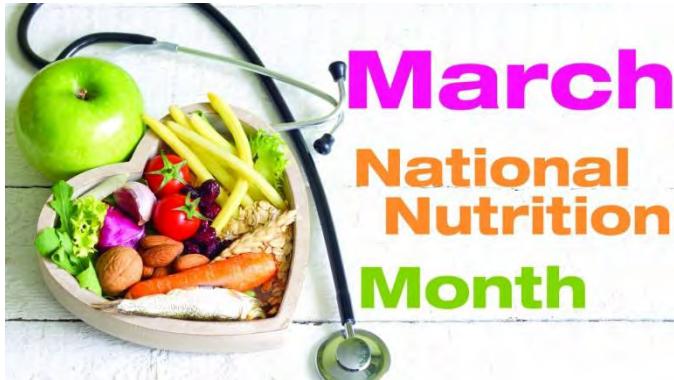


CRCI & SFFC CURRENTS

March 11, 2022

Superintendent: D. Sheppard

Editor: J. Hanley, CRM



National Nutrition Month® 2022 Advice for Foods that are Hard to Digest

Indigestion, or upset stomach, can often be caused by foods that the body has a hard time digesting. Food affects everyone a bit differently, and there are some types of foods that are easier to digest than others. Some of the healthiest foods don't agree with some people. For example, raw foods and certain vegetables can be hard to digest because of the high fiber content. People will experience symptoms like bloating, gas, diarrhea, and even constipation when they eat particular foods, especially in large amounts.

However, that doesn't mean that people with sensitive digestive systems need to avoid these foods forever. Instead, try these tips.

Raw vs. Cooked. Applying heat to your foods helps break them down and make them easier to digest. This is especially true when it comes to high-fiber vegetables and fruits. You may notice that cooked vegetables and fruits produce less symptoms than raw.

Avoiding certain parts. Egg yolks have a high sulfur content which can cause gas in some people. You can avoid this by only eating the white of the egg when possible. For example, take the yolk out of hard-boiled eggs.

Peels are usually higher in fiber than the inside of a fruit or vegetable, and more fiber can be harder to digest. Removing the peel of certain fruits and vegetables can help you avoid an upset stomach. Eating canned fruit is usually easier on the digestive system than fresh.

Moderating Intake. Eating a large amount of food that is hard to digest will most certainly cause symptoms. If eating cruciferous vegetables (cabbage, broccoli, cauliflower), or beans (black, kidney, pinto) causes digestive symptoms, it's best to not eat large portions of them. Try eating only a small amount of these foods and see what happens. You may experience less severe symptoms, or none at all. Over time you should be able to eat larger portions of these foods when your body has become used to having them regularly.

It's also better to eat foods which are hard to digest in combination with other, plain foods. A good example of this is beans and rice. When you mix these foods together in each bite, the rice will moderate some of the effects of the beans.

One of the best things you can do to have good digestion is to support the good bacteria in your gut by eating many colorful fruits and vegetables that are high in fiber. Exposing yourself to a variety of foods is key to good gut health and makes our digestion stronger and more resilient.

Elena Guevara RD, LD



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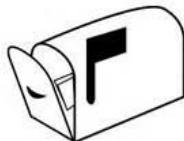
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CORRESPONDENCE THROUGH CENTRAL TRUST

This is a reminder that Central Trust cannot forward personal correspondence to you. If you have friends or family that want to send funds for your account, the funds go to the Central Trust address and any personal correspondence would need to come separately to you addressed directly to the institution. They cannot combine the funds and the personal correspondence in the same envelope.



NOTE! ADDRESS CHANGE

Central Trust's (new) address: 3723 Fairview Industrial Drive SE, Suite 200, Salem, OR 97302
Personal Correspondence address: AIC Name, SID#, <insert your institution's address>



State of Oregon Department of Corrections Commissary

DATE: MONDAY, FEBRUARY 14, 2022
TO: Adults in Custody
FROM: Anita Nelson, Distribution Services
Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Due to the COVID-19 social distancing protocols currently in place, we have been unable to have our Commissary committees meet to discuss new products being brought in and the removal of undesirable products from our commissary lists. So effective March 1, 2022, Commissary will be reinstating the AIC Suggestion forms until the committee members can return to their meetings.

Please understand that this has been setup as a short-term temporary fix. We would like to stay abreast of what our customers want to see on the commissary forms.

Reminder:

Each form must be submitted by only one AIC. Forms must be legible and completed to be processed. Non-completed or inappropriate forms will not be accepted.

All requests must adhere to Rule 117 – Personal Property (AIC) and Policy: 40.2.3 Commissary Operations.

Please do not add more than three suggestions to each form.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions Commissary receives we cannot respond to each request individually. New products must be approved through the ISM review process. Please watch your newsletters for periodic updates regarding items being added or discontinued. We strive to keep updated quality products and to remove unpopular items from Commissary.

DATE: THURSDAY, FEBRUARY 24, 2022
TO: Adults in Custody
FROM: Sallie Jurgensmeier North
Warehouse Commissary Manager

CRCI & SFFC CURRENTS

March 11, 2022

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SUBJECT: Commissary News, Updates and Reminders

Updates:

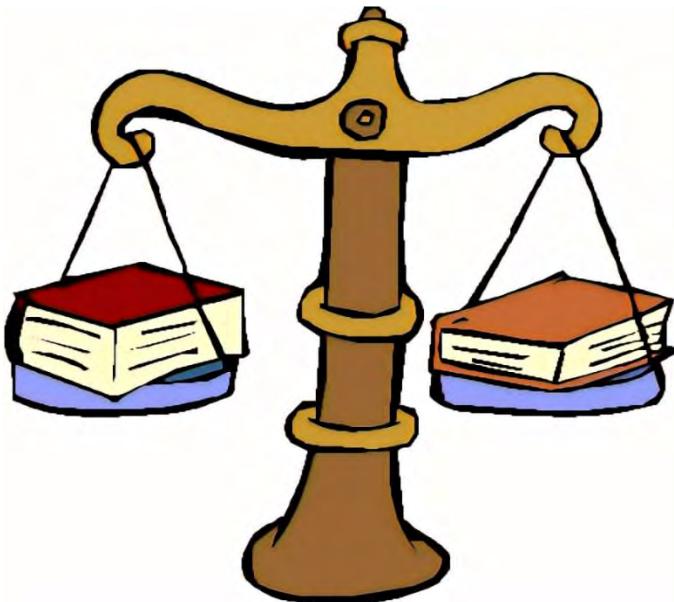
NWC is still getting a partial work crew but we feel confident that we can increase the spending limits.

Starting Monday February 28, 2022 spending limits will be \$50.00.

Please remember, if you choose more than \$50.00 on your order form it will be at the discretion of Commissary Staff what items will be processed. So to ensure you get what is important to you keep your orders to \$50.

Due to the possibility of another COVID outbreak within our institutions, reduction in NWC's work crew numbers or losing the NWC work crew completely we would have to revert back to reduced spending limits or the use of the emergency commissary order form.

Though this is an improvement, we understand it is still not an ideal situation. These challenges are frustrating for us all and we continue to work on alternative solutions and appreciate your patience.



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 10/21/2021.

PROPOSED RULES:

291-124-0041 Healthcare and Treatment

- Amends the rules to add language to allow a Medication-Assisted Treatment (MAT) pilot program
- Public hearing scheduled for 3/22/2022 1:00 PM
- Last day to provide comments: 04/18/2022 at 5:00 PM

TEMPORARY RULES:

291-124-0041 Healthcare and Treatment

- Amends the rules to add language to allow a Medication-Assisted Treatment (MAT) pilot program
- Effective 10/28/2021 through 04/25/2022

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.

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Road to Success March Update



Greetings from RTOS! Have you heard about the services Road to Success (RTOS) offers? Are you wondering how you can sign up for the classes? Here's how it works: **Once you're about six months to release, you will be automatically scheduled for an assessment.** That's where you'll receive info about RTOS classes and have the opportunity to sign up. All classes are voluntary and held in Classroom 5 (on unit 5). So watch your callouts (and kypes) and when your time comes, sign up for any (or all!) of the classes. Once you finish all five classes you become an RTOS Superstar and mentor to other participants! *Must wear pants, mask, bring pen/pencil, and be on time ☺

Road to Success offers the following core classes:

- Employment – job skills, résumé building, interview practice (get a thumb drive containing various resources to take with you!)
- Tenant Education – overcome barriers to housing and learn your rights as a tenant
- Money Management – budgeting, and financial goals \$\$\$
- Working Effectively with Your PO – develop a positive relationship with your PO
- Your Family, Your Community, Your Release – reunify with family and friends

\$\$\$ March RTOS class spotlight is: **Money Management!** \$\$\$

Students who have taken this class report significant improvements in their financial literacy. Developing a budget (a saving and spending plan) can help you meet your basic needs and financial obligations; having a plan to manage your money can reduce stress and increase your success upon release. Saving money (even if it's a small amount!) to achieve short-term and long-term goals can build self-confidence and increase your enjoyment of life. This two-session class explores these topics as well as others. Road To Success Superstars are also eligible for a free year's subscription to the budgeting app/software "You Need a Budget" (YNAB). It's pretty sweet! Send a kyte for more info.

Highlights of this class:

- > Learn how to obtain and analyze a credit report
- > Create a budget that meets your specific needs and goals
- > Create clear financial goals (short-term and long-term) and determine wants vs. needs
- > Learn ways to overcome debt
- > Learn about navigating the banking system - credit vs. debit

Latest Road To Success Superstars

Ryan Ally, Myelzac Barrow, Alan Becker, Milton Burton, Fidel Coronado, Ivan De Los Santos, Corey Dean, Shane Endsley, Tyson Geck, Joseph Gibson, Marc Harper, Kevin Holtgrew, Ian Jackson, Henry Jimenez, Nikolas Kuder, George Lammi, Taylor Mespelt, Orrin Monfort, Donald Nollen, Martin Paez-Vindas, Michael Quigley, Francisco Rizo, Philip Roberts, Kyara Schmult, Daniel Sheehan, Frank Van Wagner, Christopher Walker, Orlando Ware, Antonio Zamudio

Congratulations on completing EVERY class!!!

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South Fork Forest Camp RTOS Info:

What? SFFC folks who are within six months of release are also eligible for Road To Success services! One-on-one consultation, release resources, etc.

Who? Ms. Gaidosh, the Transition Coordinator from CRCI

When? Third Friday of each month from 8-11am in Administration Office

>>Next SFFC sessions scheduled for March 18 & April 15<<

General Unit 5 Info:

Unit 5 is a transitional unit and is incentive-based. Advantages to being on Unit 5 include: special guests (hopefully returning soon), regular one-on-one support with a Transition Coordinator, exercise time in classroom 5, "late night" on weekends and holidays, a generally quiet environment, the company of others who are working to succeed upon their release, and access to other incentives from time to time. Recently, RTOS has hosted a poetry contest, "Dave Ramsey's Financial Peace University" course, book club. An art show is also in the works!

To be eligible for Unit 5 you must be six months or less to release, sign up for all RTOS classes, & be incentive level two or three. Once on Unit 5 you must maintain good behavior, a clean bunk area, and pro-social behavior. If you receive three bunk-ins, a serious conduct order, or don't show up for scheduled classes you will leave the unit.



Take a look at some exciting RTOS Stats from 2021:

180 people took every class and became a Superstar!

1,922 people accessed transitional resources in the Resource Room!

211 people left CRCI with a professional resume loaded onto a flash drive!

79% of people who released last year volunteered to take at least one class!

119 people took the Food Handler's test!

294 people took "Working Effectively with Your PO" - the most popular class!

If you are interested in RTOS simply send a kytic to Ms. Gaidosh or Ms. Parker.



Volunteers are coming back!!! Watch for postings on which programs are returning and how to sign up for them.



Visiting Resumes

Thursday March 11th...

Still modified.

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Mask fatigue is real, and the March 11th lifting of the indoor mask mandate may feel like a tease, because it does not apply to Prisons. ODOC is classified as a congregate care, so much like hospitals we must continue wearing masks. Please know we are working closely with CDC/OHA on a phase out approach for the mask mandate.



During the onset of the pandemic we held Unit Advocacy meetings where a representative from each housing unit met w/ Exec Team staff to discuss various issues impacting the institution. We are going to return to holding a Monthly Town Hall Meeting. Please be on the look out for applications on how to apply to represent your Unit at the monthly meetings.

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Beyond These Walls, a LGBTQ+ Leadership program based in Portland Oregon is in the process of acquiring volunteer credentials for CRCI. There will be a meet and greet session in Classroom 4. If you are interested in attending, please send Mr. Hanley a kytic.



Free books mailed to your kids or grandkids!

Multnomah County Library, along with The Library Foundation, is offering to send a brand new, free book to each of your children, ages 0-14. All you need to do is fill out an application and send it to Mr. Hanley by March 31st. You can even write a message to your children that will be sent along with the book. The books will

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be selected by the library. Books in Spanish are also available. Please note all applications will be reviewed to determine if contact is permitted. Applications are available on the Unit. Kyte Ms. Wilks or Ms. Fanta if your unit is out of applications.



Receiving Books through Amazon.com?

The Mailroom wanted to make you aware of concerns regarding books arriving from Amazon.com.

- Books usually come with no documentation/receipt. This could make it difficult to prove your ownership of it later. The routing labels applied to books are not “property tags”, they are merely routing labels.

- In speaking with Amazon.com representatives, there is no way for ODOC to properly request a return and refund on behalf of you or the purchaser. In most cases, Amazon simply refuses to accept the returned material.
- In many areas, Amazon now primarily uses *contract* delivery services, instead of UPS or USPS. Many of these services simply refuse to pick up returned items.
- ODOC has attempted to work with Amazon.com to improve the process, to no avail. Amazon.com is not willing to work with us regarding ensuring the proper refunds are made, or even that the book makes it back to where it needs to go.
- While we can make no formal recommendations regarding whether or not your friends/family use Amazon.com to order books on your behalf, we wanted to make you aware of our concerns.



Daylight saving time 2022 in Oregon will begin at 2:00 AM on

Sunday, March 13

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MY BACK PAGES

By CRM Hanley

I haven't recycled this one in awhile and Freshwater has been on my mind. Enjoy.

Freshwater

US VS THEM another intro. Not sitting flexed or perplexed like some be, no. I was raised on the likes of Chuck D. Boogie Down Productions to Knowledge Reigns Supreme. Minor Threat, Slayer, and The Dead Kennedys. Straight musically awoken at thirteen. I wasn't soft spoken at thirteen. I started seeing what was broken at thirteen, 13.

"You must learn!"

When I met Kris Parker at seventeen. I was sneaking onto colleges for lectures. One night he graced me, uplifted and shook me. Knowledge Reigns Supreme and this is what he taught me: SHADES OF BROWN is what we all be! NOT white like paper or black like ink, NOT red, NOT yellow...THINK.

Commonality is Normality. That's my message. My reality. My work - not predicated on a salary. I'm

too busy sharing options, sick of thinking about coffins. Sick of the news. I see it all too often. Sick of the run around. My ears bleed from what some telling me. The contradictions. The hypocrisy. They gotta know they're not kidding me. Up in this game since 98' and it'll never be too late. I'll never give up. I'm too invested in my fate. Shit gets heavy - you'll never know what's on my plate. Or exactly where I've been, let's keep one thing straight: I'm DOING MY BEST. I'm not trying to impress. I'll make mistakes. I'll weather stress. I'm committed to change. I'm inspired to teach. You all knew my name, but did you know I could preach?

Yo! So, right? What's your call? Where you heading? Where you been? Acting like the villain in the movies coming back again? Dodging bullets, spiking needles, for all this again? "I'm just happy to be alive," he says, "I'll spank a seven/zero!" your baby' lost man; your child' lost hero.

Shoot, I'm not tripping trying to kick you while you're down. I'm not walking around like I'm the king of this town. I'm not saying that I know you. I know it sounds like I'm JUDGING you. I'm just speaking to a collective. I'm just trying to INSPIRE you. You don't need this life. You don't need this game. You don't need another hustle. You should use your real name. You don't need another hustle. You should use your real name. You don't need another hustle. Freshwater. What's your Momma call you? Freshwater - All I'm saying; don't take this one with you! This name doesn't define you, but it might consume you. It's just another disguise keeping you; YOU! You away from you! Change starts now - it's not something awaiting you; Change starts now - it's not something you'll turn on or just turn to....Freshwater.

So what now, Preacher man? Mr. Acting CRM doing the best you can? Who are you telling me

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what's up; ask what now? You've got a lot of nerve with your unwaxed flow. Please with your privilege and your guilt. Please with your intentions and the life that you've built. Please with all your misdirections! You're the contradictions straight clogging up the intersections.

It could look that way, but yo, I'm not done. Twenty years in and I've just begun. I don't even have the title after all; still wrecking shop on this recital after all! So what's up now?

Well, maybe what I'm saying is you don't need this? You can resist and unleash this? You can rise up, you're not beneath this? YOU CAN STAND TALL WITH A RAISED FIST!

First you must free your mind, because reality, won't always treat you kind. Society's like a riddle with justice in the middle, justice rocking fiddle, justice NOT always looking BLIND -- Folded. We know the scales aren't always equal, but there is another option when you're writing your own sequel. There is another option when you're writing your own sequel. There is....

Lift the metaphorical chains, hypothetical blood stains, wash your hands, pump only love in your veins, because knowledge truly is power. The knowledge to sustain and devour. Devour all the evils that be robbing you. Devour all the hatred that's consuming you. Devour all the fears that's polluting you. Freshwater is a river that's awaiting you. Cleanse yourself, live transparent, be true. Ask for help and let someone help you. Ask for help until someone helps you. ASK FOR HELP UNTIL SOMEONE HELPS YOU

Freshwater first appeared in the April 2019 Newsletter and was once recited live by Mr. Hanley at a CRCI Roc up on the Mic night aka The Show aka Open Mic night. Maybe it'll happen again?