

SCI INMATE NEWSLETTER

MARCH 4TH 2022 EDITION

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Hearing Notice from the Court

What do I do as an AIC that receives a Hearing Notice?

Unable to contact the court with the phones here
Contact staff here.

The best way to be able to proceed:

Contact family/friends and give them the information on the Hearing Notice:

Contact number on the Hearings Notice – SCI is conducting phone calls (at this time)

Give the case number, your full name and SID# to your contact, THEN your contact
can call the court. They can give out the SCI staff information in the next step

Give your contact (Family/Friend) the staff contact (M. Gardner 503-378-2964) OR
DOC website for professional calls (follow prompts under SCI section)

What happens next?

Court contacts M. Gardner to schedule
Call-out is entered & a reminder kyte sent
Complete your call in assigned location (Unit 2 call room)

Do I need to follow-up and send a kyte to staff?

If you receive another Hearings Notice from the courts, the process will need to be repeated.

Sometimes you may need to call/ write your attorney, not staff.



Financial Services

Informational Briefing

2021 Tax Announcement

IRS 2021 1040 forms have been provided to each location.

DOC will not provide Oregon income tax forms.

AICs wishing to file their 2021 taxes, or any other type of tax document will need to use their own pre-addressed postage paid envelope

IRS Address for Oregon Filers:

Department of the Treasury
Internal Revenue Service
Ogden, UT 84201-0002

Note: DOC is not authorized to provide Adults in Custody with tax advice.

Please note: DOC staff/ Legal assistants are unable to provide tax advice. Or Status Updates On Filing

Remember Allow enough time for your completed tax forms to reach the US post office by the IRS filing Deadline.

Both state and federal taxes are due on April 15th 2022.

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustin-fo@doc.state.or.us.

Commissary

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.

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.

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 many 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, like apples, cucumbers, carrots, and potatoes, can help you avoid an upset stomach.

Moderating Intake. Eating a large amount of food that is hard to digest will most certainly cause symptoms. It's best not to overeat cruciferous vegetables like cabbage, broccoli, and cauliflower, or beans like black, kidney, and pinto. Try eating only a small amount of foods that usually cause symptoms for you 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 gotten 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

NO "SUPPLIES" THROUGH THE MAIL

Per OAR 291-131, Mailrooms can only process the following items:

Correspondence (including Legal & Official Mail, as well as catalogs, advertisements, brochures, promotional materials, pamphlets, sweepstakes, and contest materials)

Books

Magazines

Newspapers

Journals

Calendars

Electronic Messages

Any item not on the above list would require an approved Package Authorization from the Operations Captain. Any item received that is not on the above list and without an approved package authorization will be returned to sender.

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.

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>

AIC Newsletter Article – 2022

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 AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC 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 Constituent Services Office
900 Court Street NE, Suite 254
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.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are located in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

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

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC 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.

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. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will 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.

Just Detention International Headquarters is a national advocacy resource and can be reached at:

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

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

February 22, 2022

Physical Plant News

I would like to publicly extend my appreciation to our Physical Plant team who came in and worked late one Thursday evening to repaint the dining room. I also need to thank the kitchen crew who spent countless hours cleaning the overhead pipes and those nasty greasy, dust covered fans. Thank you team for the quality work you did to make this area of SCI look a bit better.

I also would be remiss if I didn't thank those of you who have worked on maintaining our grounds, pressure washing, pulling weeds and sprucing the place up.

Also, big thanks to those of you who have cleaned spaces, moved furniture and repaired what is broken.

You've really kicked it into high gear the past few weeks.

I appreciate you and your efforts to make SCI a nicer environment. I know we have some work to do but I am confident that together we can make progress.

In other news, I am happy to share we ordered some new weight equipment to add to the yard – A 24' Elite Freestanding Rig arrived and plans are in the works for its placement. Keep in mind, this is just the Rig at this point, no weights have been ordered. SCI Administration is committed to making some improvements in the lives of those of you who live here. Thank you for your patience as we work toward that goal. I ask that we each take the time to express gratitude where gratitude is due. If someone does something nice and makes your daily life a bit better, please let them know. That will go a long way in creating a more positive environment for all of us.



RELIGIOUS SERVICES WANTS YOU TO KNOW.

Notice to A.I.C's ; Religious Service movie channel is currently limited to a selection of religious dvds that we are allowed to show due to copyright laws Religious Services is working on setting up individual stations in the chapel to view various religious programs. Please allow time for this set up to start. Announcements will be posted in units describing how sign-up for religious services movie program

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.

Suggestions and Submission's should be sent to Mr. Jenne
for the
Inmate newsletter.

Have a fantastic Month!



