



THE UNCLASSIFIED

JANUARY 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:

- Prison poetry
- Stories from the ODOC BLOG
- Chaplain's corner
- Staying healthy in the new year.
- Setting goals for the new year.
- Calendar
- Seasonal 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

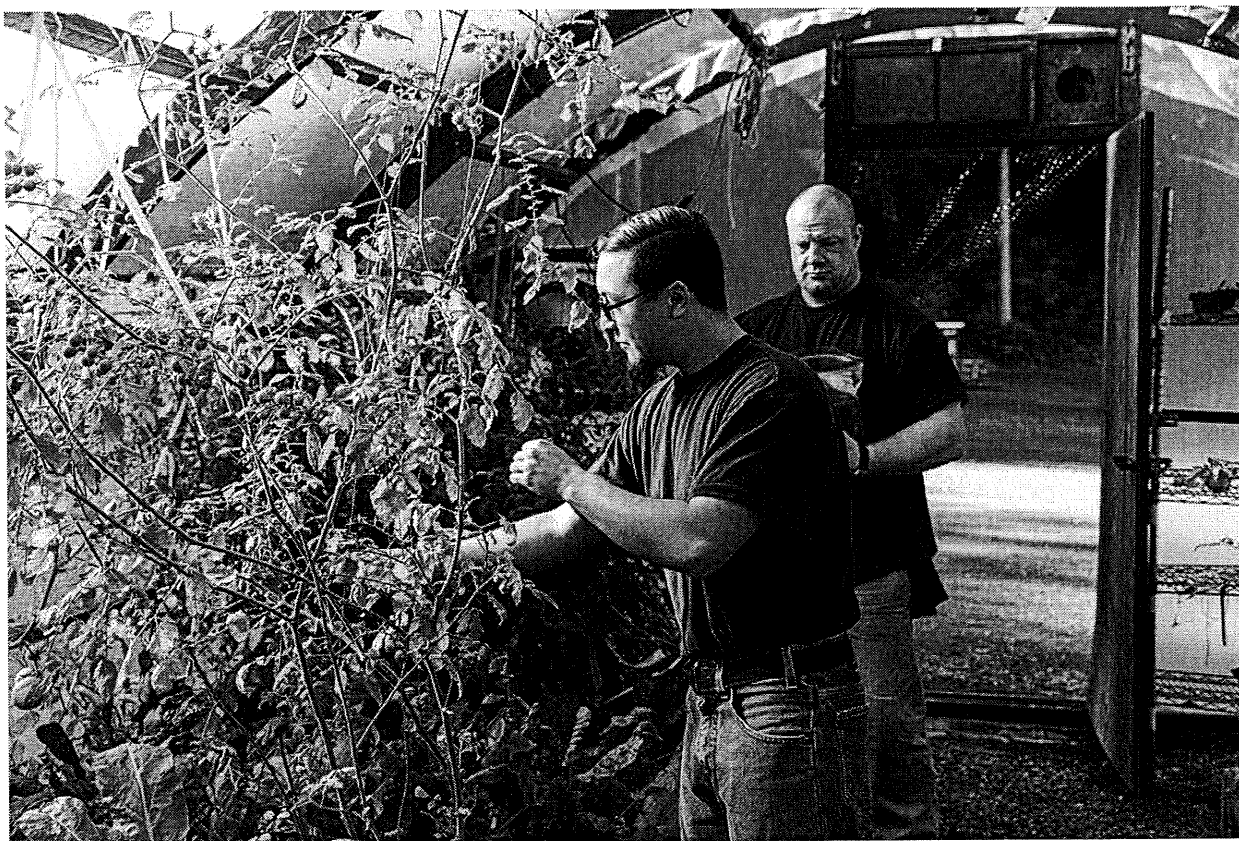
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Get emails about institution news and events

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



How prison gardens cultivate food and care across Oregon



Lettuce Grow

program participants at Southfork Forest Camp. (Courtesy: Growing Gardens)

Growing Garden's Lettuce Grow program operates through a simple understanding: if you provide classes, garden space, and hands-on gardening experience to incarcerated people, you'll be amazed by what will grow.

In Oregon, the inmate recidivism rate is 30%, which means that nearly a third of incarcerated people will reoffend. But for those who go through the Lettuce Grow program, that rate drops to 4%.

At 16 locations throughout the state, which serve both adult and juvenile incarcerated populations, Lettuce Grow works with the various facilities to help produce 200,000-300,000 pounds of food each year. Ninety-five percent goes directly into prison kitchens, providing lower-cost, healthier meals for inmates. The remaining 5% (a whopping 10,340 pounds) gets donated to food banks and community organizations.

"We work with some of these big tough guys, and they always ask to plant more flowers. They want to connect to the soil and beautify their environment."

In addition to growing food, the program offers vocational training that comes with a recognized job credential. The curriculum, which includes greenhouse management and sustainable gardening classes, is as popular as it is rigorous. According to Green, the college-level sustainable gardening class at the medium-security Coffee Creek Correctional Facility is "so large it has to be done in the chapel because there are too many people to teach in the classrooms."

"It's a tough class. The textbook alone is 600-pages and they're all getting through it," explains Green. "They're also learning something about themselves."

"Prison work is not easy to fund, I think it's because people don't like to think about prisons and inmates, so we are grateful to our donors for their support," says Green.

The positive effects of the program can be seen in every direction. "We draw on the profound capacity of tending a garden to provide solace, agency, and power to people caught up in the carceral system," says Green. "Participants get to see and feel the connection we have to the natural world and to each other. That's something our students remember and value long after they leave the facilities."



Lettuce Grow program participants at Southfork Forest Camp. (Courtesy: Growing Gardens)

Locations we serve:

Adult Facilities

- Columbia River Correctional–Portland
- Coffee Creek Correctional –Wilsonville
- Oregon State Correctional –Salem
- Santiam, Correctional –Salem
- Powder River Correctional – Baker City
- Snake River Correctional – Ontario
- Deer Ridge Correctional- Madras
- Two Rivers Correctional- Umatilla
- Eastern Oregon State Correctional – Pendleton
- Warner Creek Correctional – Lakeview
- Mill Creek Correctional – Salem
- South Fork Forest Camp – Tillamook
- Federal Correctional Facility – Sheridan

Youth Facilities

- Maclaren Youth Facility- Woodburn
- Yamhill County Youth Services

TESTIMONY

I volunteer in the garden at Oregon State Correctional Institute. For me, I see the garden experience as therapeutic. When I step into the greenhouse and the pressure of the air changes, it feels like I have left the prison atmosphere, with the always present tension and stepped in a peaceful place.

It's similar to that feeling you get when your under water, the sounds are different, and your mind is immersed in another world.

I heard from a friend about horticulture used as therapy for trauma at a non-profit in Salem called Sunnyside Organics that give services to ex-cans and blind people.

I try and think of the big picture as I prepare the soil, plant the seeds, water diligently, protect and nurture the plant as it grows from weeds, bugs, and disease. I feel excitement like when I was a child as the plants mature and start to produce food, food that I helped grow. Then I celebrate the ability to distribute fresh healthy food!

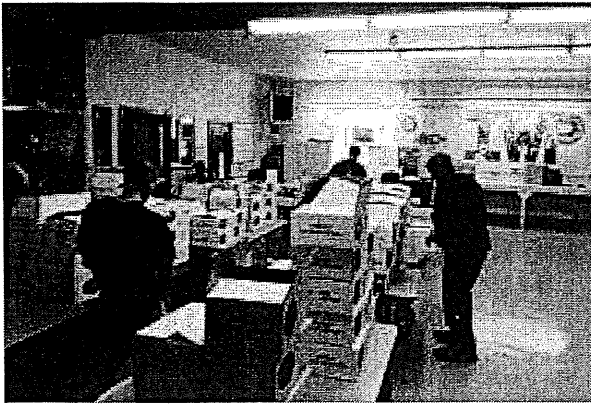
Some goes to my community here, some goes to my larger community through Lettuce Grow, and some of the fruits I savor and enjoy myself.

I try to make the entire experience have a metaphoric meaning. It can help me keep grounded and cognizant of what my role should be in regards to my community, my family, and my personal health.

This is where food comes from, it doesn't sprout from a can in the supermarket, and many of my generation have lost sight of that. It's all connected, we plant flowers throughout the garden because we need the bees here to pollinate the plants. Everything needs to be in balance just

like in life from the literal ground up. We also require healthy variety so we rotate the crops regularly.

I came into prison a self-centered teenager under measure eleven. When I rejoin the community here in Salem in about a year I will have my Associates Degree from Chemeketa, a paralegal degree by correspondence, and will strive to be a valuable member of my community rather than taking away from it. The garden at OSCI played a valuable role in helping me reshape the way I see the world.



Dried Fruit Fundraising Event

Their efforts have allowed kindness to emanate from behind the fencing and razor wire to community partners in need. Bringing hope to those facing difficulties ranging from getting a simple eye exam to receiving a heart transplant.



Diner

Style Meal Event

EOCI and the Enrichment Club look forward to the coming events in 2023 and look forward to volunteering their time to raise money for those in need.

Share this:

January Calendar - US Holidays

This Calendar template is blank, printable, and editable. Courtesy of WinCalendar.com

January 2023						
◀ December						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2 New Year's Day Observed	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr.	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

More Calendars: [February](#), [March](#), [2023](#)

Chapter 3

MAINTAINING YOUR HEALTH

A Guide to Staying in Shape While in Prison

The benefits of maintaining your health while in prison are substantial. It keeps you mentally healthier, reduces the need for medical care, and reassures family and friends to know that you're taking good care of yourself. You will live a longer, happier and healthier life if you take some steps toward improving your body now. There is also a tremendous benefit to society when not only inmates, but all people, take better care of themselves, in that it reduces the burden on taxpayers for health care costs. Taking care of yourself is a win for you, your loved ones, and even society. Here's what we suggest.

"It is health that is real wealth and not pieces of gold and silver."

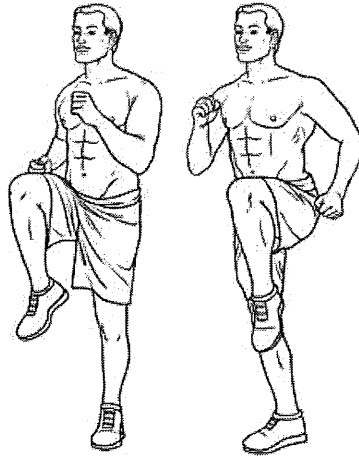
-Mahatma Gandh

HEALTH TIPS

While we realize that your diet, movements, and more can be restricted, try to follow these tips as best you can. Some institutions will provide more options than others.

- When possible, use healthy oils, such as olive oil and canola oil, in your diet.
- Try to include fresh fruits and/or vegetables in your meals. Wash thoroughly to rinse any lingering pesticides or other chemicals.

WARM-UPS



WARM-UP 1 Run in Place	Do this for about 2-3 minutes.
WARM-UP 2 Bodyweight Squats	Squat shallow and keep your bodyweight on your back heels. Do three sets of 10-15 repetitions.
WARM-UP 3 Cross Toe Touches	Standing, touch the toes of your foot with the opposite hand, slightly squatting each time that you reach downward. Do three sets of 15 touches to each foot (30 total per set).
WARM-UP 4 Front Kicks	Keeping your kicking leg in the back, kick it forward while keeping your midsection tight. Don't kick hard. This is about warming up your body, not breaking boards. Do 10-15 repetitions with each leg for 3 sets.
WARM-UP 5 Arm Circles	Standing erect, hold your arms out to your side. Spin them forward for 30 repetitions. Now switch the rotation and spin them backward for 30 repetitions.

Bent-Knee Sit-up / Crunches:

3-5 sets of 15-60

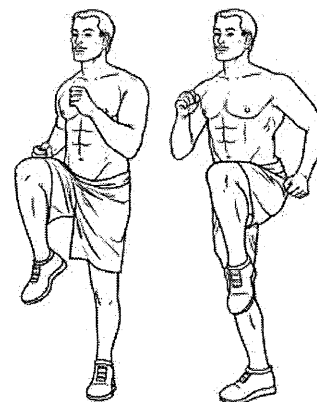
Crunches are a great exercise not only for building strong abdominal muscles but also for improving balance. Start by lying flat on your back, knees bent and your feet hip-width apart on the floor. Place your thumbs behind your ears and fingers resting lightly on either side of your head. Contrary to popular belief, you should not lock your fingers behind your head. Pushing the small of your back into the floor and engaging your abdominal muscles, tilt your chin slightly toward your chest so that your head, neck and shoulder blades roll off the floor. Hold this position for a moment before lowering back down.



Run in Place:

5-15 minutes

Running in place is a fantastic way to burn calories and lose weight. Start by lifting your feet only an inch or so off the ground. Let your arms swing naturally, as if you were distance running. The more you move your body the more calories you will burn. As you get comfortable, lift your knees higher and increase your speed. This will elevate your heart rate and intensify your workout. Maintain the intensity as long as you can, allowing for slower, recovery periods when needed. Run in place for at least five minutes.



DAY 2

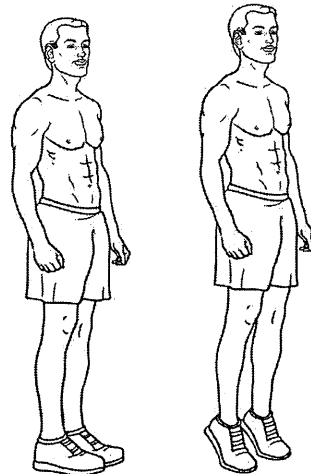
Rest day. It's important to incorporate days off into your workout routine to allow your body to recover. While you're resting, your body

hips. Be sure to keep your chest out, your back as straight as possible, and your gaze straight ahead. When your thighs are parallel to the floor, return to standing position to complete one rep.

Calf Raises:

3-5 sets of 10-15 repetitions

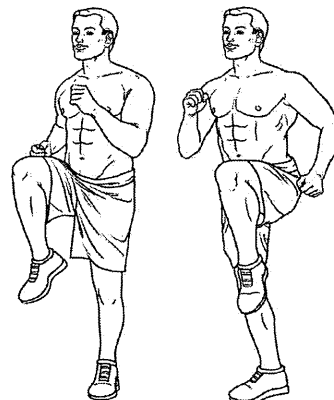
If you have something to stand on, such as the edge of a step, you can do this exercise there. Place the balls of your feet on the edge with your heels hanging off. Otherwise, standing directly on the floor will still give you a good calf workout. From a standing position, engage your core muscles and tuck your tail bone. Keeping your legs straight and your knees in place, slowly rise up to the balls of your feet. Hold briefly then come back down.



Run in Place:

5-15 minutes

Running in place is a fantastic way to burn calories and lose weight. Start by lifting your feet only an inch or so off the ground. Let your arms swing naturally, as if you were distance running. The more you move your body the more calories you will burn. As you get comfortable, lift your knees higher and increase your speed. This will elevate your heart rate and intensify your workout. Maintain the intensity as long as you can, allowing for slower, recovery periods when needed. Run in place for at least five minutes.



DAY 4

Walkouts:

3-5 sets of 10 repetitions

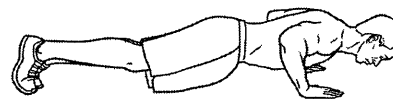
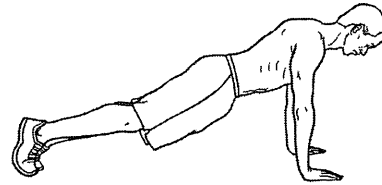
slightly turned out to avoid putting unnecessary strain on the knees. Immediately jump your feet back together and lower your arms to your side. This is one repetition.

Push-ups:

3-5 sets of 5-20 repetitions

Everyone knows what a push-up looks like, but not everyone knows how to do a push-up properly. As with any exercise, form is crucial.

Place your hands slightly wider than shoulder-width apart. Your feet should be positioned wherever they are most comfortable. For some, this means feet are together; for others feet are slightly apart. Keep your body as straight as possible. Your head should be looking slightly forward, not facedown; this helps keep your body inline. With your arms



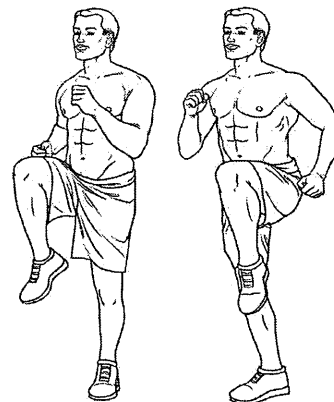
straight, core and gluteal muscles engaged, lower your body toward the ground until your elbows are 90 degrees or smaller. Be sure to keep your elbows close to your body. Once your arms are 90 degrees or lower, pause for a moment and then push back up.

Run in Place:

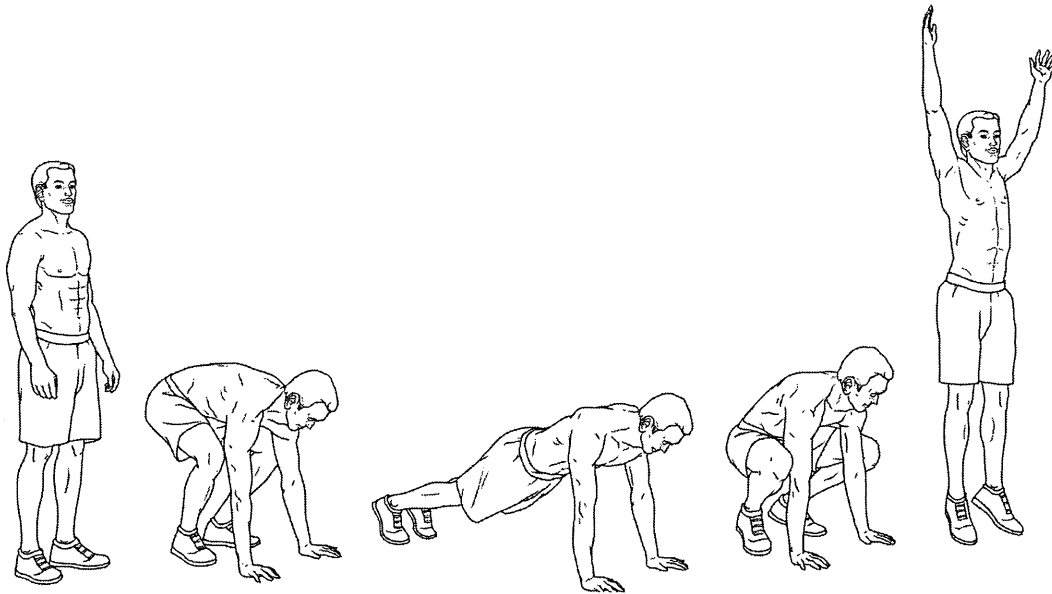
5-15 minutes

Running in place is a fantastic way to burn calories and lose weight.

Start by lifting your feet only an inch or so off the ground. Let your arms swing naturally, as if you were distance running. The more you move your body the more calories you will burn. As you get comfortable, lift your knees higher and increase your speed. This will elevate your heart rate and intensify your workout. Maintain the intensity as long as you can,



raising your arms above your head.

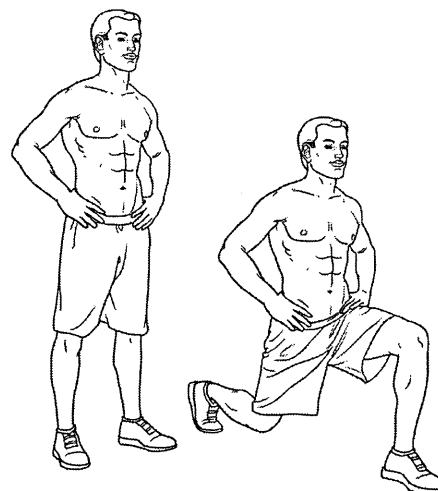


This is one rep. Burpees can be exhausting, especially for beginners. If you find yourself needing a little extra help, eliminate the jump between repetitions or try walking your feet back to the squatting position after the push-up.

Forward Lunge:

3-5 sets of 10-15 repetitions each leg

Forward lunges work your quads, glutes, and hamstrings while improving your balance. Begin standing tall, shoulders back, with your feet about 6-inches apart and your core muscles engaged. Step forward with one leg about two feet, lowering your body so your front leg is parallel to the floor. Focus on driving your hips downward while keeping your shoulders back and your back straight. Pause before pushing back and returning to standing position. Repeat with the other leg to complete one rep.



to push yourself to failure. You should always have another repetition or two in you when you are done.

- Each repetition you do should be absolutely perfect. That might not be a request any of us can meet, but you should be working your absolute hardest to make each repetition as perfect as possible.

Whether or not you have any pre-existing medical problems, you should always speak to your doctor before beginning a new workout routine.

- Stretching can also help with your overall health and mental wellbeing. Stretching can improve muscle tone, reduce cramping and increase elasticity. Multiple stretching exercises should be used to gain the full effects of stretching. It is critical that you always use excellent form when stretching or performing any of the exercises above. Slow, controlled movements are essential.
- You want to keep a good pace between each set. Keeping your heart rate elevated and avoiding resting periods which last too long helps improve cardiovascular health and accelerates fat burn.
- Listen to your body to avoid injury. If something doesn't feel right, back off. Never push through pain. Stop training and consult a doctor. Not listening to our bodies is one of the most common ways we get hurt.
- Stay hydrated during your workout. Dehydrated muscles can get hurt much easier. When we workout, we perspire and lose water. It is essential that you stay hydrated.
- Keep track of your progress in a workout log. This will help you set new goals.
- Try to keep your workouts between 30-40 minutes.

Goal Exploration

Meaningful goals can give direction to your life, highlight your most important values, and give a sense of purpose. In this activity, you will think about your goals in seven different areas. Begin by writing a 5-year goal, followed by more specific 1-year and 1-month goals.

- Write goals that are measurable. For example, instead of “get healthy” make a goal of “exercising 5 days a week and eating vegetables with every meal”.
- Choose goals that are within your control. For example, “get a promotion at work” requires *others* to act. However, “take courses to improve my professional skills” is in your control.
- When thinking of 5-year goals, ask yourself how you would like your life to look in 5 years. Then, think of your 1-year and 1-month goals as stepping stones to that 5-year goal.



Social



Career



Physical



Family



Leisure



Personality



Other



Social

Social goals may include devoting time to friendships, participating in social activities, or building a social support network.

My 5-year goal:

My 1-year goal:

My 1-month goal:

Goal Exploration



Family

Family goals may include spending more time with children, rekindling relationships with extended family members, trying new family activities, or improving communication.

My 5-year goal:

My 1-year goal:

My 1-month goal:



Leisure

Leisure goals may include finding a new hobby, setting aside time to practice a current hobby, trying new things you enjoy, or finding time to relax.

My 5-year goal:

My 1-year goal:

My 1-month goal:

Exploración de objetivos

Los objetivos significativos pueden dar dirección a su vida, resaltar sus valores más importantes y darle un sentido de propósito. En esta actividad, usted pensará en sus objetivos en siete áreas diferentes. Comience escribiendo un objetivo para 5 años, seguido de objetivos más específicos para 1 año y 1 mes.

- Piense en objetivos medibles. Por ejemplo, en vez de “ponerme en forma”, propóngase “hacer ejercicio 5 días por semana y comer vegetales con cada comida”.
- Elija objetivos que pueda controlar. Por ejemplo, “recibir una promoción en el trabajo” requiere que *otra persona* haga algo. Sin embargo, “tomar cursos para desarrollar mis habilidades profesionales” es algo que usted controla.
- Al pensar en sus objetivos para 5 años, pregúntese cómo quiere que sea su vida en 5 años. Luego piense en sus objetivos para 1 año y 1 mes como pasos para alcanzar el objetivo para 5 años.



Social



Profesional



Físicos



Familia



Recreación



Personalidad



Otros



Social

Los objetivos sociales pueden incluir dedicar tiempo a las amistades, participar en actividades sociales o desarrollar una red de apoyo social.

Mi objetivo para 5 años:

Mi objetivo para 1 año:

Mi objetivo para 1 mes:

Exploración de objetivos



Familia

Los objetivos familiares pueden incluir pasar más tiempo con los niños, reavivar las relaciones con los miembros de la familia extendida, probar nuevas actividades familiares o mejorar la comunicación.

Mi objetivo para 5 años:

Mi objetivo para 1 año:

Mi objetivo para 1 mes:



Recreación

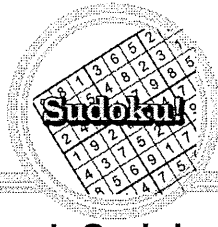
Los objetivos de recreación pueden incluir encontrar un nuevo pasatiempo, reservar tiempo para practicar un pasatiempo actual, probar nuevas cosas que le gusten o encontrar tiempo para relajarse.

Mi objetivo para 5 años:

Mi objetivo para 1 año:

Mi objetivo para 1 mes:





Name: _____

Solve each Sudoku puzzle!

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

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

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

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

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

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

NEW YEAR'S EVE WORD SEARCH

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

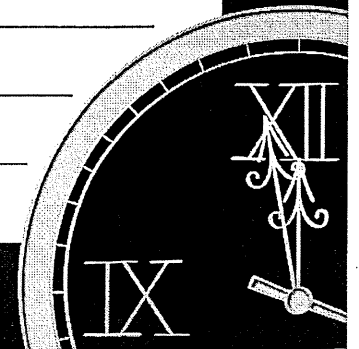
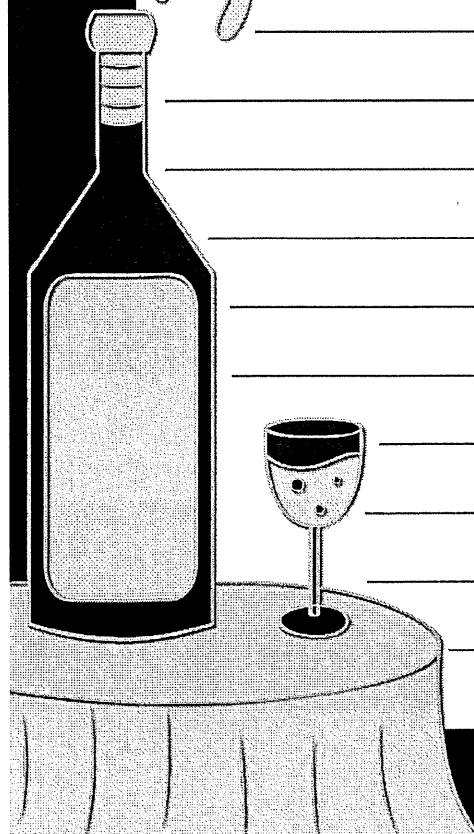
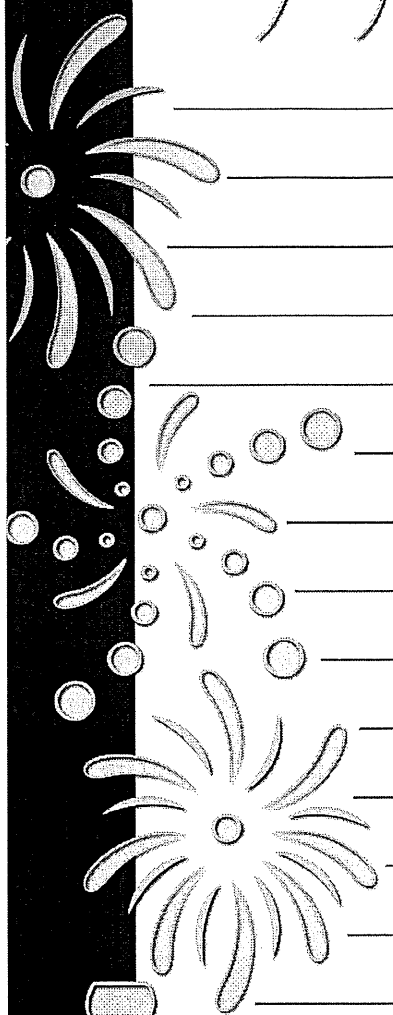
BALLOONS
CALENDAR
CELEBRATION
CHEERS
CLOCK

CONFETTI
COUNTDOWN
DANCE
DECEMBER
FAMILY

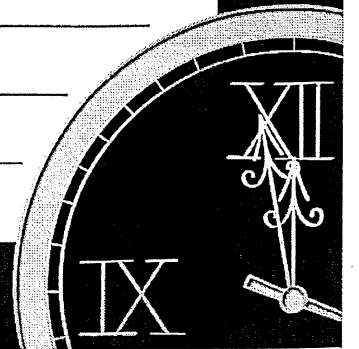
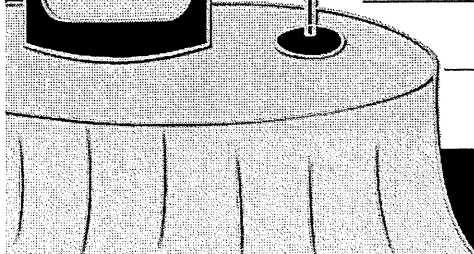
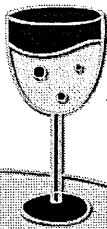
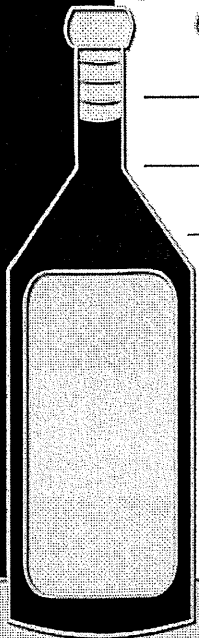
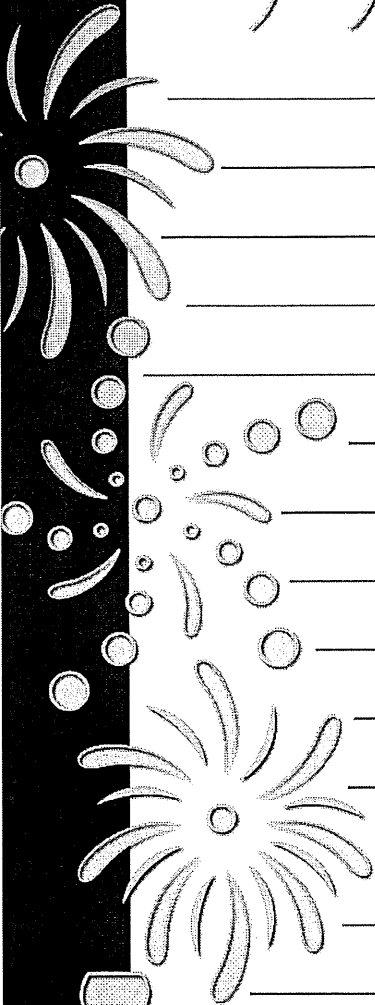
FIREWORKS
FRIEND
GAMES
JANUARY
MIDNIGHT

NEW YEAR
NOISEMAKER
PARTY
RESOLUTION
SPARKLER

Happy New Year



Happy New Year



Happy New Year

