



# Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

February 6, 2020

A journey of a thousand miles begins with a single step.

-Confucius

## Carrie Wilson Signing Off

*From Ms. LaCarney, CRM*

As an AIC for almost 24 full years, I would like to say this experience has changed my life for the better. Unfortunately, it is something that needed to happen. It has not always been easy or comfortable. But it has been worth it for me to be able to grow and become the person I am today.

I want to thank the Officers, Staff, Administration, Medical and ALL the Great Bosses I have encountered and worked for on a daily basis!!! And the AIC's that I have become family with!

You all have been kind, fair, respectful, and consistent in my striving to continue to go forward and succeed. It was an unforgettable experience for me.

When I started this journey, I had realized the hurt and damage I have caused is unforgivable to my victim, his family, and all his friends, and also my children, family members, and the community.

I will carry this for rest of my life. And will continue to grow and succeed with all the endeavors and challenges life has to offer.

It is important to me to say thank you to all who believed, and still believe, in me!

!!!THANK YOU!!!

Carrie Wilson

## Bankruptcy and Personal Financial Management Class

*From Ms. Wheeler, Library Services Coordinator*

CCCF will offer a class on Wednesday, March 11, 2020, covering personal financial management and bankruptcy. The class will be taught by Judge Trish Brown, of the U.S.

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Bankruptcy Court in Portland, and her law clerk Stephen Raheer. The presentation will begin with a discussion of how to responsibly use credit cards and loans, and how to avoid common financial traps. The class will then cover legal issues such as how to respond to debt collectors, the bankruptcy process, and whether it makes sense to file bankruptcy. Judge Brown cannot answer questions about individual cases, but will address common issues facing incarcerated people.

To sign up, send a kyte to the law library. To be included, your kyte must be received by March 3.

## Beat the Flu 2019-2020

*From: Health Services*

### **BEAT THE FLU 2019-2020!!!**

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:** 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.

# HANDS-ON ANIMAL EXPLORATION: SKINS AND SKULLS

- Explore local wildlife and learn about their adaptations by handling real animal skins and skulls.
- Examine skins and skulls such as bear, cougar, beaver, mink, bobcat, coyote, fox and more to learn about animal diversity, comparative anatomy and the observation of differences between herbivores, carnivores and omnivores.

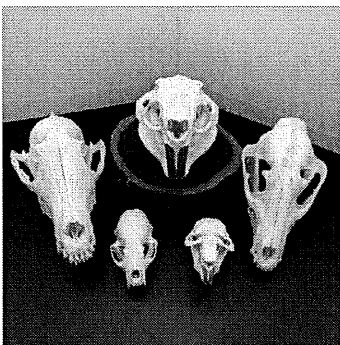


**Stacy Moore, with Institute for Applied Ecology will present this hands-on program:**

**Date: Wednesday, February 26th**

**Locations: 9:00 am to 10:00 am in Medium Chapel and 1:00 pm to 2:00 pm in Minimum Dining room.**

**To attend the medium lecture, please submit kytes to Denise Gardiner by 2/20/20. Only 60 AICs will be able to attend. If approved, you will be on the call-out. Minimum lecture will be an "All Call" for those that want to attend.**





## DMV Call Center — DMV Call Center

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 4th Quarter STAR Agent  
Is...

Desserrey Cheney

*Desserrey 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 "leadership 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 Desserrey would like her community here at DMV Coffee Creek to know about her is that she is a hard worker and loves her job, otherwise she wouldn't have spent the last 14 years with DMV. Some short-term goals of hers are finishing out her time with DMV and to continue leading and working with all the women who enter this center and program. Desserrey would like to encourage her fellow peers by saying, "getting the STAR was something I never thought I would get, that makes it even more special. Now everyone will know anyone can be a STAR with hard work." Her favorite quote is: "As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation – either to react with bitterness or seek to transform the suffering into creative force. I decided to follow the latter course." - Dr. Martin Luther King, Jr.*

*Great job and congratulations!*



*~ DMV Coffee Creek Manager, Ms. Mathews*

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## From the Superintendent

From Ms. Myers

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As Superintendent, I've heard from many adults in custody about what you think an incentive item is, and consistently I've heard that "ice" was not something any of you thought improved behavior. In my career, I have seen many things that have created a culture in Oregon's prisons for those of you who live here. Learning to be a productive member of "our community" will lead to success in the real world. CCCF's Executive Team has embraced the "Oregon Way" philosophy to make decisions that normalize and humanize the prison culture. One of those decisions was to start adding ice and water machines to non-incentive housing units.

How does adding "ice and water" machines improve the culture at CCCF? It is an opportunity for **you** to prioritize **your** health. When you feel better, you make better decisions.

Let's talk about the importance of hydration and how it's linked to overall health. Did you know 60% of our bodies are made of water? If you weigh 155 lbs., 92 lbs. of that weight is water. Being well hydrated is scientifically proven to boost mood, improve motivation, memory, and sleep quality.

If you have ever gone to sick call for fatigue, headaches, constipation, weight gain, skin issues, and joint pain? You may be dehydrated.

- **Water helps keep our skin healthy.** When a person is severely dehydrated, the skin is less elastic. Drink away those wrinkles!
- **Water helps cleanse your body inside & out.** Our kidneys and liver need water to filter waste from the blood and expel it in the urine. It's best to drink plain water, but if you need a little flavor, that is okay too. Your kidneys and liver have to work a little harder.
- **Water promotes cardiovascular health.** Dehydration lowers blood volume, which means your heart has to work harder to pump the reduced amount of blood and get enough oxygen to your cells. This makes routine movements, like walking up the stairs, much more challenging.
- **Water can curb hunger.** Drinking a glass of water before a meal can fill you up a bit and help you eat fewer calories.

We are constantly losing water throughout the day via breath, sweat, urine, and bowel movements. If you are feeling fatigued, dizzy, extremely thirsty, or confused, these are signs you might be dehydrated. The daily recommended amount of water for females is 2.7 liters (11 cups). Here are some suggestions to increase your water intake all day long:

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- **Start your day off with a glass of water!** The water wakes up your system.
- **Eat your fruits and veggies!** As much as 20% of our daily water intake can come from these foods.
- **Treat yourself to unsweetened tea or coffee beverages.** There are health benefits to coffee in moderation. Tea is available in caffeine-free varieties that will not interrupt sleep.
- **Stay away from sweetened beverages and processed foods.** Sweetened beverages and processed foods can require a lot of water for breakdown and metabolism and can leave your body even more dehydrated.
- **Don't wait!** By the time you are thirsty, you're probably already dehydrated.

Take the challenge to drink more water. Even if 11 cups seems like too much, remember slow, and steady improvement will still improve your health.

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## VISITING APPLICATIONS

From Ms. Stehle, CRU

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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.

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## Name Change News

From: DOC

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We are excited to share with you an upcoming policy change that supports The Oregon Way. We have a long-standing policy to continue to use your court name as the official name of record regardless of whether that was your legal name at the time you entered our custody, or if you legally changed your name while in our custody. We are happy to share that this policy is changing. As of February 1, 2020, we will be allowing changes to the established court name *if*

- a) You submit legal documentation (i.e. court order, marriage certificate, birth certificate) as proof of a legal name change or error in your legal name; and
- b) If the new name is "materially different" than the established court name, we will then update your official name of record in our system to reflect this change, along with your ID, medical files, trust account, communication system account, etc. ("Material" differences are *significantly* different, and would not apply if a

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person wanted to make more minor changes to the court name, such as from “Dan” to “Daniel”.)

c)

If you would like your name updated and meet the above criteria, please submit the appropriate documentation to OISC via your local institution records office or send it directly to:

OISC Central Unit  
24499 SW Grahams Ferry Rd  
Wilsonville, OR 97070

Please be patient as we review the documentation and process your request. You will be notified once it is complete.

Also, please know an automation change has been requested so the printed face sheet will display the newly recognized name in the “court/legal name” field and the former name as an alternate court name. Until then, the face sheet will display the new name in the court name field. We will notify everyone once that automation change has been completed.

Thank you

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## Protected Moneys Clarification

From: Ms. Stephen, Business Office

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The Protected Moneys Reserve account are for those AIC’s that receive checks for:

- Disability benefits for veterans
- Native American tribe or Tribal government
- Railroad retirement benefits
- OCE Prison Industry Enhancement Awards

Funds deposited into the Protected Moneys Reserve account are protected from debt/obligation collection or garnishments.

In order for AIC’s to spend from their Protected Moneys Reserve account, they will need to submit a CD28P (green form). If AIC’s need additional CD28P forms, please submit an electronic or written request to the Business Services office and more will be sent out.

If an AIC does not receive funds from the above, they are required to submit a CD28 (white form).

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## Canteen News

From: DOC

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### Dean Markley Acoustic Guitar Pickup news update

Coffee Talk 2/6/2020

We have been informed by our vendor that the Dean Markley Acoustic Guitar Pickup that we recently advertised is unfortunately no longer available from the manufacturer. We will issue credit to anyone who has been charged. We are researching a like item. Details on a replacement product will be provided as they become available to us. We apologize for any inconvenience this may have caused.

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## Birth Certificates and Social Security Cards

From DOC

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Many already know how important it is to have your birth certificate and social security card, but it worth repeating, and even “kyting” about. Aside from the benefits of having your birth certificate while you’re still inside, both pieces of identification are essential to your success after release because they are needed to get a job, open a bank account or cash a check, and apply for state or military benefits.

As you approach release, if the DOC does not have a birth certificate or social security card on file for you and if you may be eligible to receive one provided by the DOC, you will receive a kyte from the institution records office. Those approaching age 65 will also be sent a kyte if the DOC does not have a birth certificate on record. The kyte will tell you which piece of identification is missing and give you the means to start the application process. Just fill in the information, and forward the kyte to your institution records office. It’s as simple as that.

**NOTE:** To eliminate duplications that could delay your application process, please complete and return only one each of the birth certificate and social security card kyte forms.

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## Green Team

From: Ms. Fitts, Physical Plant

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If you missed the recent Green New Deal Seminar, sponsored by IAE, you may be in luck; similar is the Roots of Success Class offered in Medium & Minimum. Sign up for the next 12-14 week class to gain the tools necessary to prove yourself in a highly competitive green job market. Businesses, industries & entrepreneurs are continually “going green” & need individuals who are knowledgeable & informed in an ever-changing environment. Become trained, certified & adept in the intensifying green economy; you can achieve this highly desired skill set with Roots of Success, an Environmental Literacy Program. Sign up today! Drop a kyte to Ms. Fitts expressing your interest!

The Green New Deal presented by LaQuita Lambert, encouraged participants to be active in the community, take responsibility in planetary concerns & acknowledge your own footprint as a consumer. Ms. Lambert’s platform

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spearheads communal farms & gardens that build gardening opportunities similar to the CCCF Seed to Supper program established with the Oregon Food Bank. One practice AIC can initiate while inside is writing letters; the more local governmental leaders contacted, the greater chance we have attaining federal funding, legislative assistance & conceptualization in sustainable living programs upon parole. Currently working with PCC students, Ms. Lambert is dedicated to addressing current housing issues & transforming tent cities into tiny housing communities. She reminds us that perseverance can have the desired effect & to gain understanding of the surrounding environment to improve our quality of life.

**Guess What!** Mascara Brushes will now be collected twice a year to help clean animals. The Appalachian Wildlife Refuge is a non-profit organization located in North Carolina on the East Coast. The Wildlife Urgent Care Facility is dedicated to helping wildlife in need by providing transportation & triage to animals in crisis. They also seek to spread awareness & ensure successful reentry for animals into the wild. By contacting trained professionals to care for animals in crisis, we can limit human interaction & maintain an animal's ability to thrive & live on its own. Thank you for all you do to conserve, protect & maintain nature in its natural state.

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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

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

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.

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.*

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

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## Center for Hope & Safety Trainings

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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:  
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.*



When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "Happy". They told me I didn't understand the assignment and I told them they didn't understand life.

-John Lennon

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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 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.

2/8/2020	Aladdin
2/9/2020	Hellboy
2/15/2020	Anna
2/16/2020	The Hustle
2/17/2020	Pacific Rim: Uprising



**MEDIUM BREW**




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## ADL Worker Wanted

From: Nurse Gordon

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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.

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## Important Library Note

From: Ms. Wheeler, Library Services Coordinator

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You are not to open the library door to ask a "quick question", return a book because "the boxes aren't there", or any other reason unless you are on a callout, your unit has been called for library, or staff has asked you to be sent down. You may not come in because your officer said you could. Unless that officer notifies staff, you are in an unauthorized area.

Your quick question needs to be sent in a kyte. You must keep your book(s) in your cell or bunk area until you are scheduled to come to the library, or the return boxes are returned.

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## Legal Clerk Wanted

From: Ms. Wheeler, Library Services Coordinator

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The library is currently taking applications for one legal clerk position. The required qualifications are as follows:

- High school diploma or GED
- Computer skills – word processing, data entry
- Ability to communicate verbally and in written form
- Completed 6 month kitchen requirement
- Acceptable institution record of demeanor. This means clear conduct for at least 6 months (no major or minor DRs), and that you have been serving time at Coffee Creek for at least 6 months. Conduct orders will be considered.
- No computer related crimes
- Typing skills at 40 words per minute
- Minimum of 1 year left to serve in Medium General Population (priority may be given to those with more time remaining)

- Ability to work under pressure and take direction.
- Ability to work independently
- Ability to maintain good working relationships with the library coordinator and other staff, other inmate workers, and library users

Women who speak and write both Spanish and English fluently or those who have previous work experience in the legal field are especially encouraged to apply. If you are interested in this position, complete an application and return it to Ms. Wheeler to be received no later than February 10. Applications received after that day will not be considered. Kytes received at any time without an application will not be considered at any time and will not be returned to you.

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## Craft Program Property Rules

From: Ms. Roach, Lifeskills

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This is a reminder to all Craft Program participants that craft property may only be obtained through authorized orders from approved vendors submitted via Life Skills. Craft property (just like all other property) may not be bought, sold, traded, gifted, loaned or otherwise transferred between AIC's even if all involved are Craft Program participants.

- Receipts for craft orders must be retained in your craft box
- Ownership of any property being released must be verifiable
- All craft property should be able to fit in your craft box. Anything not stored in your craft box is considered contraband per property rules.
- Any property made available by the Chapel must be stored with documentation and may not be sent out through Life Skills
- Each Program Participant is responsible for knowing and complying with the rules of the program. Life Skills staff will provide more information upon request and answer any questions participants have.
- Failure to comply with the Craft Program or property rules will result in progressive discipline.

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## Religious Services

From: Chaplain Brault

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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.



**MINIMUM BREW**




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## SOAR PROGRAM FOR REENTRY

From: Ms. C. Tabert

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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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## Lifeskills Announcements

From: Ms. Roach, Lifeskills

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Naming contest for the coffee building:

New Coffee Building needs a name! Please submit all name ideas by the end of January to B. Roach in life skills. Voting will occur early February to determine a winner. Once a name is picked there will be a logo design contest where the winner will receive coffee cart tickets. Let your creativity flow. (Past names have included The UpShot and Jailhouse Brews)

Important Coffee Cart Messages:

- Prices are not up for negotiation and pastries will no longer be offered at a discount unless approved by Life Skills staff. You are compromising the baristas and their positions when you ask for discounts. Don't put your friends in that position.
- Pastry sizes are being evaluated and will be reapportioned to more accurately reflect the cost put into them. The current size is losing the coffee cart money and is not sustainable. Please do not direct complaints or hostility towards baristas as this was not their decision.

MINIMUM EVENT PLANNING COMMITTEE-  
deadline extended to apply  
(Please read announcement below thoroughly before replying)

Life Skills is starting an event planning committee (a cool name can be picked later). This is a volunteer commitment for people who are interested in helping to plan community building events on the units each week and help with planning big incentive events as well. I am looking for 2 people from each unit. You must be a level 2 to apply. If you are interested, please send a kite to Ms. Roach in life skills answering the following questions

- 1) What are some event ideas you have that could be done on the unit in the evenings? Please think of ideas that would appeal to different groups of people. Please also do not plan events around food. Food can be present on occasion but is not the priority.
- 2) If you were a part of this group what would your priorities be and why?
- 3) How do you work in a group? Please explain

Please get your kites to me by February 1, 2020. We will then review applications and interview candidates after that.

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## Dave Ramsey Financial Peace University

*From: Ms. C. Tabert*

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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.

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## MINIMUM RELIGIOUS SERVICES

*From: Chaplain Al-Amin*

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Please check the Religious Services Calendar for the month in your dorm for a schedule of meeting times and dates for services