



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

December 19, 2019

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has opened for us.

-Helen Keller

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.

Treatment Entry Dates

From: Mr. McClish, Counselor

At the direction of the Correction Rehabilitation Manager, there will be new guidelines regarding sharing information with AICs as to when AICs are entering Treatment. In the past, Correctional Counselors have shared with AICs tentative dates for when AICs are scheduled to enter treatment programs (Turning Point or HOPE). Recently, this has led to confusion and disappointment for AICs, since the treatment list is fluid and always changing. In the future, Correctional Counselors will be able share with AICs when they have been approved by the committee for treatment (TASC). Counselors will be allowed to share what program AICs were approved for (HOPE, Turning Point, or both). Counselors (or anyone else) will not be allowed to share dates or approximate dates as to when an AIC is entering treatment.

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!

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- ◆ 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'

Wedding Rings

From: Capt. Bruns, Operations Captain

There is a new process for sending and bringing in wedding rings. You will be required to send a package authorization to the Operations Captain. Once I receive the package authorization, I will approve it and send it back to you. You will then have the rings sent in care of Captain

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Bruns (C/O Captain Bruns). You are required to have a copy of the marriage certificate or domestic partnership paperwork prior to receiving the ring. I will receive the rings, inspect them and then call you to pick them up. For the minimum, I will bring them to you. I will also give you a copy of the receipt and ensure that the property room places the item on your property list. Per policy, rings must be plain - no stones, special cuts or engravings.

It is during our darkest moments that we must focus to see the light.

~Aristotle Onassis

Green Team

From: Ms. Fitts, Physical Plant

It's **CHRISTMAS!!!** Who wants to avoid delicious canteen items in hopes to help save the Earth?!? If you must indulge on individually wrapped goodies, please be mindful & avoid the trash with **all** recyclables, not just when it's convenient. Consider those in need this Holiday Season. Remember you can help support families in need by recycling in the TerraCycle Brigade Bins on your Unit. Recycle razors, toothbrushes, toothpaste tubes, oral hygiene packaging & bar soap packaging along with used deodorants. We also earn funds from cereal bags & energy bar wrappers (the \$1.69 protein-filled caramel bars), so take heed to help those in need! All earnings are donated to Wilsonville's local food bank, Community Share.

CCCF's most recent Nature Presentation on Herbs & the benefits of, was presented by herbalist Letty Martinez, owner of **Flying Dogheart Farms**. Ms. Martinez currently grows more than 64 different herbs such as lavender, mint, rosemary, sunflowers, yarrow & plantago to name a few; she creates tea blends & medicinal plant remedies for people & their puppies. Her puppy tea blends are very popular, especially with a higher capita of dogs per family in Portland than children a survey recently revealed. The informative Seminar shared of many herbal remedies you can create right from your own garden like salves, essential oils, tea blends & aromatherapy, or crafting & soaps. With a growing market in natural herbs, many professional training programs are available online & in Community Colleges. Ms. Martinez encourages reading any herbal material you can find. Become familiar with herbs & gain knowledge from any of the herbal books available in CCCF's Library & remember, the more you know, the better chance you have to pursue a career in organic beauty products, wellness jobs in retail markets or growing & using plants medicinally. Don't miss the next Nature Seminar sponsored by IAE, the Institute of Applied Ecology for their well-rounded, informative & inspiring seminars.

Did you know saving energy & water could increase your skin's moisture? To counteract dry skin this winter, use less water, especially hot water which evaporates your skin's

natural moisture. Try to wash your face in cool water, keep your water temperature down in the shower & prevent hot water contact on your face. Who knew dry skin could be reduced simply by saving energy in the shower!?!

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.

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

AIC Grievance & Discrimination Complaint Forms Reminder

Effective October 18, 2019, ODOC adopted revisions to the Discrimination Complaint Review System (Division 006) and the Grievance Review System (Division 109).

As a reminder, the discrimination complaint forms, grievance forms and their associated appeal forms were updated during this revision process as well. The Department's current, approved forms have an effective date of either 10/2019 or 11/2019 denoted in the lower right hand corner. **AICs are required to utilize these revised forms.**

The correct forms for grievances and grievance appeals are:

- Initial grievances: CD 117 with effective date of 10/2019 or 11/2019.
- Initial and final grievance appeals: CD 117C with effective date of 10/2019 or 11/2019.

The correct forms for discrimination complaints and discrimination complaint appeals are:

- Initial discrimination complaints: CD 1086D with effective date of 10/2019 or 11/2019.
- Discrimination complaint appeals: CD 1689 with effective date of 10/2019 or 11/2019.

Please notify your facility grievance/discrimination complaint coordinator if you cannot locate these updated forms or if you find old forms that need to be removed and replaced.

/s/ J. Humphreys, Statewide Grievance & Discrimination Complaint Coordinator

Oktoberfest Fun!

On September 24th I had the privilege of attending Coffee Creek Correctional Facility's very first **Oktoberfest**. I have been incarcerated nearly 21 years and this was the first time we had an outside barbeque, let alone one with live music. This was due to our newly organized Positive Improvement Committee (PIC), which is made up of Adults in Custody (AIC's) and staff.

The early autumn air was filled with the aroma of sausages and popcorn. Individuals swayed to the beat of music played by the opening act "*String Theory*" composed of participants in CCCF's Music Theory class and the main attraction "**Luther's Boots**" I felt a freedom I hadn't sensed before during my years of incarceration. Staff mingled throughout however, we were not divided by status, rather united as one within a community. When I was asked to share about this event I reached out to others who attended as well and here is a sampling of what they had to say.

"This event allowed me to feel normal. It was held the day before my birthday and the only thing that could have made it better, would have been to share it with my family.

The food was very fun and the staff treated us to an evening of enjoyment. I hope this type of thing can happen again because we need to do normal things even though we are in prison"

Sheryl Snodgrass incarcerated 33 years

"Oktoberfest was the first event of its kind since I have been here. I found it to be an amazing experience for so many reasons.

1. All housing units were outside in one location.
2. It was free and included food (many people can't afford to pay for activities).
3. Evening event allowed us to experience nightfall and night air.
4. The music was all inclusive (not religious based).
5. The Music Theory students were able to perform and inspire others to try something new.
6. We got to sit (and dance) on grass!!
7. Security staff were in street clothes instead of uniforms.

Thank you for allowing me to feel "free and relaxed" for a few hours. Living at CCCF can be dehumanizing and stressful. We need more events like this, PLEASE."

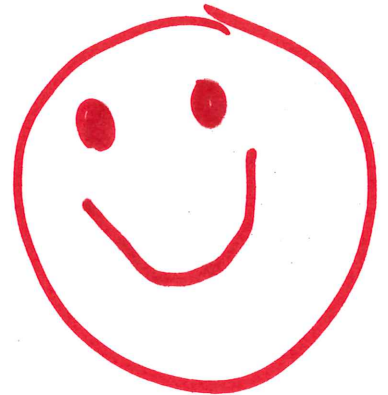
Susan Corbett incarcerated 17 years

"What I enjoyed about Oktoberfest was the company of all units in the same place enjoying good music and food. Everybody having a good time together, we never see that here. We are always segregated by units which make for other units thinking one is better than another. I also enjoyed the staff being so kind, and for making accommodations for us to take care of the puppy when it was time to".

Joann Wills incarcerated 4 years

"I've been incarcerated for almost 8 years and it was an amazing experience being a part of the opening of the 'Luther's Boots' concert. For the first time I was and felt a positive sense of a community coming together to spread hope and joy through music, dancing and food that reached beyond these walls".

Valisha Eteuati incarcerated about 8 years

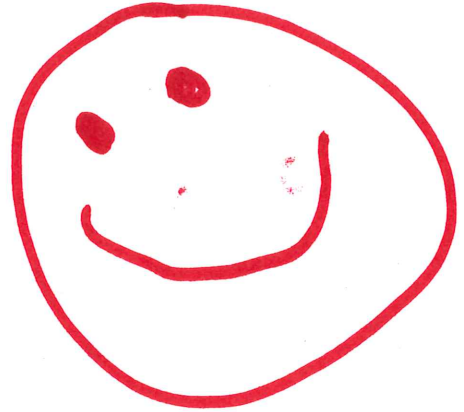


As you can see, we who attended were all affected in a positive way. I want to thank again our PIC members for such a festive, meaningful event!

Carolyn Exum incarcerated almost 21 years

PIC MEMBERS

- Sue Alderson
- Racina Allen
- Edward Benton
- Kimberly Crawford
- Deana Freauff
- Angela Millard
- Jeani Marlatt
- LaShara Newman
- Heather Smith
- C. Popoff
- E. LaCarney
- B. Roach





PRAS AWARD DATES FOR 2020

PRAS points are posted after 5pm, Thursday.
PRAS can be posted to your account as late as Friday by 5pm.

January 9th, 2020

February 6th, 2020

March 5th, 2020

April 9th, 2020

May 7th, 2020

June 4th, 2020

July 9th, 2020

August 6th, 2020

September 10th, 2020

October 8th, 2020

November 5th, 2020

December 10th, 2020

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.

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 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.

TBD	



MEDIUM BREW



Children's Books in the Visiting Room

From: Ms. Wheeler, Library Services

I wanted to take a minute and remind you that the children's books that are in the visiting room are books that your young visitors may take home with them. These are a gift to you from Judge Brown, US Bankruptcy Court. If you are so moved, I am happy to accept thank you notes, letters, and cards and I will send them on to Judge Brown. I forwarded the ones I received for her last year, and she told me that after a few happy tears, she put the letters and stories in a file she could access easily, so she could re-read them.

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



Are you looking for a new job?

Are you an organized & 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.

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 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.





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.



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

New Class in the Chapel:

The Genesis Process for Change addresses biblically a fundamental struggle in all our lives: the struggle to change.

The Genesis Group can help those who are willing to change be able to change. The goal of the process is to identify the subconscious fears (which are actually survival belief systems) that control our self-destructive behavior and emotions and resolve them. Whether the issue is anxiety, anger, alcohol, drug or food abuse, a negative, critical attitude, or spiritual stagnation, The Genesis Process will help you find new freedom that lasts. This class meets once a week for 6 months. You must be able to commit to all the things!! Class size is limited, kyte to get an application from the chapel.

Class meets Monday afternoons, 1pm-3pm in the Chapel.

FROM THE PROPERTY ROOM

From: Sgt. Dishion

We will no longer have the stamp available to verify your CD 28's on the individual units. This will now only be done in the property room.

We will call the units one at a time beginning at 8:00 am on Sundays and Thursdays so that Adults in Custody can bring their CD28 to the property room. If your CD28 is going to be processed by the business office then you will not get it back, if it is for any kind of payment outside of DOC then you will need to bring an envelope with you when you come to the property room.

If you are unable to come during the above listed timeframe due to work, you can send a kyte to the property room and

we will find another time to call you down. However, when you send that kyte please make sure that you include your work schedule so that we know when we can call you down. If you work in the kitchen, this line does get announced in the kitchen and they do let you leave to take care of this.



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 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

SOAR PROGRAM FOR REENTRY

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.

Dave Ramsey Financial Peace University

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

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

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

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