



# Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

December 5, 2019

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.

-Dr. Seuss

## From the Mail Room

*From: Ms. Clayton, Mailroom Supervisor*

Just a reminder from the Mail Room:

When ordering books, packages or receiving letters, magazines and newspapers, please ensure you are not using the CDC mailing address. Please see below for the correct address:

Letters/Magazines/Newspapers

AIC Name

AIC SID

CCCF

24499 SW GRAHAMS FERRY RD

WILSONVILLE, OR 97070

Books/Packages

AIC Name

AIC SID

CCCF

24499 SW GRAHAMS FERRY RD

Suite U

WILSONVILLE, OR 97070

## 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.

## TOYS for TOTS Drive

*From: Ms. Letourneau*

Every year, Coffee Creek holds a Toy Drive, benefiting the Marine Corps Toys for Tots Foundation.

How can you help? From Nov 20 to Dec 15, encourage your visitors to bring new, unwrapped toys suitable for children ages 0-12 to be donated! Collection barrels will be located in both the medium and minimum facilities. You can also help by donating any amount of money to the Toy Drive through the kiosks and the tablets.

Thank you in advance for your help in making this year's Toy Drive a huge success and benefiting children in our community.

## Beat the Flu 2019-2020

*From: Health Services*

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.

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!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs will begin in most institutions 10/1/19 and YOUR part will be needed to succeed to **Beat the flu in 2019-2020!**

### Common Myth

**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 'flavor' than what the vaccine is for.

What it CAN DO IS:

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, likely 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'
5. If you send property up to facility access to have it picked up by a visitor, please remember that it is only allowed to sit up there for 45 days. After 45 days it is disposed of, so please make sure that you know when your visitors are going to be able to be here before you bring it to the property room to be processed to go up to facility access.

**You're braver than you believe, stronger than you seem, and smarter than you think.**

**-Winnie the Pooh**

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### Green Team

From: Ms. Fitts, Physical Plant

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Remember Outdoor School. Those were the days, and still are for women working hard in OCE, Oregon Corrections Enterprises. The OCE ladies have been creating denim mail bags, specifically for outdoor school students. The tri-fold, denim pouch is secured with Velcro, embroidered with Straub's logo on the front denim panel & finished with a long, cross-over denim strap. The trendy style made of repurposed denim falloff, was a huge selling point for Straub's Environmental Center. Long associated with CCCF, Straub provides the Willamette Valley community & kids of all ages an environmental education. To learn more, have your family check out the Straub Outdoor website, [info@strauboutdoors.org](mailto:info@strauboutdoors.org).

**GOOD NEWS!** Recycling razors & packaging, now helps earn money for Wilsonville's Community Share, a non-profit local food bank we help support with recyclables! We recently added the money-making brigade after a long wait on their waiting list; so recycle your used razors & packaging every chance you get! Please continue to support Wilsonville's Community Share by recycling deodorants, toothbrushes & toothpastes (plus associated packaging) and soft plastics in the provided bins on your Unit. You could be helping individuals in need more than you know!

**Attention Recyclers:** Please use the Mixed-Recycling for shampoo, lotion and other hair product bottles.

Unfortunately, the Garnier brigade no longer accepts those recyclables. Also, please screw lids on tight so they don't get lost in large Recycling Centers. Thank you!

The CCCF Taylor's Checkerspot Butterfly Lab is not alone in seeking to gain an edge for the environment & increase butterfly populations. AIC lab techs were joined by AIC Men at SRCI with a new Monarch Butterfly Program with an initial start of two dozen larvae along with 198 milkweed plants, a favored food source for the Monarch. If you have a pen pal at SRCI, drop a note of encouragement for a great start spreading biodiversity around the beautiful Northwest.

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### Property Room Reminders

From: Sgt. Dishion, Property Room Sgt

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I would like to put out some friendly reminders about the property room:

1. We call a line movement on Sunday morning and Thursday morning to verify CD 28's, process property to be mailed out or picked up by visitors, mail out property for warranty work and hot trash property. If you come here for this line please be prepared. This means that if you want to hot trash items that you need to bring your receipts for these items. If your work schedule does not allow you to come to one of these line movements and you need to accomplish one of these things, please send us a kyte that includes your work schedule so and we will find a time to call you down to the property room.
2. We exchange ear plugs on Sundays during the above-mentioned line movement for those that are authorized to have them, you must turn in a pair to get a new pair.
3. If you are released from Special Housing of any kind or have returned from a court trip, you do not need to send a kyte to get your property, we will call you down as soon as we can to give you all your stuff. Please do not ask your unit staff to call us.
4. Please do not stop at the window just because it is open to ask questions, if you have not been sent to the window by staff then you are in an unauthorized area and progressive discipline will be utilized.

Or drop a note to pen pals at WCCF for their sagebrush & bitterbrush plants or OSP with their elaborate Japanese healing garden. The peaceful, traditional Japanese garden was an exciting addition for AIC at OSP just as the Organic Gardens have been at CCCF. All these programs continue to increase a diverse ecology & spread understanding of the earth's needs. Thank you for all you do to support **Sustainability efforts & Reduce, Reuse & Recycle!**

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## ATTENTION MOTHERS

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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

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## PREA INFORMATION

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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.

Questions? - Kyte B. Roach Lead Life Skills Coordinator

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

## Center for Hope & Safety Trainings

From: Capt Wilson

Over the next several months, confidential victim services advocates from the Center for Hope & Safety will be providing trainings about Oppression, Domestic Violence, Sexual Assault, Human Trafficking, LGBTQ+ and Trauma & Healing. These trainings are intended for victims and

survivors, family and support folks. All are welcome to attend.

The upcoming training that CHS advocates will lead is around **Domestic Violence**. Please join CHS advocates to learn about what domestic violence is, who it effects and what we can do about it.

Future trainings to look forward to:

- January 20 Sexual Assault
- February 24 Trauma & Healing
- March 16 Human Trafficking
- April 16 LGBTQ+

CHS advocates are confidential. Dial 711 to speak with an advocate or write to us at:

Center for Hope & Safety  
605 Center St NE  
Salem OR 97301

*The Center for Hope & Safety offers a safe refuge and supportive services for victims and survivors of domestic and sexual violence. Services are provided to survivors of any race, color, creed, disability, religious belief, status, gender presentation or sexual orientation. All services are free and confidential.*

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## Weekend at the Movies

From: CRU

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You may request any film be shown for a weekend movie; however, a film may only be shown as long as it the 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.

12/7/2019	Nobody's Fool
12/8/2019	The Nutcracker and the Four Realms
12/14/2019	Dr. Seuss' The Grinch
12/15/2019	The House with the Clock in its Walls



**Are you looking for a new job?**

**Are you an hard-working individual?**

**Do you like to clean?**

**Are you respectful and responsible?**

**Are you looking for a way to help improve the Health Services environment?**

CCCF is currently accepting applications for the Clinic Orderly position in Medium Health Services. This position will be limited to 2 years.

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
- Must have at least one year remaining of your sentence
- Be physically able to lift with no medical restrictions.
- We are looking for individuals who communicate well with others, are self-motivated, detail oriented, complete tasks thoroughly and take pride in their work.

If you are interested in the Clinic Orderly position, pick up and complete an Inmate Work Application on your unit. Address your completed application to Health Services 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 will be scheduled and called out for an interview. Thanks for your interest.





**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.
- Have at least 1 year remaining of your sentence
- 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. PRAS points begin at 12/day & may increase up to 16 based on worker performance over a 1 year period. 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 will be scheduled and called out for an interview. Thanks for your interest.





## MEDIUM BREW



### **Puppy Handlers Needed**

From: Ms. Kath and Ms. Clayton, Superintendent's Office

Coffee Creek Puppy Program (CCPP) is currently in the process of hiring.

Canine Companions for Independence (CCI) is a non-profit organization that trains puppies to assist people with disabilities.

The Department of Corrections (DOC) and CCI have a partnership in which selected AICs may learn how to train a CCI puppy with 30 basic commands.

#### **The things to consider about being a handler:**

- Do I want to live on J Unit?
- Can I find a compatible cellmate that would want to live with me, a puppy, and the supplies in a small area?
- Am I a team player?
- Am I ready and willing to commit to at least 24 months of my time, dedicating the time to training a puppy?
- Can I work as a team member even if I don't like another member?
- Am I open minded to learning new ways of communicating, interacting with others, accepting of constructive criticism, and flexible enough to go with the flow of change?

#### **Eligibility for Hire:**

- Have a high school diploma, a GED, or be working toward it, (preference may be given to those that already have their high school diploma or GED).
- Incentive level 3.
- One-year DR free.
- Have a release date of 2026 or later.

In addition to the qualifications listed above the screening process will include communication with your supervisor (past/present), Security staff, Health Services, BHS, and a review of your institution records.

If you are interested in applying, please send a paper communication addressed to the Superintendent's Office, no later than December 31, 2019.

Please write legibly and use a pen.

## **Religious Services**

From: Chaplain Brault

Silent Meditation Time in the Chapel. Mondays 9:00-9:30am. Sign up to attend.

Thank you!

## **POSITIVE IMPROVEMENT COMMITTEE**

From: Ms. Roach, Lifeskills

Are you interested in participating in a meaningful way and making your community a better place? Coffee Creek serves as your community during your incarceration, no matter how long you will be here. So, being a part of this committee is an opportunity to help shape what the community looks like, what it should represent and what it should feel like. We are currently looking to fill two open positions. If you are interested please send to PIC/ Life Skills and answer the following questions:

- What does representation look like to you?
- Why would you be a good representative for your community?
- What skill set do you have that would add to the work of a collaborative group?
- How would you use this position to contribute to your CCCF community?

Minimum Qualifications:

- Level 2 or 3
- Must be on medium side
- Reduction in level will cause a removal from the committee



## MINIMUM BREW



## **OXFORD HOUSE PRESENTATION**

From: Ms. Tabert

Oxford House Presentation  
Monday 12/11/19

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 power and influence of marketing
- \$ The role of insurance
- \$ Retirement and college planning
- \$ Real estate and mortgages
- Charitable giving

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: C. 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

FPU classes meet for 1 hour on Saturday afternoons from 1-2pm.

Kyte C. Tabert in D17 if you wish to participate.

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## MINIMUM RELIGIOUS SERVICES

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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

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## SOAR PROGRAM FOR REENTRY

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*From: Ms. C. Tabert*

Young Adults:

18-24

Currently on probation/parole

No sex crime convictions other than prostitution

Looking to complete Diploma/GED

Looking to complete a training program

Adults:

25 and up

Released from jail/prison within the last 180 days

Currently on probation/parole

No sex crime convictions other than prostitution

Looking to complete Diploma/GED

Looking to complete a training program

We offer incentives, support services, wrap around services and individualized case management. We follow the participants for 18 months of direct interaction. We have an in-house employment specialist to help participants find employment. We offer workshops and trainings on parenting, conflict resolution, resume and cover letter writing and soft skills/hard skill building for work readiness.

If you are interested in hearing from SOAR and/or signing up please Kyte Ms. C. Tabert in D17.

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## Dave Ramsey Financial Peace University

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*From: Ms. C. Tabert*

The class will be offered as a "Self-study" course with participants meeting for 9 consecutive weeks to view the DVDs.

The nine-week class will cover:

- \$ Saving money
- \$ Relating with money
- \$ Cash flow planning
- \$ How to reduce and eliminate financial debt