

# Coffee Talk



Editor: Ms. A. Wheeler

March 19, 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.

# **PRAS** Update

From: Ms. Yonally, IWP

With the modification of DOC operations (visiting and work crew cancellations), we are committed to ensure AICS have limited negative impacts regarding PRAS points and awards. Therefore, it was decided to continue awarding PRAS for all program/work assignments that have been shut down as a result of the interruption in our operations. This includes treatment, outside work crews, education and eye glass or any other pointed programs.

Please note: If the AIC work assignment is not providing regular work at this time, they may be reassigned to another job.

Thank you.

# **Property Pick-Up**

From Capt. Bruns

Due to the restriction of visiting, until further notice, visitors will not be allowed to pick up property. The property that is already waiting to be picked up, will be given an extra grace period to be picked up once the visiting restriction is lifted. We will not be placing any more property to be picked up to include life skills packages being sent out.

#### 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 <u>causal nature</u> of vaccines-in-and-of-themselves to *cause* any chronic or debilitating conditions.



# **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



# **OREGON DEPARTMENT OF CORRECTIONS**

Last week, the Oregon Department of Corrections suspended visiting in its 14 prisons for 30 days.

Working together with GTL-Telmate, DOC's communications provider, each adult in custody will be provided two 5-minute, no-cost phone calls per week for the next 30 days, beginning

Wednesday, March 18, 2020. We will revisit this after 30 days and will continue to explore options for AICs to keep in contact with their families.

DOC commends GTL-Telmate for this act of understanding, support, and compassion during this difficult time. The agency recognizes that efforts to maintain family connections between those incarcerated and their loved ones is essential, especially in stressful times. Furthermore, we know these healthy relationships reduce the risk of future criminal behavior and will continue to explore options for AICs to keep in contact with their families.

### 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.

#### COVID-19

From DOC

As you may be aware, state health officials has announced positive cases of novel coronavirus (COVID-19) in Oregon (none within a Department of Corrections facility). It's understandable you may have questions and concerns about this situation. We want to assure you DOC is taking appropriate precautions to protect employees, contractors, visitors, and all adults in custody.

#### What can YOU do?

- 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.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay in your cell or housing unit when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect your personal area frequently.

**So, what are the FACTS?** (from the Centers for Disease Control and Prevention)

- There is presently no vaccine for COVID-19.
- There is no specific-antiviral cure for COVID-19.

- Symptom relief, close medical monitoring, and standard precautions are the standard-of-care.
- The coronavirus is spread through the air by coughing and sneezing, touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

As with any health condition, **YOU** are the best person to take care of **YOUR** health!

If you think you may have been exposed to COVID-19, please contact Health Services immediately.

## 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

Checkerspot caterpillars on H-unit are finishing their final stage, the 6th instar before relocating to protected habitats in Corvallis, OR. A first for CCCF, the Taylor's Checkerspot butterflies now pupate before traveling via USFW personnel. The 1st pupae (chrysalis) formation occurred on 3/9 after an abundant supply of organic plantago leaves, courtesy of the diligent Plantago Crew, who harvest the leaves for the caterpillars who were consuming nearly 400 leaves a day! Growing from a pinpoint to just over a ½ inch long, the Lab techs will say au revoir to 1200 butterflies—before they unveil their wings—after rearing them almost a year.

The USFW, IAE & the Oregon Zoo which helped start this entire boosting of the ecosystem onsite, looks forward to the small army of Taylor's Checkerspot Butterfly multiplying & putting an end to their endangered status. Thank you for all you do to help support healthy ecosystems in the Northwest!

Step outside and listen for birds & frogs of all kinds, along with other animals & insects who began their mating calls, singing loudly, declaring their eligibility. Time outdoors can actually boost your health system so don't hesitate to enjoy the fresh air & sunshine. Studies have shown that even a little time outdoors can increase health & your mood. Take advantage of some fresh air this spring & be part of decreasing air pollution & toxic waste every time you Reduce, Reuse & Recycle.

Heard of the Great Pacific Garbage Patch? The garbage island acts as a toilet slowly swirling plastic lower and lower into the deep-sea bottom; swallowed by fish and other Marine Life, it interrupts ocean currents and harms oceanic biodiversity. Recently calculated to weigh approximately 79,000 tons or 158 million lbs, roughly 1.8 trillion pieces of plastic debris is desolating marine life, birds & animals. The oceanic garbage patch, now bigger than Texas & 3 times the size of France—as calculated by New Zealand, the US, Britain, France, Germany and Denmark—will continue to grow unless we cease carelessness both onshore & off. Please be part of protecting the earth & help yield clean air, water & land by bypassing the trashcan & recycling!

#### 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+

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

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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 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.

3/21/2020	Harriet (PG13)
3/22/2020	Angel Has Fallen (R)
3/28/2020	Brian Banks (PG13)
3/29/2020	Once Upon a Time in Hollywood (R)



#### **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 <u>Clinic</u> <u>Orderly</u> 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

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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 <u>Health Services</u> 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.

# 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



#### 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

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