



THE UNCLASSIFIED

FEBRUARY 2023

INTAKE MANAGERS: AMBER SUNDQUIST & MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get if fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

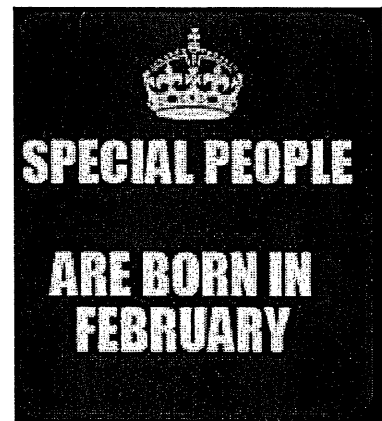
Thank you!

Newsletter content:

- Caseload re-adjustment
- Institution spotlight: CRCI
- ODOC blog story
- Artist Spotlight contributed by EOCI crew.
- News inside
- Health services announcement
- Maintaining a prison relationship.
- Boundaries
- Fun stuff & Stationary.

if you need more brain teasers during your stay, please kyte Ms. Wheeler, one request per week, please! You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

THANKS 😊



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience! Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

YOUR INTAKE TEAM

Join our Friends & Family email list for the inside scoop!

Get emails about institution news and events

**TO SIGN UP:
TEXT CORRECTIONS
TO 22828 TODAY!**



SPOTLIGHT ON COLUMBIA RIVER CORRECTIONAL INSTITUTION- PORTLAND

Programs and Services offered at CRCI:

Major program activities for general population AICs consist of community service work projects supervised by correctional staff, institution support and maintenance work, educational and cognitive skills classes, and Turning Point drug and alcohol program.

Programs: flagging class; Free your mind; GOGI criminality group, anger management; parenting, Road to Success release classes, African American Program, Toastmasters, master gardening,

To promote good health and wellbeing, AICs are encouraged to take part in many recreational and other outdoor activities offered to them every day. AICs are allowed access to the Recreation Yard three times per day for recreational purposes.

Organized yard activities include:

- Soccer leagues
- Basketball leagues
- Volleyball leagues
- Pickle-ball leagues (like tennis with a whiffle ball and high net)
- Native American pow-wow's
- Special holiday events

Individual recreational activities include:

- Weightlifting
- Jogging / walking trail
- Hacky sack
- Other miscellaneous games and activities

Indoor activities include:

- Aerobics
- Yoga
- Stationary bicycles
- Bingo
- Karaoke
- Numerous board games and other indoor activities (cards, chess, etc.)
- Religious services

About the Facility:

Columbia River Correctional Institution (CRCI) is a 595-bed minimum-security prison located on 26 acres in NE Portland. The institution opened in September 1990, and houses 595 male individuals in separate dormitory-style housing units. Approximately 50 AICs are housed in a separate living area designed specifically for use as a residential alcohol and drug treatment center where individuals voluntarily participate in a therapeutic community program designed to address serious addiction and substance abuse problems. This facility is focused on alcohol and drug treatment, work programs, and preparing AICs for return to the community.

One of the 50-bed dormitory has been designated as residential treatment centers where adults in custody are involved in an intensive alcohol and drug treatment program for six months or more. This unit is self-contained providing AICs, in treatment, with the opportunity to successfully complete the program without unnecessary distractions from the general population. The programs offered to other individuals in the facility focus on the development of work habits and skills necessary to obtain and maintain employment.

Caseload Readjustment

Correctional Counselors' caseloads were rearranged to better serve those most in need in 2019. These changes were necessary for the Oregon Department of Corrections (DOC) to provide quality case management services to the adults in custody (AIC) most likely to reoffend as determined by their Automated Criminal Risk Score (ACRS).

Now, in 2023, ODOC has a great opportunity to provide more services as the overall AIC population has declined since March 2020 due to COVID, commutations and lower court admissions at Intake.

As a refresher, ACRS is a statistical calculation developed by the DOC Research Unit to predict your risk of reoffending within three years of release. Your score is automatically calculated at Coffee Creek Intake Center (CCIC) and is based upon the following: age, earned time, revocations, sentence length, custody number, thefts committed, prior incarcerations, and person to person crimes. The score is recalculated whenever any of these items change. Another way to understand ACRS is to look at it from a percentage standpoint. The scores range from .01 to .99. If your ACRS is .15, then you have an estimated 15% chance of reoffending within three years of your release.

If DOC had the resources it needed, Institution Counselors would provide cognitive interventions through case management to all AICs who need it. Because DOC does not have the capacity to provide case management services to everyone, Counselors' caseloads must be adjusted to provide cognitive interventions to AICs most likely to reoffend.

To provide additional services for AICs, DOC has significantly adjusted the ACRS cutoff score going forward for all institutions. Due to resource discrepancy across the institutions, the cutoff scores won't be consistent and are as follows:

CRCI, OSCI, SFFC, PRCF, SCI, WCCF, DRCM, TRCM

.01 - .29 ACRS = Low Supervision

.30 - ACRS and higher = High/Medium Supervision

OSP, SRCI, SRCM, TRCI, EOCI

.01 - .14 = Low Supervision

.15 ACRS and higher = High/Medium Supervision

CCCF, CCCM

.01 - .14 = Low Supervision

.15 ACRS and higher = High/Medium Supervision

Low Supervision:

If you are placed on a Low Supervision caseload (as determined by your institution), you will not meet with your Institution Counselor on a regular basis and will only be seen for emergencies or unusual circumstances. Any reporting will be through written communication. If you need an in-person meeting, you will need to provide specific details in your request.

Although you will not have regular contact with your Institution Counselor, your eligibility to attend programming offered by Pathfinders (group cognitive classes and parenting classes) and participate in our alcohol and drug treatment programs will not be impacted. Eligibility and placement into these programs remain the same.

High/Medium Supervision

If you haven't previously received services (due to ACRS score) you will now be placed on a High/Medium Supervision caseload (as determined by your institution), and you will meet with your Institution Counselor on a regular basis (every 30-60 days), working on your customized Behavior Change Plan and receive cognitive interventions from your counselor within 90 days of this update.

Each time you are transferred from one institution to another, you should receive an Intake Information Sheet and Contact/Resource List that provides information specific to that facility. You will also have the opportunity to ask questions at your institution's Admission and Orientation program for new arrivals to help you manage your affairs during your incarceration.

These changes will be implemented January 18th, 2023, for male institutions and for women at CCCF.

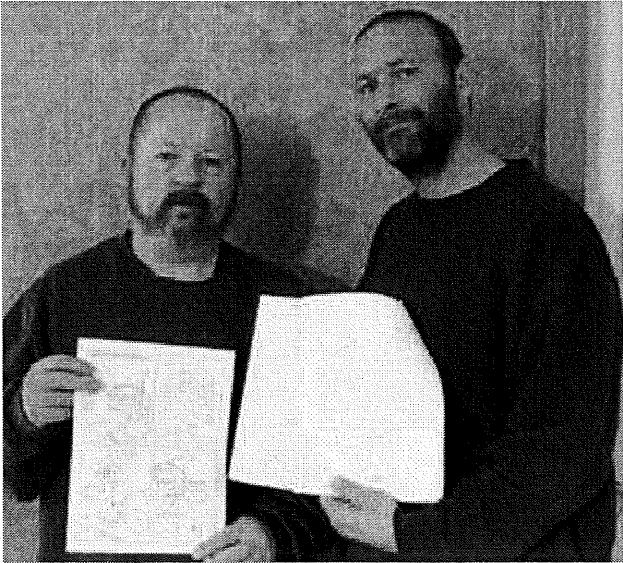
Thank you,

CCM Central Office



Collaborative Art with Wayne Cummins and Herb Wood

DOC Office of Communications Uncategorized December 30, 2022



Herb Wood (left) Wayne Cummins (right)

Inspiration is the first step for any artist, the fire starter if you will. But how does an artist seek out or find inspiration in the world? It differs for everyone. Some people find inspiration in nature, religion, or the world around them. Some people wait to be found by inspiration. For artist Wayne Cummins, inspiration found its way to him through friendship.

Cummins met his friend Herb Wood years ago living with him on a housing unit at Eastern Oregon Correctional Institution. They became friends through their shared interest in artwork and sketching.

Cummins considers himself a creative artist, conveying his message through comical slapstick narratives and manga-style comics. Herb Wood describes himself as a lifelong fine artist who found his passion for drawing early in life. *“I’ve drawn all my life, started in church when I was crawling the pews. My mom wanted me to settle down, so she gave me a pencil and paper,”* he says. Art has been his passion ever since.

Cummins started taking his art more seriously when he got to prison. He calls himself a “drawist”; he can draw the things he sees but is not great with creating original designs and following through with them to finished products.

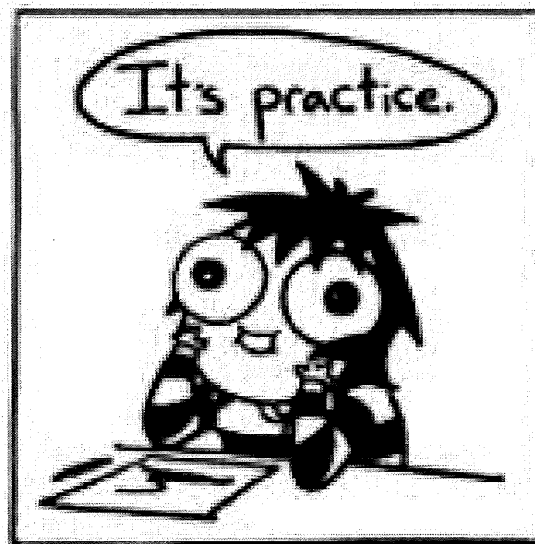
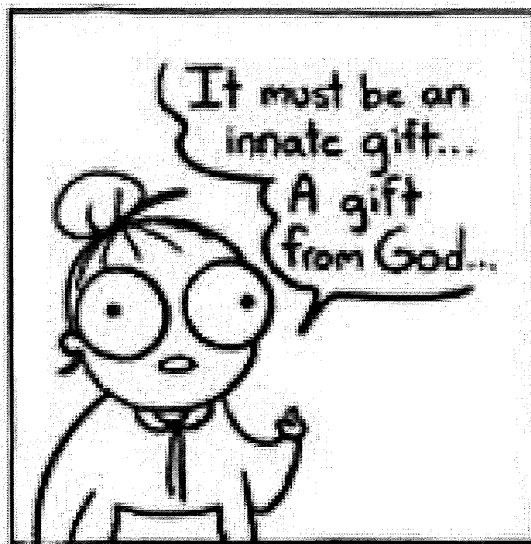
Together Cummins and Wood create 4-panel comics about various characters they have imagined over the years. Wood has stacks of paper covered in doodles. Some of them are characters that have a recurring theme. Cummins started writing stories for some of the characters that initially seemed to have only vague relationships to one another, turning them into standalones. Cummins describes himself as the mind behind the narratives while Wood takes up much of the responsibility for the

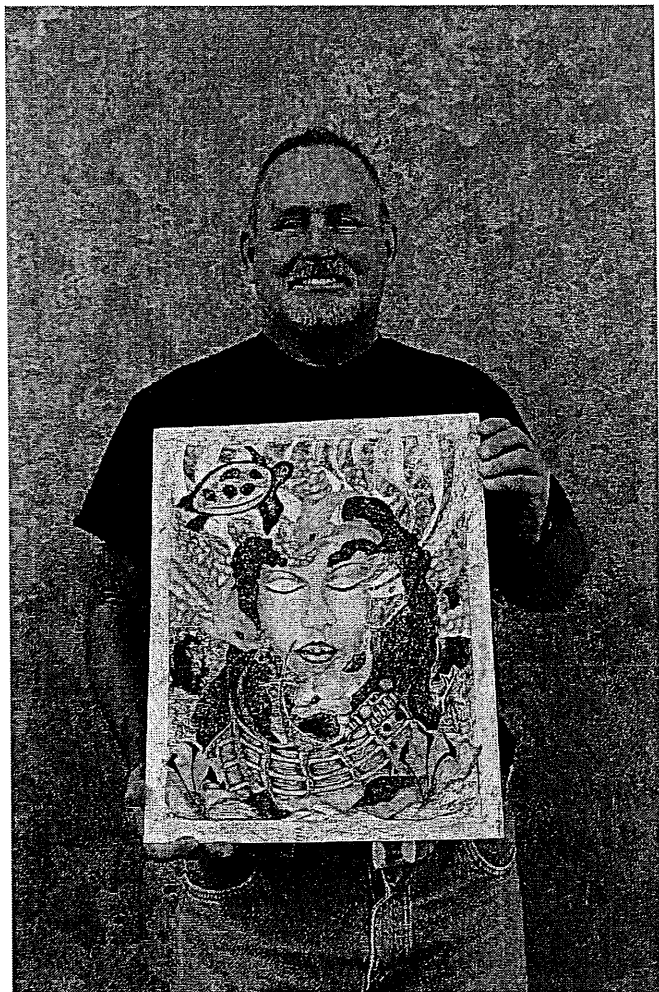
final design work and artistry. Together they have created some brilliantly clever pieces.

Their process begins with Cummins storyboarding his narrative ideas. He then hands an idea off to Wood to render the artistic representation of the idea. They then argue over the finished product before coming up with something they can both agree upon. They have found over the years that their process contains four simple yet essential steps: Initial concept, storyboard, rough draft, and finished product.

Both artists share an interest in graphite as a primary medium. Cummins likes to incorporate colored pencils to his drawings while Wood prefers the addition of pen. Both expressed interest in electronic art media. Animating for movies or still artwork is something they are both interested in exploring upon release.

When asked why they do art, Cummins said that it provides him a purpose in life and motivates him. *"It gives me something to think about and be creative within here,"* he says. Wood adds that art is a way of life for him as well. His artwork is his identity. When asked what advice the pair has for any aspiring artist, Cummins answered, *"get your hands on as many how-to books as you can. The mind learns from repetition and the way the brain works definitely requires tutelage."* Wood added, *"enjoy what you do, do it as much as you can- like everything else, practice makes perfect."*





MY STORY, MY CANVAS

Artist Spotlight

David Whiting Finds Relief
from Stress in his Artwork

Written by Patrick Gazeley-Romney

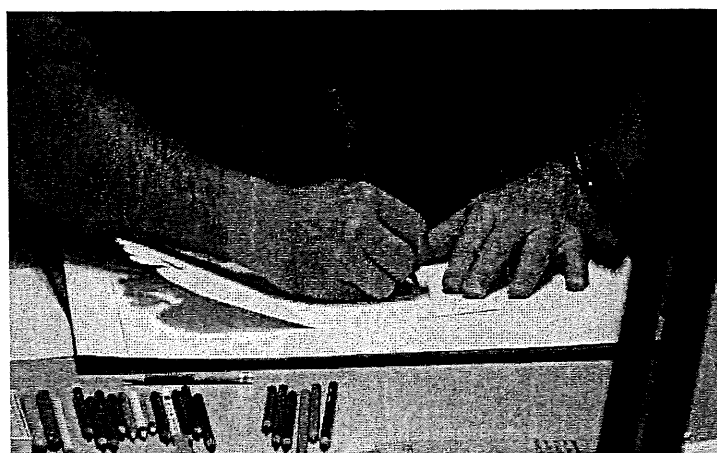
A uniting factor among incarcerated artists is the therapeutic benefit that art delivers to each practitioner. Each person connects to their art in a unique way but the benefits are similar and equally inspiring. For David Whiting, a visual artist living at EOCI, art has become more than just a hobby - it's a way of life for him.

Whiting began his journey with art more than 20 years ago while sitting in county jail in Eugene. He

began by copying cartoons out of newspapers. Navigating the constant stress and pressures of time spent in county, *"sketching and tracing became an escape for me, and eventually a meditation,"* he says. Once he got to prison, Whiting began experimenting with nature sketches using a wider variety of mediums.

He began collecting his art during his first prison set over 15 years ago. With the help of a friend, his projects became prints which were sold in various places up and down the West Coast. After his release he began exploring other ways in which his artwork could earn him a living. His projects on parole included canvassing neighborhoods in Eugene and painting house numbers on curbs, painting windows for various businesses, mural painting for treatment centers and the local County Sheriff's office.

Like many AICs in Oregon's prison system, Whiting



has struggled with substance abuse and mental health issues. He credits art as his saving grace during periods of uncertainty or unrest. *“My art is my safe space,”* he says. *“When I’m dealing with any kind of unusual life stressor, I can always rely upon my art to see me through to the other side in a healthy and productive manner,”* he adds. Whiting learned about principles related to “decompression therapy” in the past. He views his use of art as a practice of these principles and says that slowing himself down in times of stress allows him *“to think about stress through unique lenses.”*

Now on his second prison sentence, Whiting considers himself a mixed-media artist, combining pen, pencil, pastel and colored pencil to achieve

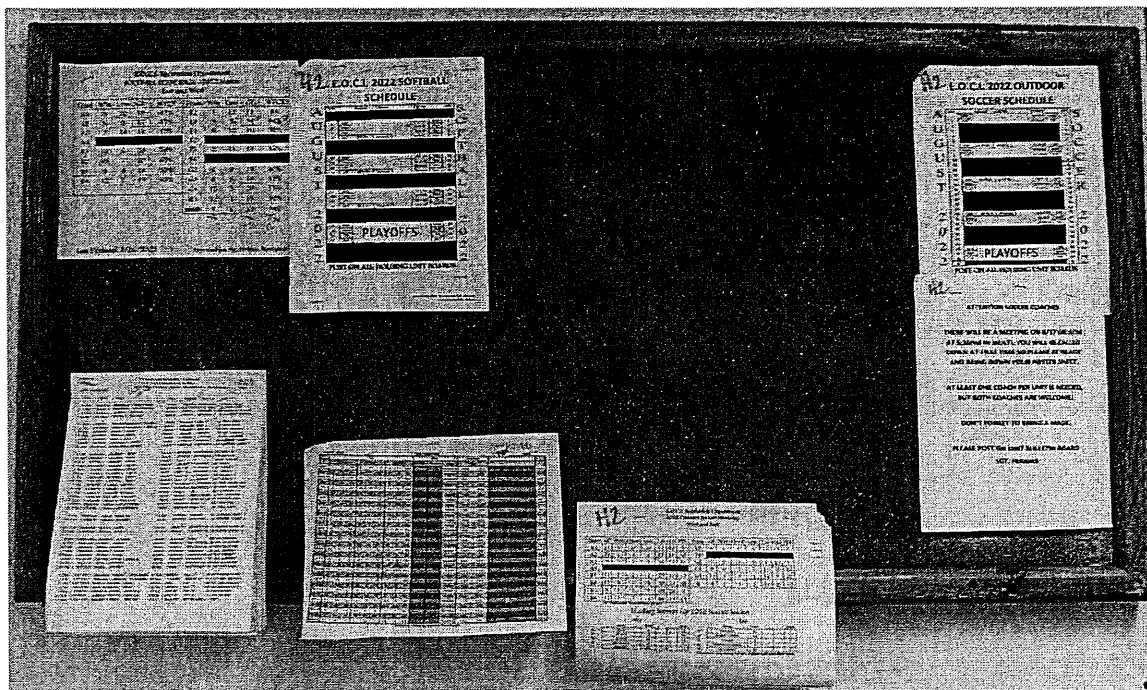
his desired result. He also uses acrylic and oil paints when he has access to them, as they are his modes of choice. Whiting uses cutouts and overlapping textures and patterns to add extra dimension to his work. He enjoys making series of 12 pieces to add to his portfolio on the street. He is currently finishing a series about Gnomes in various nature settings.

With the help of a friend on the streets, he sends his work out to be digitized which will eventually be uploaded to a social media page when he releases. He says that *“uploading my art online serves as a digital portfolio for me and connects me to a wider*

community of artists and people interested in one day purchasing my work.” He explains that, once digitized, *“art can be turned into greeting cards, posters and prints for sale”* to the online community of art enthusiasts. He encourages aspiring career artists to look to social media and technology to help develop their customer base.

When Whiting releases in a few years he hopes to open a studio of his own. He would like to create a safe space that can help other artists experiencing mental health or substance abuse issues and students attending Oregon State University work on their crafts. He credits part of his own artistic evolution to friends that supported him in the darkest moments of his life.

**“
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BULLETIN BOARD

News in Brief

Consult Your Housing Unit Bulletin Board for More Details

Provided by ODOC and Various Sources

FAFSA - Most Up to Date Information

Free Application for Federal Student Aid (FAFSA) is available to take effect on **July 1, 2023**.

- You can apply for FAFSA in July 2023.
- FAFSA will consist of 36 questions.
- All incarcerated individuals who meet the general eligibility requirements are eligible, regardless of conviction or sentence length.
- FAFSA funds will cover tuition, textbooks, and fees.

More information on FAFSA will appear in AIC newsletters as July 1 gets closer.

Federal Student Loan Debt Relief

If you are an AIC with federal student loan debt, you are likely aware of the Federal Student Loan Debt Relief.

Unfortunately, courts have issued orders blocking the student debt relief program. As a result, applications are not being accepted at this time. The U.S. Department of Education is seeking to overturn those orders.

If the orders are overturned and applications are once again accepted, information will be provided in your monthly newsletter and on your housing unit bulletin boards.

Ordering Transcripts

Please do not request an "Official" college or high school transcript be mailed in to the institution. Once an "Official" transcript is opened by the institution, as required by rule, it becomes an "Unofficial" college transcript. If you need an "Official" college or high school transcript, have it mailed directly to the college program you are attempting to enter. Or send to a 3rd party family member or friend.

New PRAS Schedule

Number of Points Earned	Monetary Award	Total After 5% Reduction*
16 thru 45	\$12.50	\$11.80
46 thru 65	\$22.50	\$21.30
66 thru 85	\$32.50	\$30.80
86 thru 106	\$37.50	\$35.60
107 thru 127	\$42.50	\$40.30
128 thru 148	\$47.50	\$45.10
149 thru 169	\$52.50	\$49.80
170 thru 190	\$57.50	\$54.60
191 thru 211	\$62.50	\$59.30
212 thru 232	\$67.50	\$64.10
233 thru 253	\$72.50	\$68.80
254 thru 274	\$77.50	\$73.60
275 thru 295	\$82.50	\$78.30
296 thru 316	\$87.50	\$83.10
317 thru 337	\$92.50	\$87.80
338 thru 358	\$97.50	\$92.60
359 thru 379	\$102.50	\$97.30
380 thru 400	\$107.50	\$102.10
401 thru 9999	\$112.50	\$106.80

BULLETIN BOARD

News in Brief

PRAS Increases - Starting in January for the February Award

Provided by ODOC

Status of PRAS revisions: In 2014, the Department of Corrections (DOC) received a petition from an AIC to amend the PRAS Rule (OAR 291-077) so monetary awards align with costs of living. While the petition was denied as it was too complex, DOC formed a PRAS Audit Workgroup to address the petition and other concerns. These included points assigned for work and programming, and improving the work and training history letter AICs receive at release.

The good news: The DOC Executive Team approved Workgroup recommendations to satisfy the petition as well as eliminate several discrepancies in the PRAS rule. These changes create PRAS consistency throughout the department.

The bad news: Change takes time. Making the improvements required new PRAS system technologies, databases, and tracking systems to replace outdated originals. Due to several high-priority challenges (COVID-19, staffing issues, etc.), the necessary changes were nearly impossible. In addition, the consumer price index (CPI) caught up with the routine increases of average PRAS points, and canteen prices increased due to supply chain issues.

The best news: The Workgroup has been steadily making progress. In 2019, DOC eliminated the 120-day wait period to earn PRAS. The Workgroup is now ready to implement more changes.

What does this mean to you? Over the next few months, you will see the following changes:

The PRAS matrix will be adjusted to create a more even point spread in the first three levels. Also, two more levels will be added to reduce the chance of “maxing out.” In addition, there will be an overall 25% increase in the dollar value of each level of the PRAS matrix to counteract the effects of the CPI and canteen increases. This will be accomplished through temporary rule adoption, effective 01/01/2023.

The number of PRAS points awarded per position will be consistent at all DOC institutions. AICs will earn the same number of PRAS points for the same work, regardless of location. This will not happen all at once, as there are over 15,000 assignment possibilities.

Start date: 12/01/2022. Estimated completion date: 06/30/2023.

Improvements to the Work and Training History document you receive upon release will be implemented when the position realignment is completed.

Estimated start date: 06/30/2023. Estimated completion date: 07/31/2023.

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.



Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.



Foto por Raimond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.

Chapter 5

MAINTAINING A PRISON RELATIONSHIP

Strengthening Your Relationship During Incarceration

We are not a dating organization. We are, however, an organization that understands the tremendous benefits of helping couples remain happy and healthy - even through prison walls. Maintaining a relationship while incarcerated presents a unique challenge. Miles and walls separate you, but positive communication can help bridge those gaps. In this guide we're going to offer some suggestions for helping you and your spouse/partner maintain a healthy, loving relationship. Research indicates that both male and female inmates who maintain strong romantic partners are better able to cope while in prison, have fewer disciplinary complications while incarcerated, and are less likely to recidivate after being released from prison.

STEP 1: Be there on special occasions. Of course, we know you can't be there physically, but your presence and love can be felt through a card, letter, or phone call. Never miss an occasion! Travel costs are often a challenge, and because of this, you may choose to make contact with a card or letter. If you're artistic, try making your own card for special occasions. Birthdays, Mother's/Father's Days, religious holidays, graduations, etc. are all important, and you should monitor these dates and participate in the most meaningful way possible.

STEP 2: Try to plan activities together. Read the same book together, watch the same show, or try to take up the same hobby if possible. It will give you something to share as a couple in spite of your

physical separation. It also provides meaningful conversation topics for letters and visits.

STEP 3: Have a plan! As a couple, you need to have goals. Financially, physically, educationally – so get on it! Try not to put unrealistic expectations on your mate, but do create and work a realistic plan for your lives together. Perhaps focusing on weight loss, education, or financial planning will allow you an opportunity to build your lives together. The old saying, “Plan your work, then work your plan” has helped many people focus on priorities. Be sure to monitor progress and celebrate achievements. There is no harm in adjusting goals (lower or higher) as you work your plan.

“And ever has it been known that love knows not its own depth until the hour of separation.”

- Khalil Gibran

STEP 4: Be aware of scheduling, and respect it. If you know your spouse has class on Tuesday nights from 5-7, don't call at 7:15 just as s/he is walking in the door. Knowing your spouse's schedule can prevent frustration on both fronts.

STEP 5: Visiting day helps! If your spouse can't come to you, try video visits if available/affordable. If not, try to talk as often as you can afford. Studies on visitation show us this act helps keep couples on the right path. If you really feel the need to communicate but can't reach the other person, that's the perfect time to sit down and write a letter.

STEP 6: When you talk on the phone, try to have a recent picture of your partner in hand. It can help to see the faces of our loved ones when we are separated. It's a small measure, but it can improve your relationship and help you stay focused on your life outside of prison. It is also something that you can both do. If possible, hold a photo in your

hand while talking. And smile while you talk. Research shows that the act of smiling, even if the other person can't see you, has a significant positive impact on the tone and effects of the conversation.

STEP 7: Have a list of topics planned before you make your call.

Prioritize, so if there is a specific topic that is important and needs to be discussed, you get it done first. List positive topics. Make notes to remember to ask about ongoing topics (class, books read, etc.).

STEP 8: Conjugal visits are becoming more rare these days, but the benefits to families and marriages are profound. From case studies, we know that this increases your chances of returning to the world with a lower chance of recidivating. Check to see if this is an option in your prison. If so, try to make it happen as soon and as often as possible. In the facilities where this practice remains, an exemplary record is required, so stay on the straight and narrow.

STEP 9: Avoid the topics that create negative feelings, such as fights, gambling, substance abuse, and all of the other drama that comes with being incarcerated. This will allow you to keep things in your life that do matter, like visits, phone calls, mailing privileges, etc. We know this is often easier said than done, but quite simply, one path brings the good and one path brings the bad. We want to see you stay on track, and so does your partner. Take deep breaths when problems arise, and focus on what really matters – your life outside of these walls.

“Prison-specific research indicates that both male and female inmates who maintain strong family ties, including romantic partners, are better able to cope while in prison, have fewer disciplinary problems while incarcerated, and are less likely to recidivate after release from prison.”

- Based on findings by Howser, J.; Grossman, J.; Macdonald, D. (1983). "Impact of family reunion program on institutional discipline". *Journal of Offender Counseling*

STEP 10: Be honest! Don't lie about getting in trouble, coping with anxiety, or any other aspect of your life inside of prison. If you are to preserve and grow your relationship, honesty is as important behind prison walls as it is outside of them - maybe even more so.

It is important to remember that your spouse's life goes on, too. Try not to put unrealistic expectations on your better half. They cannot be your attorney, accountant, or spiritual leader. Be aware of their struggles as well. Discuss them, and offer suggestions on how you can both resolve them while working together. Remember, you are still a team. One of the more common complaints we hear from spouses on the outside is that their incarcerated partner often expects too much of them. While the incarcerated partner is often eager to get things done, the partner outside of prison is usually having a hard time just getting through each day. Keep things practical but moving forward. By operating as a team, you will not only survive, but thrive.

Disclaimer: WriteAPrisoner.com makes no claims to be experts on the material in this chapter and cannot be held liable as a result of any action you take based on this information. This book is an informational guide and is not intended as legal or professional advice. It is recommended that you research all content yourself and consult a professional if you have questions.

Tips for Healthy Boundaries



Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

Know your limits.

Before becoming involved in a situation, know what’s acceptable to you, and what isn’t. It’s best to be *as specific as possible*, or you might be pulled into the trap of giving just a little bit more, over and over, until you’ve given far too much.

Know your values.

Every person’s limits are different, and they’re often determined by their personal values. For example, if you value family above all else, this might lead to stricter limits on how late you will stay at work, away from family. Know what’s most important to you, and protect it.

Listen to your emotions.

If you notice feelings of discomfort or resentment, don’t bury them. Try to understand what your feelings are telling you. Resentment, for example, can often be traced to feelings of being taken advantage of.

Have self-respect.

If you always give in to others, ask if you are showing as much respect to yourself as you show to others. Boundaries that are too open might be due to misguided attempts to be liked by elevating other people’s needs above one’s own.

Have respect for others.

Be sure that your actions are not self-serving, at the expense of others. Interactions should not be about winning, or taking as much as possible. Instead, consider what’s fair to everyone, given the setting and relationship. You might “win”, but at the cost of a relationship’s long-term health.

Be assertive.

When you know it’s time to set a boundary, don’t be shy. Say “no” respectfully, but without ambiguity. If you can make a compromise while respecting your own boundaries, try it. This is a good way to soften the “no”, while showing respect to everyone involved.

Consider the long view.

Some days you will give more than you take, and other days you will take more than you give. Be willing to take a longer view of relationships, when appropriate. But if you’re *always* the one who’s giving or taking, there might be a problem.

Consejos para los límites saludables



Los límites personales son las reglas que establecemos para nosotros mismos dentro de las relaciones. Una persona con los límites saludables puede decir "no" a los demás cuando quiere, pero también está cómoda con la intimidad y las relaciones cercanas.

Conozca sus límites.

Antes de involucrarse en una situación, decida qué es aceptable para usted, y qué no. Es mejor ser lo *más específico posible*. De lo contrario, podría caer en la trampa de dar un poco más, una y otra vez, hasta haber dado demasiado.

Conozca sus valores.

Los límites de cada persona son diferentes, y a menudo son determinados por sus valores personales. Por ejemplo, si su familia es lo más importante para usted, podría ser que usted tuviera límites más estrictos sobre cómo de tarde se quedaría en el trabajo, lejos de la familia. Piense en lo que es más importante para usted, y protéjase.

Escuche sus emociones.

Si nota sentimientos de incomodidad o resentimiento, no los reprima. Trate de entender lo que dicen sus sentimientos. Por ejemplo, el resentimiento frecuentemente está relacionado al sentimiento de que alguien se ha aprovechado de usted.

Respétese a sí mismo.

Si siempre consiente a los demás, pregúntese si muestra el mismo respeto a sí mismo que a los demás. Elevar las necesidades de los demás por encima de las propias, permitiendo límites demasiado flexibles, podría corresponder a un intento equivocado de querer agradar.

Respete a los demás.

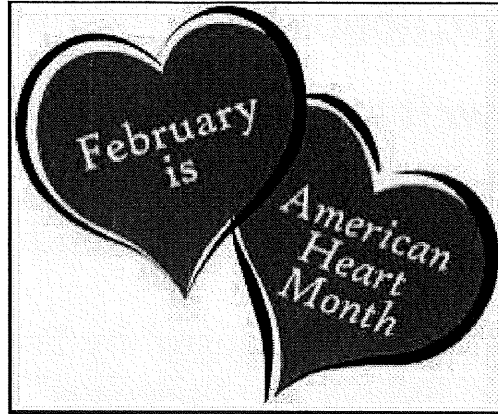
Asegúrese que sus acciones no sean egoístas, a expensas de los demás. Las interacciones no deben tratar sobre ganar o tomar todo lo posible. Mejor, considere lo que es justo para todos, según el entorno y la situación. Podría "ganar" a corto plazo, pero a expensas de una relación saludable a largo plazo.

Sea asertivo.

Cuando sepa que es hora de establecer un límite, no sea tímido. Diga "no" respetuosamente, pero sin ambigüedad. Si puede encontrar una solución intermedia mientras respeta sus propios límites, inténtelo. Ésta es una buena manera de suavizar el "no", mientras muestra respeto a todos los involucrados.

Contemple a largo plazo.

Habrán días que usted dará más de lo que toma, y otros días tomará más de lo que da. Esté dispuesto a invertir en sus relaciones a largo plazo, cuando sea apropiado. Pero, si es *siempre* usted el que da o toma, puede convertirse en un problema.



And **Valentine's Day (February 14)** is a good way to celebrate the physical and emotional health of our hearts!

FEBRUARY IS ALSO

February Holidays	Date
Black History Month	February 1
Humpback Whale Awareness Month	February 1
World Cancer Day	February 4
Shine a Light on Slavery Day	February 13
Random Act of Kindness Day	February 17
World Day of Social Justice	February 20

ONE WAY TO HONOR BLACK HISTORY MONTH

- *Read books written by Black authors.*
- “Four Hundred Souls: A Community History of African America, 1619-2019” by Ibram X. Kendi and Keisha N. Blain
- “Rest Is Resistance: A Manifesto” by Tricia Hersey
- “Sister Outsider: Essays and Speeches” by Audre Lorde
- “Grand Union: Stories” by Zadie Smith
- “All about Love: New Visions” by bell hooks
- “Black Futures” by Kimberly Drew and Jenna Wortham
- “Bad Feminist” by Roxane Gay
- “Call Us What We Carry: Poems” by Amanda Gorman
- “Hitting a Straight Lick with a Crooked Stick: Stories from the Harlem Renaissance” by Zora Neale Hurston
- “Carry on: Reflections for a New Generation” by John Lewis

WAYS TO TAKE CARE OF YOUR HEART

- Choose healthy foods and drinks
- Keep a healthy weight
- Get regular exercise
- Check your cholesterol
- Control your BP
- Manage your diabetes
- Take your medicine as directed
- Work with your health care team
- Manage your stress
- Don't smoke

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21	22	23	24	25
26	27	28				

Medium Sudoku Puzzles 16

www.printablesudoku99.com

Sudoku
Puzzle
1

			6			1		7
3				1				8
	5		2					
					1			6
	4	5		6	8		1	3
	6		3		5			
8	2	3	5	4				
		7	1			6		
4			8		9	2	3	5

Sudoku
Puzzle
2

			7			8		
	9	5					4	1
					1	2		
9		7		8	6			
8		3		4	5	9		
			3	7	9	6		4
	8		4					6
		4	5				9	
	1	2	8				7	5

NAME:

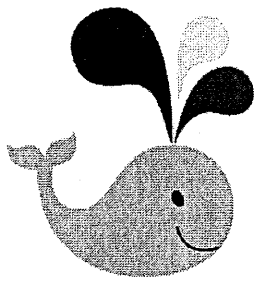
DATE:

Find Black History Month Words

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B	C	P	I	Z	E	Y	M	N	I	S	C	A	N	A	S	E	A	H	S	O	L	F	
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A	O	W	D	U	Q	R	G	W	U	V	Q	K	G	C	B	S	V	S	A	E	O	O	
V	Q	W	D	L	B	E	O	W	U	Q	O	M	M	U	R	N	B	I	S	P	X	X	
H	P	P	O	T	J	C	Y	S	P	C	Z	B	H	O	H	T	A	M	L	F	X	O	

- Prejudice
- Luther King Jr.
- Discrimination
- Ray Charles
- Medgar Evers
- Tyler Perry
- Peaceful
- Protest
- Radolph
- William
- Martin
- American
- Malisha
- George Carver
- Sarah Boone
- Telephone





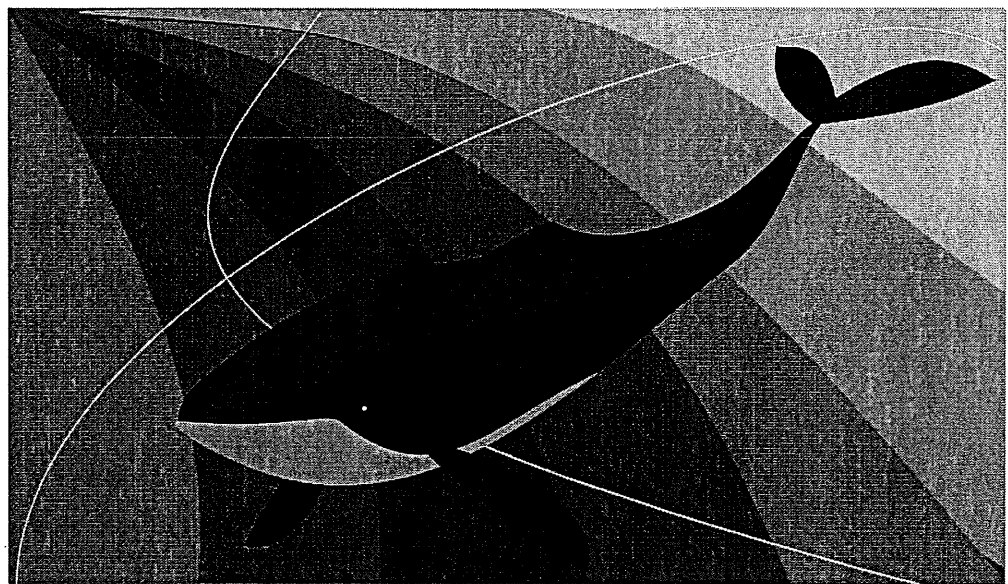
WHALE WATCHING

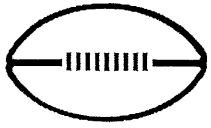
WORD SEARCH PUZZLE

ADVENTURE
AMAZED
BLOWHOLE
BLUE
BOARD
BREACHING
CALF
DAYTIME
EXCURSION
GRAY
GROUP
GUIDE
MEMORY
MIGRATION
OCEAN
PATIENCE
PICTURE
SCENE
SIGHTING
SOUNDS
SPLASH
SPOUT
TRIP
VIEW
WATCH

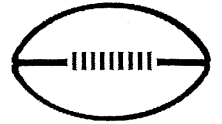
Q V I E W W U H A C B F D O G
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O L M E M O R Y E C N A E D S
Y O P U D J T A Y O R C N O N
T H U L W A C Z I B N U Y S E
A W O B B H Y S G E O K A I R
M O R C I O R T I S S H R G U
A L G N E U A T I P H T G H T
Z B G N C O A R L M E R L T N
E H E X C P D A D X E I B I E
D C E E M O S P O U T P Q N V
S W A T C H V E A E D I U G D
O N N O I T A R G I M P X F A

The words appear UP, DOWN, SIDEWAYS, BACKWARDS, and DIAGONALLY.
Find and circle each word.

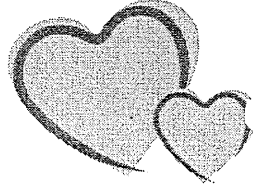
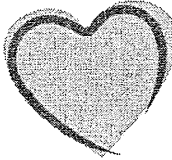
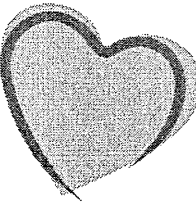
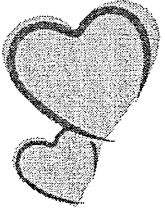
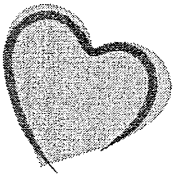
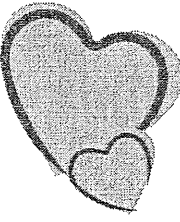
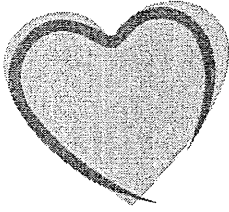
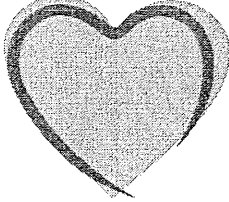
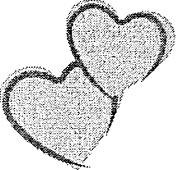
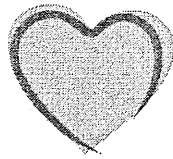
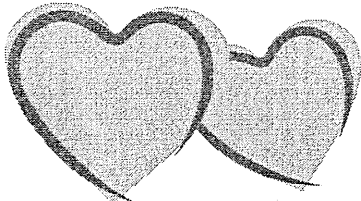
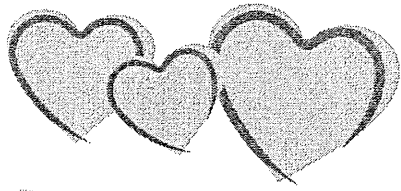




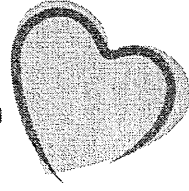
Football Word Scramble

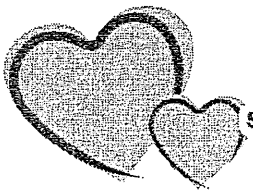
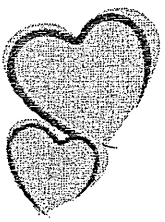
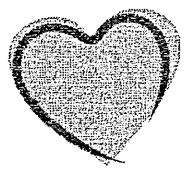
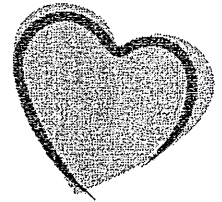
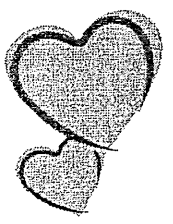
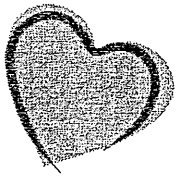
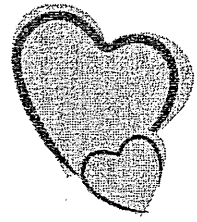
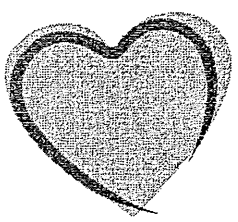
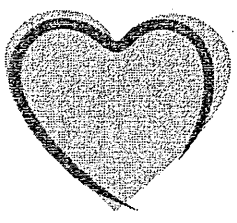
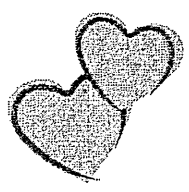
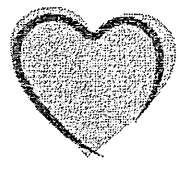
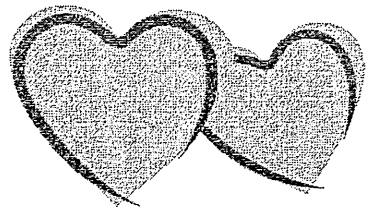
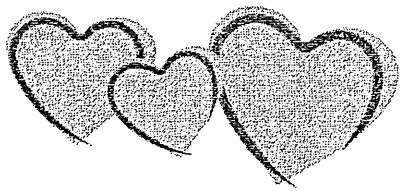


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12. empnolcito _____
13. nteicntipero _____
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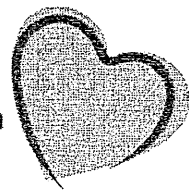


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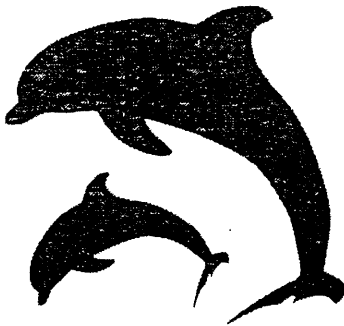




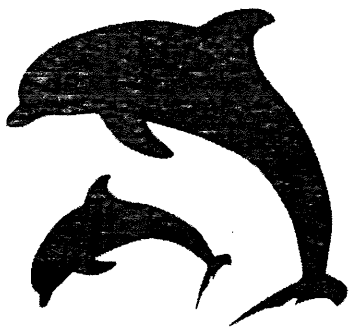
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Lined writing area with 20 horizontal lines.



Lined writing area with 20 horizontal lines.





Lined writing area with 20 horizontal lines.



Handwriting practice lines consisting of 20 horizontal lines spaced evenly down the page.





A series of horizontal lines for writing, consisting of 20 evenly spaced lines across the page.

