-themselves to **cause any** chronic or debilitating conditions.

Help Us Help You with a Smooth Parole Transition

If you are receiving prescribed medication you could be eligible for parole medications. Please send an inmate communication to medical one month prior to your release advising us of your release date and that you are in need for review of release medications. By doing this it will ensure your medications are ordered in a timely manner. In your inmate communication, please also clarify any questions you may have regarding your health status and medications. This will help us provide you with the education you need regarding the medications you are to be taking and why you need to take them. At the same time, we need to make sure that you understand about any disease processes you may have, the reason why your medication is necessary, and the risks of not taking them. Please take a proactive approach to getting the most you can from Health Services. We do not want you heading back to the community with many unanswered questions about your health or a missing prescription. With reasonable notice, all of your needs can be addressed, and we hope that this will be a very positive experience for you. Remember on the date of release as you are being processed out of R&D request your release medications and turn in your blister packs. Thank you in advance for your understanding and cooperation.

/s/ C. Coffey, Health Services

Chapel**The Art of Living Retreat/Program**

October 10 – October 14, 2019

In this retreat powerful yoga breathing and postures are learned to assist with releasing tension, stress, and anxiety about the past and worries about the future. The techniques practiced in the retreat are intended to leave you feeling peaceful, calm, and energized. They can support you in reducing your stress and anxiety levels when practiced daily as well.

The retreat has an introductory session on Thursday evening, October 10, 6:00-8:00 p.m. which is followed by four days of intensive practice from 1:00 p.m. to 5:00 p.m. with an out-count all four days. It is requested that you attend all sessions to complete the training and to avoid impacting the learning of the group. There will be follow-up sessions on Thursday evenings, 6:00-8:00 p.m. for six weeks following the introductory retreat. Please contact the Chapel if you are interested in attending.

/s/ K. Thompson, Chaplain



Chapel Schedule

SATURDAY, September 22

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

11:30 a.m. Native American Ceremony

1:00 p.m. Sunni Muslim Study
Worship Practice
Seventh Day Adventist

6:00 p.m. Calvary Chapel
Siddha Yoga

SUNDAY, September 23

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

1:00 p.m. Catholic Mass

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

MONDAY, September 24

1:00 a.m. Spanish Catholic

6:00 p.m. Restorative Justice
Non-Violent Communication

TUESDAY, September 25

1:00 p.m. Trauma Transformation Group
Russian Bible

6:00 p.m. Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice

WEDNESDAY, September 26

8:00 a.m. OSP Choir Practice

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

6:00 p.m. Celebrate Recovery

THURSDAY, September 27

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

1:00 p.m. TUMI ☹
Grief Group

6:00 p.m. Spanish Non-Violent Communication
Gospel Worship
Celebrate Recovery ☹

FRIDAY, September 28

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.