



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

March 5, 2020

Re*Membering

From Ms. LaCarney, CRM

Re*Membering, Legal Services for Incarcerated People

We are not accepting new requests for assistance at this time. We will be accepting new requests later this year. We will make announcements in Coffee Talk to keep you posted.

Unfortunately, because of the large number of requests for services that we have already received and our limited resources, we are suspending taking more requests for assistance at this time until we have worked through our current, very long, wait list.

We are very sorry about this. We are a new program and are doing our best to figure out how to serve you all well and manage the high demand for our assistance.

We sincerely apologize for any disappointment this news creates for you.

Please also look for announcements in Coffee Talk for future group education sessions that we will be organizing to provide you with information about common legal issues that we are being asked to help with.

Note: We are not the law library.

Clean Slate Program – Multnomah County

From Ms. Parker, Transition Coordinator

Do you owe court fees and fines in Multnomah County?

Do you have a child support case? Want to get your license back or expunge your record in Multnomah County?

You may qualify for the Clean Slate Program in Multnomah county which converts fees owed to community service hours.

How to qualify? Please send a kyte to RTOS Transition Coordinator to join the upcoming guest speaker event presented by the Clean Slate program manager.

Coffee Talk 3/5/2020

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.

Corona Virus, or COVID19

From: Health Services

There is currently no vaccine to prevent coronavirus (COVID-19). The Centers for Disease Control recommends everyday preventive actions to help prevent the spread of respiratory diseases, like COVID19 including:

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Stay in your cell or on your bunk when you are sick.
4. Cover your cough or sneeze with a tissue or toilet paper, then throw the tissue in the trash.
5. Clean and disinfect your personal area frequently.

6. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms.

AICs who think they may have been exposed to COVID-19 should contact their healthcare provider immediately.

Health Promotion Programs

From Ms. LaCarney, CRU Manager

CCCF and CCCM Women have known for some time now that the Health Promotion Programs *HHAAP*, Self-Management Skills for *Living Well* and *ASPIRE* are in transition. We are looking forward to continuing to serve you in some of these health education programs in the future. Specifically, HHAAP and Living Well will resume after a short break in services during April 2020.

We will keep you apprised of the status of other Health Promotion-related programs through direct communication and in the Coffee Talk.

If you have questions, please kyte Ann Chakwin, PhD at CRU, Mail Stop E-07. Thank you for your ongoing patience with us.

Birth Certificates and Social Security Cards

From DOC

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.

Green Team

From: Ms. Fitts, Physical Plant

Back to share another fascinating presentation, Ms. Stacy Moore hosted the last IAE Nature Seminar. Exhibiting animal pelts, skulls & antlers, the Ecological Education Coordinator, Ms. Moore, was interesting & informative. Several animals from the Northwest, black bears, bobcats, beavers, mountain lions, foxes & others were featured. A truly gifted speaker, Ms. Moore held the audience captive with an interactive learning experience featuring a ‘Recognition-Challenge’ with handheld white boards & dry erase markers. AIC used the white boards to guess an animal based upon the skull shown. One animal with large frontal, orange-tinted teeth was accurately guessed as a beaver.

Beavers, Oregon’s state animal, have teeth that never stop growing. They chew wood continuously—in order to survive, preventing their teeth from growing into the skull with natural wear & tear. The lodge they reside in, a dam-type structure made with sticks, logs & branches, has two rooms. Entering the lodge beneath the surface, the beaver dives under the water & swims underneath with its tail. They also use their tail to ward off enemies with a load, heavy slap on the ground. With their extremely long large intestine & special micro-bacterium, beavers can break down the cellulose bark they consume for nourishment. Additional animal traits provided an in-depth understanding of the nature we’ve grown to appreciate & love. Don’t miss the next IAE Nature Seminar on Medicinal Herbs for Market: Education & Employment! Keep your eyes open for upcoming events posted on the Unit bulletin boards & in the Coffee Talk.

Why are water towers across the States built on stilts or raised landscapes? **To save energy!** The elevated position helps distribute H₂O to surrounding homes & businesses without energy draining pumps. The stored water maintains equalized pressure to create a siphoning effect using height to push H₂O through a town’s water pipes. Pumps are still used however, usually during the night when H₂O needs lessen. Back in 1907 during a severely cold winter in Iowa, local leaders had to melt water in the tower by building a fire beneath to melt the ice. Since water expands by 9% when it freezes, it’s important to use insulating technology to prevent pipes from freezing & cracking. To keep up on conservation & sustainably, sign up for the next Roots of Success Classes. Kyte Ms. Fitts/Green Team to get on the waiting list.



CCCF CRU ORDERLY (MEDIUM FACILITY)

The Correctional Rehabilitation Unit is looking for an Office Orderly. The hours for this position will be **Monday – Friday (No Holidays)**, 9:00AM – 10:30AM or 1:00-3:00PM. This position receives **11** points per day. Typical duties of the orderly are as follows: General cleaning of the office including kitchen, restrooms, dusting of the conference room and cleaning offices as needed. Sweeping, mopping and buffing floors; emptying trash; and helping with various clerical office projects as needed. If you are interested in applying, please **complete a job application** and submit it to **Ms. Johnson** in CRU no later than Friday, **MARCH 27, 2020.**

REQUIREMENTS:

- **INCENTIVE LEVEL 3**
- **6 MONTHS CLEAR CONDUCT**
- **NOT MINIMUM ELIGIBLE**

Medicinal Herbs for Market: Education and Employment

Herbalist and owner of Flying Dogheart Farms, Letty Martinez, will give a follow-up presentation on Indigenous and other medicinal plants and pathways to employment in the field. As an herbal practitioner and business owner, Letty will discuss professional herbalist training programs, making and selling small batch products, wellness jobs in retail markets, and other possibilities for growing, producing, and using plants for business.

The presentations will be at CCCF on March 30, 2020 in the Medium Facility Chapel from 9-10 AM and Minimum Facility Dining Hall from 1-2 PM.



Date: 03/30/20

Time: 9 AM in Medium, 1 PM in Minimum

Place: CCCF Chapel and CCCM Dining Hall

Those interested in attending this presentation can send a kyte to Denise Gardiner by 3/26/20.

Thank you!

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.

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

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.

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:
March 16 Human Trafficking
April 16 LGBTQ+

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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 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.

3/7/202	Fast and Furious Presents: Hobbs & Shaw (PG13)
3/8/2020	The Tomorrow Man (PG13)
3/14/2020	Good Boys (R)
3/15/2020	The Farewell (PG)



MEDIUM BREW



ADL Worker Wanted

From: Nurse Gordon

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.

Clinic Orderly Wanted

From: Health Services

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.

Clinic Orderly Wanted

From: Health Services

Are you looking for a new work assignment? Are you organized and detail oriented? Do you work and communicate well with others. Do you take pride in your work? If so, Coffee Creek's Health Services is looking for you. We are currently accepting applications for a Chart Clerk position.

Chart Clerks are responsible for putting charts together under direction of Health Services staff for all incoming AICs. This position may also have the opportunity to work on additional projects as needed and as time allows.

To qualify for this position you must:

- Be housed in the medium with 6 months clear conduct.
- Be physically capable of lifting up to 25 pounds.
- Have least 1 year remaining on your sentence

To Apply:

If you are interested in the chart clerk position, send a completed "Inmate Work Application" by 03/05/2020 to Health Services -Tracy Batchelder 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 & pass the screening process may be scheduled for an interview. Thank you for your interest.

Important Library Note

From: Ms. Wheeler, Library Services Coordinator

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.

Introducing "The Homework Project"

From: Sgt. Bogue, Visiting Sgt

On Tuesdays your school aged kiddos are welcome to bring their homework assignment and needed textbook (including books for reading assignments) to visiting so you can help them with their homework! We will have school supply kits available in the visiting room for you and your kids to use and we will have some GED Tutors available if needed as well. Please be aware that children may only bring their textbook and assignment (which of course are subject to search). Nothing else will be allowed to be brought into the visiting room. If you have any questions about the Homework Project, please send a kyte to Visiting- Sgt. A. Bogue Mailbox I-9

Help Wanted on K unit

From: Capt. Bruns

We are looking for AICs wanting to live and work on K-Unit. Please kyte Corporal Nelson if you are interested

The requirements for these positions are:

Level 2 or Level 3
No DR in last 6 months
No more than 3 conduct orders in last 90 days
Have worked 6 months in the kitchen
Must commit to the position for 6 months (you will be moved off if not)
No health services issues preventing living in J or K



MINIMUM BREW



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