

Dec 4th
2020

AIC
Newsletter



POWDER RIVER NEWS

Weekend Movie

Saturday DOC : **Bombshell:**

Fox News anchors Gretchen Carlson and Megyn Kelly sue CEO Roger Ailes for sexual harassment in 2016.



Weekly Weather

Saturday Dec-5	Sunday Dec-6	Monday Dec-7	Tuesday Dec-8	Wednesday Dec-9	Thursday Dec-10	Friday Dec-11
41/14	41/14	43/21	44/17	40/18	44/14	43/13
Cloudy	Mostly Sun- ny	Sunny	Sunny	Mostly Sun- ny	Mostly Sun- ny	Cloudy

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Notices & Updates

Yard Notice

Please continue to practice Social Distancing (at least 3 feet, ideally 6 feet) while walking or running on track. No group activities such as: Basketball Games, Soccer, and Football. Volleyball is allowed but limited to 4 AIC's per team.

Pastry Notice

The next pastry is Chocolate Chip Cookies. The pastry box will be put out in the Multi Purpose Building on Wednesday, November 25th for this pastry. It is 2 tickets for 6 cookies with a Max of 12 tickets for 36 cookies. The box will be picked up on December 7 that 8:20am. Your pick up day will be Wednesday **December 16th** Unit 3 10:00 am to 10:10 am and, Unit 2 10:15 am to 10:25 am, and Unit 1 10:30 am to 1040 am in Admin.

Ticket Notice

There will be **No** tickets sale's or pick-up on the weeks of December 3rd and December 10th. So please plan accordingly so you have tickets on hand if you wish to order pastries in the next couple of weeks.

CenturyLink Assistance

PRCF now has a representative that comes to our facility on Monday's and Wednesday's. If you are having problems with your account or general questions, please send your Kites to Inspector Erickson box 72.

Identity Confirmation Calls to IRS

For AIC's receiving letters from the IRS requesting calls to confirm your identity, the 1-800 has been added to Centurlylink/ICS call list so you can make those calls from your Housing Units. Please note that there may be a considerable wait time before you are able to speak with a representative with the IRS. ODOC staff will not be facilitating these calls for you.

There are now N95 masks available in Health Services for the AIC population. Each AIC can request up to 3 masks. AIC's will need to send a kyte addressed to Health Services requesting a mask. Once the request is received by Health Services staff you will place be placed on a callout to come pick up the 3 masks.



OREGON DEPARTMENT OF CORRECTIONS

NEW REQUIREMENTS FOR WEARING FACE COVERINGS – NOTICE #50

Cases of COVID-19 have been increasing rapidly in Oregon and the rest of the country as the weather gets colder and people are spending more time indoors. Because of this, Governor Brown has put temporary restrictions in place across the state to limit gatherings and prevent more spread of the virus. The Oregon Department of Corrections (DOC) has also consulted with the Oregon Occupational Safety and Health Administration (OSHA) and the Oregon Health Authority (OHA) to create new rules for DOC employees and adults in custody (AICs). Based on these new rules:

- All AICs and employees are now required to wear a face covering when they are indoors, regardless of distance from others.
- All AICs and employees are now required to wear a face covering a face covering when they are outdoors if they are within six (6) feet of any other individual.

There are some exceptions to these requirements for AICs. Below is a list of times when a mask is not required:

- While you are in your cell
- While on your bunk, or within three (3) feet of your bunk in a dorm setting
- While sleeping
- During scheduled mealtimes, when eating or drinking – (masks are required in the chow hall and/or chow line when not actively eating or drinking)
- When a documented physical or mental condition or disability limits the ability to wear a mask, face shield, or face covering
- During an examination, procedure, or service in which access to parts of the face covered by a face mask are needed
- If facial recognition is required by a DOC employee, you may be required to briefly remove your mask. If possible, limit speaking when your mask is removed.

Now, more than ever, it is important to pay attention to wearing masks and being vigilant about hygiene. Doing so will help reduce the spread of COVID-19. As a reminder, regular cleaning of your mask is important. Wash your mask with warm, soapy water for at least one minute and dry it. Wet the mask and rub vigorously with soap so you have lather. If possible, hang it to dry, rather than letting it dry on a flat surface.



OREGON DEPARTMENT OF CORRECTIONS

NUEVOS REQUISITOS PARA LLEVAR REVESTIMIENTOS DE CARA – AVISO #50

Los casos de COVID-19 han aumentado rápidamente en Oregon y el resto del país a medida que el clima se enfría y la gente pasa más tiempo en el interior. Debido a esto, el gobernador Brown ha establecido restricciones temporales en todo el estado para limitar las reuniones y prevenir una mayor propagación del virus.

El Departamento de Correcciones de Oregon (DOC, por sus saber) también ha consultado con la Administración de Seguridad y Salud Ocupacional de Oregon (OSHA) y la Autoridad de Salud de Oregon (OHA) para crear nuevas reglas para los empleados del DOC y los adultos en custodia (AIC). Basado en estas nuevas reglas:

- Ahora se requiere que todos los AIC y empleados lleven una cara que cubra cuando están en interiores, independientemente de la distancia de los demás.
- Ahora se requiere que todos los AIC y empleados lleven una cara que cubra una cara cuando estén al aire libre si están a menos de seis (6) pies de cualquier otra persona.

Hay algunas excepciones a estos requisitos para los AIC. A continuación se muestra una lista de veces en las que no se requiere una máscara:

- Mientras está en su celda
- Mientras esté en su litera, o a menos de tres (3) pies de su litera en un dormitorio
- Mientras duerme
- Durante las comidas programadas, cuando se come o bebe – (se requieren máscaras en la sala de comer y / o línea de chow cuando no comer o beber activamente)
- Cuando una condición física o mental documentada o discapacidad limita la capacidad de usar una máscara, un escudo facial o una
- Durante un examen, procedimiento o servicio en el que se necesita acceso a partes de la cara cubiertas por una mascarilla
- Si un empleado del DOC requiere el reconocimiento facial, es posible que deba quitarse brevemente la máscara. Si es posible, limita el habla cuando se te quite la máscara.

Ahora, más que nunca, es importante prestar atención al uso de máscaras y estar atentos a la higiene. Si lo hace, reducirá la propagación de COVID-19. Como recordatorio, la limpieza regular de su máscara es importante. Lávese la máscara con agua tibia y jabonosa durante al menos un minuto y séquela. Humedezca la mascarilla y frote vigorosamente con jabón para que tenga espuma. Si es posible, cuélgelo para secarlo, en lugar de dejarlo secar en una superficie plana.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 08/31/20.

PROPOSED RULES:

291-109-0025 Grievance Review System (AIC)

- Amends the rules to establish procedures to allow the department to close the grievance process early under certain circumstances.
- Last day to provide comments: 01/06/21 @5:00 PM

PERMANENT RULES

291-001 Procedural Rules

- Amends the rules to adopt current Attorney General Model rules by reference and clarify the rulemaking notice process.
- Effective: 11/12/20

291-031 Community Corrections Programs

- Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody (AIC).
- Effective: 11/09/20

291-042 Urinalysis Testing for Substances of Abuse

- Amends the rules to comply with HB3146 (2019) by changing inmate to adult in custody (AIC). The change also modifies language to encompass all substances of abuse and updates language to fit current practices and to show understanding of addiction being a chronic illness.
- Effective: 10/01/20

291-069 Security Threat Management

- Amends the rules to clarify modifications that may be made to services and programs for the safety and security of the facility, staff and AICs.
- Effective: 11/12/20

291-093 Death Row Housing Unit

- Amends the rules to update the departments policy to allow for individualized housing decisions regarding AICs with a sentence of death, which may include appropriate housing other than the Death Row Housing Unit or a Death Row status cell.
- Effective: 10/01/20

291-111 Accessibility for Adults in Custody with Disabilities

- Adopts rules to establish procedures consistent with state and federal law that ensure that qualified adults in custody are not excluded from participation in, or denied the benefits of DOC programs, services, or activities, or otherwise subjected to discrimination, because of a disability.
- Effective: 11/12/20

291-171 Grievance Review System (Community Corrections)

- Amends the rules to align with statutory language changes, replacing the term inmate with adult in custody.
- Effective: 11/09/20

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication, they will be returned. DOC rules are available for review and copies in the AIC law library.



OREGON DEPARTMENT OF CORRECTIONS

Date: November 2, 2020
To: All ODOC Adults-in-Custody
From: Offender Information and Sentence Computation (OISC)
Subject: Short-Term Transitional Leave (TL) Eligible Date

A minor change has been made to the calculation of the TL eligible date. This has been done to ensure the leave period does not exceed the number of days allowed in Oregon Revised Statute (ORS) 421.168 and Oregon Administrative Rule (OAR) 291-063-0130. Short-Term Transitional Leave is a period of leave not to exceed 30, 90, or 120 days preceding an established release date. See below for a guideline of the maximum duration of TL leave periods based on sentencing date.

If you are eligible for TL, your facesheet will show that the earliest TL eligible date is now one calendar-day later. This change will not impact you if you have been scheduled for leave and there are preliminary and/or final dates entered on your facesheet.

Lastly, please remember your judgment must authorize transitional leave to be considered for STTL.

Short-Term Transitional Leave Period

Sentencing Date	Maximum Duration of Leave Period
On or after January 1, 2018	May be eligible for a period of short-term transitional leave of up to 120 days.
On or after August 1, 2013, and prior to January 1, 2018	May be eligible for a period of short-term transitional leave of up to 90 days.
Prior to August 1, 2013	May be eligible for a period of short-term transitional leave of up to 30 days.



**State of Oregon
Department of Corrections Commissary**

Date: Friday, October 23, 2020

To: Adults in Custody
From: Sallie Jurgensmeier, Distribution Service Manager NWC Commissary
Subject: Commissary News, Updates and Reminders

News:

Commissaries have been notified by our vendor that it can take up to an additional 2 months to receive an order for the Electric Guitars.

Thank you for your understanding and we appreciate your patience.

Reminders:

Your order will NOT be processed:

If you have insufficient funds.

If the form is soiled, stained and / or contaminated.

If the writing is not legible.

If it is not written in BLUE ink.

If you have doodled or written notes on the form.

If the form has been shaded or highlighted.

You are responsible for maintaining all your receipts and warranty information.

Date: October 8, 2020

To: All Adults in Custody

From: Agency Operations Center

In an effort to further decrease the spread of COVID-19, DOC has enhanced face coverings for distribution to DOC employees and adults in custody (AICs). New research and guidance from the Centers for Disease Control and Prevention (CDC) and discussion with Oregon Health Authority encourage the highest level of protection available.

The enhanced face coverings may provide more protection from aerosols than a cloth face covering. Face coverings are a critical tool in the fight against COVID-19 that could reduce the spread of the disease. The enhanced face coverings are not mandatory. Cloth face coverings are still acceptable.

Three of these face coverings will be available for each employee and AIC through Health Services at each location. They should be allowed to dry completely before reuse. More face coverings will be available each month for replacement as necessary. These will arrive at all locations in the coming days.

We cannot stress enough the importance of doing everything in your power to help stop reduce the spread of COVID-19. Wash your hands, keep your distance, and please – wear a mask.

Fecha: 8 de Octubre de 2020

Para: Todos los Encarcelados

Desde: Centro de Operaciones de la Agencia

En un esfuerzo por reducir aún más la propagación de COVID-19, el DOC ha mejorado las cubiertas faciales para distribuir las a los empleados del DOC y a los presos. Las nuevas investigaciones y la orientación de los Centros para el Control y la Prevención de Enfermedades (CDC) y la discusión con la Autoridad de Salud de Oregon fomentan el más alto nivel de protección disponible.

Los revestimientos faciales mejorados pueden proporcionar más protección contra los aerosoles que un revestimiento facial de tela. Las cubiertas faciales son una herramienta fundamental en la lucha contra COVID-19 que podría reducir la propagación de la enfermedad. Los revestimientos faciales mejorados no son obligatorios. Los revestimientos faciales de tela siguen siendo aceptables.

Tres de estas cubiertas faciales estarán disponibles para cada empleado y preso a través de los Servicios de Salud en cada ubicación. Deben dejarse secar completamente antes de volver a usarlos. Más cubiertas faciales estarán disponibles cada mes para reemplazo según sea necesario. Estos llegarán a todas las ubicaciones en los próximos días.

No podemos enfatizar lo suficiente la importancia de hacer todo lo que esté a su alcance para ayudar a detener la reducción de la propagación de COVID-19. Lávese las manos, mantenga la distancia y, por favor, use una máscara.

To all Adults in Custody,

As a part of **ORS 423.105**, Court Ordered Financial Obligations (COFOs) are now set to begin collecting on **October 1, 2020**. These collections were previously delayed to ease difficulties associated with the COVID-19 pandemic. COFO collections are mandated by Oregon state law, and as such the Department of Corrections (DOC) can no longer delay implementation.

Per statute, **15%** will be deducted from each eligible deposit* and distributed as shown below.

1. **5%** is deposited into **Transitional Savings** until the account reaches \$500.
2. **10%** is collected for **Court Ordered Financial Obligations (COFOs)**.
 - a. Once the Transitional Savings account has reached \$500, the entire 15% will be collected for COFOs, until satisfied.
 - b. Once COFOs have been satisfied, AICs may choose to continue to deposit 5% from each eligible deposit into Transitional Savings.
3. Once both the Transitional Savings and the COFOs have been satisfied, no further court-ordered obligations will be deducted from eligible deposits.

*Eligible deposits are moneys deposited in an AIC trust account including, but not limited to, AIC performance monetary awards (PRAS) and moneys received from an AIC's family members or friends. Eligible deposits do not include protected moneys.

DOC does not have detailed information about these debts, as they are statutory collections made on behalf of the Oregon Judicial Department (OJD). OJD has provided the below address where AICs may submit questions regarding COFO debt details directly.

Oregon Judicial Department
Business and Fiscal Services Division
Attn: Collections
1163 State Street
Salem, OR 97301

Please note that the COFO balance on your monthly statement may change based on third party payments directly to OJD or further judgements assessed by your court of record. This updated amount is provided by OJD each month.

Please direct all other questions to Financial Services via the tablet electronic communication system, or via AIC paper communication.

Again, COFOs are now scheduled to begin collecting on October 1, 2020.

Thank you,

DOC Financial Services

A todos los adultos en custodia,

Como parte de ORS 423.105, las Obligaciones Financieras Ordenadas por el Tribunal (COFO) ahora están programadas para comenzar a cobrar el 1 de Octubre de 2020. Estas recolecciones se retrasaron anteriormente para aliviar las dificultades asociadas con la pandemia COVID-19. Los cobros de COFO son obligatorios por la ley del estado de Oregon y, como tal, el Departamento de Correcciones (DOC) ya no puede retrasar la implementación.

Según el estatuto, se deducirá el 15% de cada depósito elegible * y se distribuirá como se muestra a continuación.

1. El 5% se deposita en ahorros de transición hasta que la cuenta alcance los \$ 500.
2. Se recauda el 10% por obligaciones financieras ordenadas por el tribunal (COFO).
 - a. Una vez que la cuenta de ahorros de transición haya alcanzado los \$ 500, se cobrará el 15% total para los COFO, hasta que esté satisfecho.
 - b. Una vez que se hayan satisfecho los COFO, los presos pueden optar por seguir depositando el 5% de cada depósito elegible en los ahorros de transición.
3. Una vez que se hayan satisfecho tanto los ahorros de transición como los COFO, no se deducirán de los depósitos elegibles más obligaciones ordenadas por la corte.

* Los depósitos elegibles son dinero depositado en una cuenta fiduciaria de los encarcelados que incluye, entre otros, premios monetarios por desempeño preso (PRAS) y dinero recibido de familiares o amigos de los presos. Los depósitos elegibles no incluyen dinero protegido.

El DOC no tiene información detallada sobre estas deudas, ya que son cobros legales hechos en nombre del Departamento Judicial de Oregon (OJD). OJD ha proporcionado la siguiente dirección donde los presos pueden enviar preguntas sobre los detalles de la deuda de COFO directamente.

Oregon Judicial Department
Business and Fiscal Services Division
Attn: Collections
1163 State Street
Salem, OR 97301

Tenga en cuenta que el saldo de COFO en su estado de cuenta mensual puede cambiar según los pagos de terceros directamente a OJD o fallos adicionales evaluados por su tribunal de registro. Esta cantidad actualizada es proporcionada por OJD cada mes.

Dirija todas las demás preguntas a Servicios Financieros a través del sistema de comunicación electrónica de la tableta o mediante la forma de comunicación de preso.

Nuevamente, los COFO ahora están programados para comenzar a recolectar el 1 de Octubre de 2020.

Gracias,

Servicios Financieros DOC

To All Adults in Custody,

Effective Wednesday, August 12, 2020, all adults in custody are required to have a face covering with them any time they leave their cell or bunk area. A face covering will be worn when interacting with staff or others when 6 feet of social distance cannot be maintained. Adults in custody who refuse to wear a face covering will be given a daily fail if at a work site, or it will be handled through progressive discipline.

- Meals – Masks are not required while consuming food.
- Recreation – On recreation yards, if within 6 feet of someone, a face covering must be worn. If 6 feet of social distancing can be maintained, then the face covering can be removed.
- Work – At work sites, anyone within 6 feet of others refusing to wear a face covering after being reminded, will be issued a daily fail.
 - Indoor work crews, such as call centers, will have plexiglass barriers installed if the work area does not allow for 6-foot distance in spacing.
 - Outside work crews that allow for 6 feet of social distancing are able to remove their mask. Refusal to wear a mask while on an outside crew will not result in the crew being canceled; however, the adult in custody refusing will be issued a daily fail.
- Anyone within 6 feet of others who refuses to wear a face covering after being reminded will be handled with progressive discipline as authorized by the functional unit manager.

Additional cloth masks will be provided to you. Do not modify these masks with writing or other changes, or they may be confiscated. DOC has recently enhanced face covering requirements for DOC staff as well. For both AICs and staff refusing to wear face coverings, discipline is possible.

There may be additional requirements for institutions at a heightened tier level or as directed by the functional unit manager.

Researchers from around the world have found **wearing even a basic cloth face covering works better to prevent the spread of Covid-19 than wearing nothing at all.** And new research shows masks could offer some personal protection from the virus, in addition to protecting others.

Robert Redfield, director of the Centers for Disease Control and Prevention (CDC), said he believes **the pandemic could be brought under control over the next four to eight weeks if “we could get everybody to wear a mask right now.”** (WSJ, July 18, 2020)



YOU MAY HAVE LESS CHANCE OF GETTING COVID-19.

IF YOU DO GET COVID-19 WHILE WEARING A MASK:

- You may have fewer symptoms.
- You will likely pass the virus to fewer people.
- Everyone will have a better chance of surviving the virus.

WEARING A MASK MAKES SENSE.

ODOC HEALTH SERVICES COVID-19 FAQ

How can I help protect myself from COVID-19?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Follow social distancing advice and avoid being in close contact, if possible, with those that are ill.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.

Is there a vaccine for COVID-19?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment for COVID-19?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms. There are drugs under scientific investigation, however.

How is ODOC Health Services ensuring I am staying safe during the COVID-19 pandemic?

Health Services has taken an active role in teaching adults in custody and staff about the importance of hygiene and social distancing and the role we all play in keeping us all safe and healthy. Health Services has also changed how they provide routine health care services. Provider clinics, medication lines, and the provision of nursing care has been modified to reduce the risk of coronavirus transmission. Most importantly, Health Services is committed to continually assessing our patient health care needs and modifying operations to ensure all adults in custody receive timely and safe health care services during the pandemic.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

The virus that causes COVID-19 likely emerged from an animal source but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes – but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

Patients with COVID-19 can have mild to severe respiratory illness often associated with flu-like symptoms:

- fever and/or chills
- cough
- shortness of breath
- body aches
- decreased appetite

Please report any respiratory symptoms promptly to Health Services. Ask your unit officer to call the Clinic ASAP. Please do not wait to report your symptoms via an AIC Communication.

Who is at a higher risk for severe illness from COVID-19?

COVID-19 is a new disease, and there is limited information regarding risk factors for severe disease.”

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.



OREGON DEPARTMENT OF CORRECTIONS

April 24, 2020

To: Adults in Custody

From: DOC Agency Operations Center

Effective immediately, all individuals entering and occupying any DOC Health Services areas are required to wear a utility mask. These utility masks are the cloth masks provided to you by DOC. If you do not have a utility mask, please check with your unit officer. Remember to wash your hands before putting the mask on your face.

- DOC staff are required to wear masks in all Health Services, including Behavioral Health Services (BHS) appointments.
- AICs arriving at Medical Health Services without a mask will be denied access.
- AICs going to BHS are strongly encouraged to wear masks but will not be denied access without one.

This new directive is for your safety. Research shows that the coronavirus/COVID-19 can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people don't have symptoms.

Thank you for your cooperation.

Date: July 30, 2020
To: All Adults in Custody (AICs)
From: Garry Russell
DOC Agency Operations Center
Subject: Visiting

Unfortunately, we report that visiting **remains closed statewide until further notice** with the continued rise in COVID-19 cases. DOC knows how important contact with family and friends is, and we encourage you to use other communication like letters, phone calls, and video interactive phone (VIP) calls.

DOC is preparing for visiting to reopen as soon as possible with new visiting procedures, thorough screening processes, and social distancing methods. This will eventually allow for families to visit, while still maintaining safety for the adults in custody, our staff, and our communities. Unfortunately, we do not have any tentative date.

DOC has recently enhanced face covering requirements for DOC staff and will be supplying additional masks to AICs. As soon as masks are available for all AICs, masks will be required whenever 6 feet of distance cannot be maintained. We know face coverings are an essential tool in reducing the spread of COVID-19.

When each facility can safely do so, visiting will reopen. We will make public announcements as soon as possible to help visitors plan.



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Office of Constituent Services
900 Court Street NE, Suite 160
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates.

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.



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

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301

Novel Coronavirus (COVID-19)

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.

ODOC HEALTH SERVICES FAQ

WHAT IS A PANDEMIC?

A pandemic is a global outbreak of disease. Pandemics happen when a new virus begins to infect people and can spread between people sustainably. Because people have little to no immunity against the new virus, it spreads worldwide.

On March 11th, the COVID-19 outbreak was characterized as a pandemic by the WHO.

Pandemics progress in an orderly but disruptive manner. There are many factors which affect the progression of a pandemic (e.g. social distancing, health care availability, etc.). Different countries can be in different phases of the pandemic at any point in time and different parts of the same country can also be in different phases of a pandemic.

HOW DID COVID-19 DEVELOP?

COVID-19 is caused by a new coronavirus. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people, but it can happen. This has happened in the past with MERS (Middle Eastern Respiratory Syndrome), SARS (Severe Acute Respiratory Syndrome), and now with this new virus, COVID-19.

The genetic profile of the COVID-19 virus taken from U.S. patients is like the one that China initially reported and leads researchers to believe that his virus came from an animal, specifically a bat. Bats are also believed to the source of MERS and SARS.

Pandemics are not new. They don't happen frequently, but they do occur. In the past century, there have been four pandemics caused by the emergence of new influenza (flu) viruses. This is the first pandemic known to be caused by a new coronavirus (COVID-19).

HOW SICK DOES COVID-19 MAKE PEOPLE?

How sick people get when infected with COVID-19 is not completely known. Reported illnesses have ranged from very mild (including some with no reported symptoms) to severe, including illness resulting in death. Information so far suggests that the majority of COVID-19 illnesses are mild. How sick a person will become when infected can vary depending on their age, immune system function, underlying health conditions and general overall health. As you have seen in the news, the elderly (over age 65) have been more affected by COVID-19 than younger people. People with serious underlying medical conditions — like serious heart conditions, chronic lung disease, and diabetes, for example — also seem to be at higher risk of developing serious COVID-19 illness. Serious illness is estimated to be around 20% of all COVID-19 patients, but it is difficult to tell exactly what percentage of people will become seriously ill with any certainty. COVID-19 and the health complications it causes for patients is very new to health care providers. Health care providers are still learning how the virus behaves and what treatments are most effective and over time the hope is that the more that is learned about COVID-19 will result in fewer people becoming seriously ill.

ODOC HEALTH SERVICES FAQ

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others to help limit the spread. Someone in quarantine stays separated from others, and they limit movement outside of their current place. A person may have been exposed to the virus without knowing it (e.g., when traveling out in the community), or they could have the virus without feeling symptoms.

Isolation is used to separate sick people from healthy people. People who are in isolation should stay separate from others. Anyone with suspected or confirmed COVID-19 infection should separate themselves from others by staying in a specific “sick” area and use a different bathroom (if possible).

Isolation is not punishment. Isolation is the only way we currently can prevent uninfected people from becoming infected. Without isolation an infected person could potentially make everyone around them sick.

HOW CAN I REDUCE MY RISK OF BECOMING INFECTED WITH COVID-19?

Practice good hygiene:

- Wash your hands, especially after touching any frequently used item or surface
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Wear your utility mask any time you are outside your cell.

Avoid social gatherings.

HOW DOES ONE SAFELY STERILIZE/CLEAN A CLOTH FACE COVERING?

A washing machine should suffice in properly washing a face covering.

HOW DOES ONE SAFELY REMOVED A USED CLOTH FACE COVERING?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

HOW CAN I HELP MYSELF STAY AS HEALTHY AS POSSIBLE IF I AM DIAGNOSED WITH COVID-19?

- Drink plenty of fluids
- Stay active = Sit at the edge of your bed / Walk around your room frequently
- Perform deep breathing exercises
- Take all prescribed medications
- Keep a positive attitude
- Communicate any change in your condition to Health Services staff immediately

CDC. (2020). Coronavirus (COVID-19). Retrieved April 15, 2020, from <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

ACTIVITIES CALENDAR DECEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 No Tickets	4	5
6	7 Pastry Box Pick-up	8	9	10 No Tickets	11	12
13	14	15	16 Pastry pick up	17 Tickets	18	19
					Incentive	
20	21	22	23	24 No Tickets	25 Pastry Box Out	26
					Christmas	
27	28	29	30	31 No Tickets	4	

Tuesday — Movie signup in Admin Unit 3 10:00 am to 10:10 am and, Unit 2 10:15 am to 10:25 am, and Unit 1 10:30 am to 1040 am in Admin.

Wednesday — Pastry Pickup in Admin Unit 3 10:00 am to 10:10 am and, Unit 2 10:15 am to 10:25 am, and Unit 1 10:30 am to 1040 am in Admin.

Thursday — Activity, Coffee, and Photo Ticket Pickup in Admin Unit 3 10:00 am to 10:10 am and, Unit 2 10:15 am to 10:25 am, and Unit 1 10:30 am to 1040 am in Admin.

• **Incentive Movie** — Announced on units and located in the dining hall.

• **Holiday Movie** — Playing on the Units Channel 52 at 8 am.

All tournaments weather permitting

Saturday Game:

Sign ups: TBA

Start: 30 min later

Hosted by: Mr. ????????

Sunday Game:

Sign ups: TBA

Start: 30 min later

Hosted by: Mr. ????????

*******WORK ASSIGNMENT NOTICE*******

Barber Shop is taking applications for a part-time braider position. Please complete an application listing your experience and submit it to Ms. Pimentel.

IWP Notice

As a friendly reminder, work assignments are done according to the operational needs of the institution.

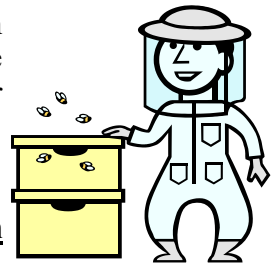
If you are under pre-release status you are allowed to participate in all Road to Success training.

Tasks related to release can be done outside your work assignment schedule.

What's all the buzz about?

Honeybees are responsible for approximately 80% of all fruit, vegetable and seed crops in the U.S. Beekeepers have recently been experiencing unexplained colony collapse, a complete disappearance of bees from a hive. As part of the ODOC's sustainability project, Powder River is offering an apprenticeship level beekeeping program.

The beekeeping program will be a yearlong course that is a combination of class room and hands on learning and maintaining of honey bee hives. Upon completion of the apprenticeship program you will be certified through the Washington Master Beekeeping Program and would be eligible to continue the journeyman and master levels through the Oregon State University (OSU) after release.



Minimum Requirements: Year left before release date or entering treatment, must be outside cleared, must have GED or enrolled to obtain GED, incentive 3 level, and **NO known bee allergies.**

Cost: **\$20.00 for workbook.** CD28 Instructions:

- a. Purpose: Bee Keeping Class
- b. Payable to: PRCF Art #2480

Classes start in February, 2021

If classes conflict with your work assignment, you must arrange with Work Supervisor to attend classes. You will not be excused from work to attend class unless you have approval from work site. Communication is KEY!!!!

Please keep in mind that this will be an educational course and will not be counted as work, you will receive PRAS points at the level of any other education program.

To enroll please send a communication and complete a CD28 to Ms. Pimentel by January 15, 2020

