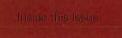
SEPTEMBER EDITION

SCI AIC NEWSLETTER

SEPTEMBER 2ND 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 (Ms. May 503-378-3109) OR DOC

website for professional calls (follow prompts under SCI section)

What happens next?

Court contacts S. May 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.

Law Library News

Clarification on filling out legal law library kytes. You must use a legal kyte for all library services! You must address the front of the kyte! The housing assignment means your bunk number (do not just put 2 down) (use ex:2044). On the inside of CD 1714, read the part at the top of the form. If it does not pertain to you than you must put a N/A in that spot. Deadline date is for an approved court deadline, not your own deadline! Sections A, B and C must be filled in or you will get the kyte back highlighted to correctly fill it out as stated in the paragraph at the top of the page. In section C choose 1 equipment you need and in comments write what you are working on. If you need legal assistance and computer time than they must be on separate kytes. Do not write below the library use only part!

The Library handles Attorney phone calls only that are set up by your attorney, we do not call out to your attorney. You may call them collect on the unit on the 1st and 3rd Thursday of every month.

All DHS, Court Hearings etc are handled by Ms. May either scheduled in unit 2 callroom or conference room in 1 east

LAW LIBRARY REQUEST FORM - GP

FROM:		
Institution:		
Name:		
SID:		
Housing Assignment: Bunk Nu.	uber	
Housing Assignment: Bunk Nu.	mber	
Housing Assignment: <u>Bunk Nu.</u>	TO:	
Housing Assignment: Bunk Nu.		



LAW LIBRARY REQUEST FORM GENERAL POPULATION



Information requested below must be completed

This form must be completed in its entirety prior to submittal. Please answer "N/A" to questions that do not apply. If your request is not completed according to instructions, it will be returned to you unprocessed. If you have a deadline, please bring verification with you to your next scheduled callout.

SID#:	Last: _				1	irst:						
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Section A – Case Inform	mation (Requ	ired)		57/37/59		re eje na		N/A		M. F. ST	7/1	1000
Deadline Date:		Jurisdic	tion/Court:									
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Type of Court Filling:												
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Family BBQ Event - Saturday, September 10th

I wanted to take a moment to let everyone know sack lunches will be served for the lunch meal during the family event that Saturday. Thank you for understanding the work our food service crew puts in to make these events happen, as well as keeping the operation running. On a personal note, I am very much looking forward to being able to see smiling faces and your adorable little ones running around making memories with those of you participating. To those of you who I've spoken to over the years it will be nice to meet those family members you've talked so much about.

Parking for the DAY!!

Some quick notes for the families making plans to attend our SCI Family BBQ on September 10, 2022. Please communicate this note with your family prior to our event.

EVENT TIMES are 11:00 AM until 3:00 PM

SCI parking lot will not open before 10:30 AM for this event. Any friends or family arriving prior to 10:30 will be asked to return at a later time. Those wishing to leave early will be allowed to do so but will need to communicate with staff for a departure plan.

With more families attending than we have parking spaces, some families will need to park in our field. Families with handicap parking pass or needing accommodations of our parking lot will need to communicate this request upon arrival to SCI.

We are looking forward to seeing our AlC's interact with families as we know this is an important component to your healing journey. We wish to remind everyone to be on their best behavior. Visiting rules will be in effect and enforced. Anyone breaking one of our visiting rules will be escorted away from this event and family asked to leave. Please be respectful for the good of everyone enjoying this special event.

Sincerely,

The Homeward Bound Club.

ATTENTION DRESS CODE

The dress code for the family BBQ is the same as it is in the visiting room. Pants and shirts must be worn at all times.

No taking off shirts

No tank tops

No shorts

Please remember that this is a family event. Be respectful of everyone's families and kids. Space is limited so please be mindful of others as we may have to share tables and seats.

Food Survey Results 2022

Here are the results of the AIC Foodservice Survey that was done earlier this year. Survey responses were compiled from all institutions and the top answers are listed below. We received some great suggestions for future menus. Please keep in mind that some of your suggestions may not work with our budget. A few suggestions were able to be worked into the next Fall-Winter menus. Thanks to everyone for your input!

Favorite Main Dish Items:

Chicken Drumsticks

Hamburger

Pork Loin

Enchilada Casserole

Pizza

Favorite Break fast

Items

Fried/Scrambled

Eggs

Hobo Breakfast

Sausage Gravy

French Toast

Veggie Scramble

Items to remove from the menu

Tuna Salad Sandwich

Chicken Salad Sandwich

Pancakes

Tuna Casserole

Turkey Tetrazzini

Turkey ala King

Tamale Pie

Waffles

Italian Casserole

Chicken Burger

Items to add to the menu

Corn Dogs

Chicken Nuggets

Breaded Chicken Strips/Tenders

Pepperoni

Lasagna

Tater Tots

Fish Nuggets/Sticks

More fresh vegetables

Steak

Enchiladas/Enchilada Casserole

Suggestions to Improve Meal Service

Larger portions

More protein/meat

Less carbs (pasta, potatoes, rice, bread)

Serve hot foods hot

Use more seasoning

Desserts with every dinner or once daily

Less casseroles

Clean the meal trays better

More variety of fruits & vegetables

Cook potatoes properly/completely

Better accuracy & consistency with portions/scoops

Increase food budget for better food quality

More or better training for FS staff and AIC cooks

More variety for MAT meals (not always beans & rice)

Less onions in the recipes

FS staff & AIC cooks should care about/take pride in the food they make

Offer fresh vegetables on mainline

More fried food/bring back deep fryers

Take more time to cook foods well

Don't overcook the frozen vegetables

Greetings from General Services.

Thank you Mr. Whitten

While he is not assigned to General Service, I felt he was worth mentioning and want to give a shout out to Brian Whitten. Mr. Whitten maintains the Unit 5 yard area. He has a nice little garden out there, and the produce he cultivates has been sent into the kitchen along with produce from the bigger garden. I don't know about you, but there is just something special about veggies right out of the garden – you can just taste the difference. If you've been enjoying those fresh veggies, or those homemade pickles, tell him thank you. He also worked extremely hard hand digging a walking path which will be completed soon; this is an impressive feat in itself.

Thank you Brian.







RECREATION SHED:

Here we have the beginning of our recreation shed going in. This is where we will be able to keep our workout equipment out of the elements. Once completed you will be able to check equipment out for use. Big thanks to Dan Connally and his crew for their design and bringing it to fruition. Next up will be installing the CrossFit rig. Please thank our wonderful Physical Plant crew as they have been hard at work this whole summer making SCI a little bit nicer and that's in addition to just keeping it operational.





Mailroom Notes:

All packages besides books/magazines MUST be preapproved by Lt Goodman prior to you ordering!!!, if not the package will be sent back to the sender! So wait till you receive the signed one back to order!

anything that can be purchased from canteen cannot be sent in....SID # MUST BE ON ALL MAIL!

Flu Vaccinations

Can't I wait and get vaccinated when/if flu hits my community? It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu. Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

Vacunas contra la gripe

¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad? Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

Las vacunas contra la gripe no pueden contagiarle la gripe. Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. *Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. * O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. * O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. * Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

Debe vacunarse contra la gripe todos los años. Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.

Are You Ready To Fumble?

Pootball Season is underway! Can you find all 32 NFL football teams in the word search?

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BRONCOS CARDINALS COLTS **EAGLES** GIANTS LIONS PATRIOTS RAVENS SEAHAWKS TITANS

BROWNS CHARGERS COWBOYS **FALCONS JAGUARS PACKERS** RAIDERS REDSKINS STEELERS VIKINGS

BENGALS

BUCCANEERS CHIEFS DOLPHINS **FORTYNINERS JETS PANTHERS** RAMS SAINTS **TEXANS**

BILLS

Suggestions and Submissions' should be sent to Mr. Jenne for the Newsletter .

Have a fantastic Month

