



## Administration

### Novel Coronavirus (COVID-19)

As you may be aware, state health officials announced three 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.

/s/ B. Bernt, Communications Manager

### More Coronavirus Information

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 COVID-19 including:

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Stay home when you are sick.
4. Cover your cough or sneeze with a tissue, 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.

/s/ S. C. Dankenbring, Health Services Liaison



## **Activities**

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### **The 7<sup>th</sup> Step Club Presents – Release Fair**

This event will happen on Saturday April 18, 2020 from 1:00 – 3:00 p.m.

Are you close to the gate or just interested in the options available once you parole?

The Seven Step club is presenting our Annual Release Fair with outside guests in areas important to those getting out of prison. There will be employment-staffing agencies, housing authorities, school representatives, program administrators, counseling services, outside supporters, and other services to help you succeed once you are out of prison.

If you are interested, please send an AIC communication to **7<sup>th</sup> Step/Release Fair** via the white Activities box located on the Control fFloor.

/s/ C. McFadden

## **Miscellaneous**

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### **Power Up Your Life: The GOGI Way**

GOGI is about Getting Out of the prisons we create for ourselves as a result of our life experiences and responses to those experiences. GOGI is not a “program” or “class” but a new way of life. The Oregon State Penitentiary will begin offering PowerUp! Meetings the first Monday in April.

#### **What are PowerUp! Community Meetings?**

PowerUp! Community meetings are positive weekly gatherings of individuals formed in Peer Mentor Circles to reinforce use of the GOGI Tools. These meetings are ideal for those who wish to contribute to a positive community engaged in the practice of the GOGI Tools. PowerUp! Is the introduction to the GOGI Tools and is an ongoing attendance based support meeting. Participants will not receive official GOGI credit.

#### **What are the GOGI Tools?**

The GOGI Tools are simple ways an individual can get, or remain, on course for creating their optimal life. These Tools were developed from the most effective and proven psychological strategies for behavioral change, fused with practices from all religions and cultures for optimizing goals and personal satisfaction in life.

#### **Why is it called PowerUp!?**

PowerUp! Is a statement of the purpose of the meetings. Participants are encouraged to “power up” and become a solution within their communities to seemingly difficult situations or circumstances through their skill in utilizing The GOGI Tools.

If you are interested in making every decision matter, send a communication to C. Lenex, Correctional Rehabilitation Manager.

/s/ C. Lenex, Correctional Rehabilitation Manager

## **Food Services**

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### **Pizza Ideas**

We are reaching out to the AIC population to see if we can come up with a new pizza flavor. We need the suggestions to be based in the reality of what we can afford and what ingredients we have access to. That being said we encourage creativity and thinking outside the box. Please send your suggestions in an AIC communication to FOOD SERVICE OFFICE attention manager. We are committed to using at least one of the ideas so please send us your ideas

/s/ R. Ridderbusch, Food Services

## **Chapel**

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### **Zen Buddhist Meditation**

The Zen Buddhist meditation group meets on the 1st, 3rd, and 5th Tuesday evenings of every month, from 6:15 to 7:50 p.m. We also meet the 2nd Sunday of every other month (January, March, May, etcetera) for an 8:00 a.m. to 3:00 p.m. meditation retreat. Tuesday meetings consist of one or more periods of silent meditation, a short service, and either discussion or other activity on aspects of 2500 years of Buddhist teachings. If you're not sure you're on the call-out lists (2) for either the Tuesday meetings or the Sunday Zen retreats, please send an AIC communication to Chaplain Thompson to be placed on those lists.

/s/ K. Thompson

# Chapel Schedule

## SATURDAY, March 14

**8:00 a.m.** Native American Ceremony  
Jehovah's Witness Study  
Latter Day Saints  
Jewish Service

**11:30 a.m.** Native American Ceremony

**6:00 p.m.** Calvary Chapel

## SUNDAY, March 15

**8:00 a.m.** Spanish Protestant Service  
Jehovah's Witness Spanish  
Russian Baptist

**1:00 p.m.** Catholic Mass  
Jewish Study  
Wicca Outside

**2:00 p.m.** Asatru Outside

**6:00 p.m.** Latter Day Saints Study  
Lutheran  
Urantia

## MONDAY, March 16

**1:00 p.m.** Spanish Catholic  
Restorative Justice

**6:00 p.m.** Restorative Justice

## TUESDAY, March 17

**1:00 p.m.** Russian Bible  
Lifeline  
Quaker Friends  
Torah Men

**6:00 p.m.** Prison Fellowship Discipleship  
Catholic Study  
Non-Violent Communication Practice  
Buddhist Service

## WEDNESDAY, March 18

**8:00 a.m.** OSP Choir Practice

**1:00 p.m.** Seventh Day Adventist Study  
Life Support  
Orthodox Christianity

**6:00 p.m.** Celebrate Recovery  
Indigenous Circle

## THURSDAY, March 19

**8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish

**1:00 p.m.** TUMI ☹  
Trauma Transformation

**6:00 p.m.** Christian Journaling  
Spanish Non-Violent Communication  
Celebrate Recovery ☹

## FRIDAY, March 20

**1:00 p.m.** Sunni Jum'ah Prayer  
United Pentecostal Study  
Financial Peace

☹ = Service is full or restricted. Add requests are not being accepted at this time.

☹ = Service has a waiting list. Submit a request to be placed on waiting list.

