



## **Administration**

### **From the Administrative Rules Program**

Below is the list of status changes made to DOC administrative rules since October 20, 2019.

#### **PROPOSED RULES:**

##### **291-013 Use of Force**

- Amends the rules to implement statutory language changes and to align with current practices and equipment.
- Last Day for comment: December 31, 2019

##### **291-041 Searches**

- Amends the rules to implement statutory language changes and amends rule language to align with OAR 291-210.
- Last day to provide comments: December 30, 2019

##### **291-105 Prohibited Conduct and Processing Disciplinary Actions**

- Amends the rules to implement statutory language changes and to clarify rule language to provide for easier understanding of the rules and processes.
- Last day to provide comments: December 31, 2019

##### **291-124 Health Services (AIC)**

- Amends the rules to implement statutory language changes and to establish procedures for AICs to obtain audiograms and hearing aids.
- Last day to provide comments: December 31, 2019

Rulemaking comments must be provided to the DOC Rules Coordinator in writing. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication,

they will be returned. DOC rules are available for review and copies in the inmate law library.

Proposed, temporary, and permanently adopted rules are available for review in the inmate Legal Library. Personal copies may be obtained by sending form CD1762, "Legal Photocopy Request Form," to M. Davidson, Library Coordinator.

Inmates in special housing units may access copies of proposed rules and permanently adopted rules for review by asking the housing unit officer. Personal copies may be obtained by sending form CD1762, "Legal Photocopy Request Form," to M. Davidson, Library Coordinator.

Proposed rules will be copied free of charge. If you want a personal copy of a permanently adopted rule, there will be a charge for the copy.

Comments on proposed rules may be submitted by inmate communication or letter to: M. Mooney, Rules Coordinator, DOC Rules Office.

#### **2019 Holiday Debt Collection Suspension**

- The 2019 holiday buying period runs Sunday, December 1, 2019 through Friday, January 3, 2020.
- Spending limits will be doubled during the holiday buying period.
- **If you are INDEBTED to the Department of Corrections read this:** Debt will be collected through **Wednesday, November 27, 2019** prior to the beginning of the holiday buying period. DOC is exercising the discretion of the Assistant Director of Operations, according to Trust rule 291-158-0065 to designate November 27, 2019 as the last business day of the month, prior to the holiday buying period.
- During the holiday buying period, Central Trust will not collect existing DOC debt. However, non- DOC debt, such as court fees and garnishment orders, will be collected during the buying period, as well as fines

## **2019 Holiday Debt Collection Suspension** (cont.)

associated with new disciplinary sanctions that are applied to your trust account.

- During the holiday buying period, inmates who are indebted to the DOC may only spend funds posted to their account for postage, copies, institution club activities, and commissary items.
- If you are indebted, Central Trust will not process CD-28s to send funds out.
- At the conclusion of the holiday buying period, any funds remaining in accounts of indebted inmates will be collected and applied to their debt.
- Transitional Savings deductions will remain in effect according to ORS 423.105 (SB) 844 during this time.
- If you do not have a Protected Funds Account but sign the section on the Commissary Form or check the box on the Kiosk Form authorizing a purchase, your order will be returned to you unprocessed. For those who have a Protected Funds Account, you have received a letter from Central Trust. If you have not received a letter, then you do not have a Protected Funds Account.

/s/ M. Gower, Assistant Director for Operations Division

## **Commissary**

### **Coffee Pods**

Please note the vendor was unable to provide coffee pods and has substituted coffee singles in their place. The following change has been made to the Commissary Holiday Form.

From: Folgers Coffee Pods 3oz.12ct.

To: Coffee bags, Folgers Singles 3oz.19ct.

/s/ C. Lucero, Commissary

## **Miscellaneous**

### **ICH Unit Peer Companions Announcement**

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help

teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring Peer Companion positions on the Intermediate Care Housing (ICH) unit. Individuals selected for these positions will report to the ICH unit for their shift. We are looking for motivated, responsible individuals who have willingness to work with both elderly and our special needs population.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on the ICH are getting their basic and daily needs met.

Duties may also include escort individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room or out to the ICH yard. This may include actually engaging the assigned inmate in these activities.

Please submit an application to Shela Hartley, ICH QMHP if you are interested. Applications will be accepted until all positions are full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year and meet the require.

/s/ S. Hartley, ICH

### **Antibiotics: When They Can and Can't Help**

#### **What are antibiotics?**

Antibiotics are strong medicines that can stop some infections and save lives. But antibiotics can cause more harm than good when they aren't used the right way.

#### **Do antibiotics work against all infections?**

No. Antibiotics only work against infections caused by bacteria. They don't work against any infections caused by viruses. Viruses cause colds and most coughs and sore throats.

#### **What is "bacterial resistance"?**

Usually antibiotics kill bacteria or stop them from growing. However, some bacteria have become resistant to specific antibiotics so the antibiotics don't work against them.

Don't expect antibiotics to cure every illness. Don't take antibiotics for colds or the flu. Often, the best thing you can do is to let colds and the flu run their course.

## **Antibiotics: When They Can and Can't Help** (cont.)

Sometimes this can take two weeks or more. Contact Health Services if your illness gets worse.

### **How do I know when I need antibiotics?**

The answer depends on what is causing your infection. The following are some basic guidelines:

- **Colds and flu.** Viruses cause these illnesses. They can't be cured with antibiotics.
- **Cough or bronchitis.** Viruses almost always cause these. However, if you have a problem with your lungs or an illness that lasts a long time, bacteria may actually be the cause. Your practitioner may decide to try using an antibiotic.
- **Sore throat.** Most sore throats are caused by viruses and don't need antibiotics. However, strep throat is caused by bacteria. A throat swab and a lab test are usually needed before your practitioner will prescribe an antibiotic for strep throat.
- **Ear infections.** There are several types of ear infections. Antibiotics are used for some, but not all, ear infections.
- **Sinus infections.** Antibiotics are often used to treat sinus infections. A runny nose and yellow or green mucus do not necessarily mean you need an antibiotic.

## **Flu FAQ**

Oregon SB488 requires Oregon Department of Corrections to offer flu vaccine to all AIC 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'

**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.

/s/ C. Coffey, Health Services

# Chapel Schedule

## SATURDAY, November 23

- 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.** Seventh Day Adventist Service  
Sunni Muslim Study  
Worship Practice
- 6:00 p.m.** Calvary Chapel  
Siddha

## SUNDAY, November 24

- 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  
University Fellowship

## MONDAY, November 25

- 1:00 a.m.** Restorative Justice
- 6:00 p.m.** Restorative Justice  
Non-Violent Communication

## TUESDAY, November 26

- 1:00 p.m.** Russian Bible
- 6:00 p.m.** Prison Fellowship Discipleship  
Catholic Study  
Non-Violent Communication Practice  
Buddhist Service

## WEDNESDAY, November 27

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study  
Life Support
- 6:00 p.m.** Celebrate Recovery  
Indigenous Circle ☹

## THURSDAY, November 28

- 8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI ☹
- 6:00 p.m.** Spanish Non-Violent Communication  
Gospel Worship

## FRIDAY, November 29

- 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.