

SCI AIC  
NEWSLETTER

FEBRUARY 3 2023 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. Moya 503-378-2964) OR DOC website for professional calls (follow prompts under SCI section)

What happens next?

- Court contacts Ms. Moya 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.

## 2022 Taxes & Forms

- DOC will not be providing Adults in Custody (AICs) with tax forms.
- It is recommended that AICs obtain appropriate tax forms (*IRS Form 1040 / Oregon Form OR-40, etc.*) and instructions from a trusted source outside of the institution.
- AICs will need to use their own pre-addressed, postage paid envelope(s).
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- Department staff/ Legal assistants may not provide tax advice to AICs.
- Or status updates on your filing

Or you may write and request the forms , Remember must be filed and  
**Dated prior to April 15th 2023**

Oregon Department of Revenue

P.O. Box 14999

Salem, OR 97309-0990





**State of Oregon  
Department of Corrections Commissary**

The below item will be added to the commissary order form:

**Highland Gouda Spread 8 oz for only \$2.05**

Price Reduced -while supplies last:

**Funyuns now \$1.25**

Discontinued items:

**Atomic Fireballs**

**Banana Chips**

**Raw Almonds, Mr. Natural**

Discontinued-Replacement items:

**Crest Toothpaste discontinued and replaced with Colgate Toothpaste with Baking soda 6 oz \$4.36**

The following items will be discontinued once inventory is depleted:

**Almond Joy Candy Bar**

**Skor Candy Bar**

**Urban Street Lotion**

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda. The use of the soda machine is at your own risk.



## Covid Statewide Plan

### Actualización COVID-19

El 29 de noviembre de 2022, los Centros para el Control y la Prevención de Enfermedades (CDC) actualizaron su guía para la respuesta al COVID-19 en entornos correccionales. Desde entonces, hemos estado trabajando en la actualización del plan estatal COVID-19 de ODOC, que ahora está completo.

Las instituciones han actualizado sus planes específicos de instalaciones. En general, el plan estatal continúa permitiendo la toma de decisiones locales y reduce las medidas de prevención mejoradas relacionadas con el COVID-19, y la institución toma decisiones según las pautas de los CDC y el plan estatal. Algunos cambios significativos:

\*En la mayoría de los casos, las pruebas se limitarán a AIC sintomáticos y contactos cercanos.

\*Descontinuaremos el sistema de niveles de color (rojo/amarillo/verde).

\*Los CDC ya no exigen la cuarentena de rutina de los contactos cercanos. Sin embargo, algunas instituciones pueden continuar poniendo en cuarentena a los contactos cercanos debido al diseño operativo o físico. En aquellas instituciones que no pongan en cuarentena a los AIC identificados como contactos cercanos, estos AIC deberán usar una máscara durante diez días. Los AIC que no cumplan con este requisito deberán ser puestos en cuarentena.

Las copias del plan estatal están disponibles en la biblioteca de su institución.

### COVID-19 Update

On November 29, 2022, the Centers for Disease Control and Prevention (CDC) updated their guidance for COVID-19 response in correctional settings. Since that time, we have been working on updating the ODOC Statewide COVID-19 plan which is now complete.

The institutions have updated their facility specific plans. In general, the statewide plan continues to allow local decision making and reduce enhanced prevention measures related to COVID-19, with the institution making decisions based on the CDC guidelines and statewide plan. Some significant changes:

Testing in most cases will be limited to symptomatic AICs and close contacts.

We will be discontinuing the color levels system (red/yellow/green).

Routine quarantining of close contacts is no longer required by the CDC. However, some institutions may continue to quarantine close contacts due to operational or physical layout. In those institutions not quarantining AICs identified as close contacts, these AICs will be required to wear a mask for ten days. AICs who do not comply with this requirement will need to be placed in quarantine.

Copies of the statewide plan are available in your institution library.

From General Services:

Beginning next week we will be getting new flooring in 1 East. The Chapel will be the first place getting the new floors, which will cause some disruption for 2-3 weeks. Services will be temporarily held in MPB until the floors are completed. Thank you in advance for your patience.

Good News! Last winter we ordered a playground for the kiddos coming to visit. I got word Friday that it shipped. We are looking forward to an April/May installation and have it ready to go by summer.

Taking a moment to share the talent of these skilled woodworkers, who are part of our SCI Physical Plant team. Normally these guys are fixing everything that's broken here in our facility, but every once in a while they have a bit of down time to get creative. Using scrap wood, they were able to create the beautiful clock and desk below. It saved us money, repurposed and re-used materials we had laying around and taught, or improved skills which may help them upon release. Garrett, Guy, Ryan, Cody and Danny – great job! These are beautiful!

I hope everyone is having a good month. Take care!

**Tonya Gushard**

General Services Manager





## FAFSA News

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.

### MAILROOM NEWS

Just a reminder that ALL mail must have full return addresses, AIC sid #'s etc. Package authorizations must be submitted to Lt Comstock and approved BEFORE packages sent or they will be returned to the sender.....

No Mail on February 20th in recognition of Presidents Day



## SCI Weddings

Tuesday April 11, 2023

These are the Statewide Wedding conditions:

- \* All weddings are in-person
- \* Minimum number of people for legal Oregon wedding is five (5)—two people being married, two witnesses (age 18 or older, from your approved privileged visiting list), and the officiant
- \* Maximum guests are ten (10). All must be on your approved privileged visiting List. The officiant does not need to be on your visiting list, but it is okay if they are
- \* One AIC photographer will be available. If you want pictures, purchase your photo tickets in advance **from the photo program** and bring them with you

**Note: There will be no reimbursement of travel expenses if the wedding date is canceled or postponed for any reason (e.g. COVID outbreak, some type of emergency, etc.)**

If interested, send a kyte to Chaplain Betts and a wedding application will be sent to you. Application deadline is Tuesday February 28<sup>th</sup>, 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.

## Governor's Reentry Council – AIC Feedback

ODOC has been tasked with reviewing the current makeup, structure, focus, and priorities of the Governor's Reentry Council, and will be making recommendations to the Governor on ways to improve the success and outcomes for those transitioning from custody back to the community.

One step in this process is to receive feedback from you. **As you near release, you will be sent a kyte with questions on it to answer, your input is invaluable as it relates to what is working well and what could be improved.**

Your feedback will be considered, along with additional feedback from communities and individuals impacted by re-entry work. Thank you for your input.

La Oficina del Gobernador le ha encomendado al Departamento Correccional de Oregón que revise la composición, la estructura, el enfoque y las prioridades actuales del Consejo de Reingreso del Gobernador, y hará recomendaciones al Gobernador sobre formas de mejorar el éxito y los resultados para quienes están en transición de custodia devuelta a la comunidad.

Un paso en este proceso es recibir comentarios de usted. A medida que se acerca el lanzamiento, su aporte es invaluable ya que se relaciona con lo que funciona bien y lo que podría mejorarse.

Por favor, tómese el tiempo para completar el cuestionario adjunto. Se considerarán sus comentarios, junto con comentarios adicionales de comunidades e individuos afectados por el trabajo de reingreso. Si está interesado en participar, complete, doble y devuelva a través de Kyte.

## WOD

### CHIPPER

The chipper gets its name from the way you approach this monster WOD: by chipping away at it. It generally includes high reps and a number of exercises, done in succession. You'll likely need to give yourself some rest time in this one but be strict about it—watch the clock and try not to rest for more than 10 seconds at a time. *To scale: Step-up and back down instead of jumping for the box jumps.*

- 10 burpees
- 20 box jumps
- 10 burpees
- 30 kettlebell swings
- 10 burpees
- 30 alternating lunges
- 10 burpees
- 20 air squats





**eat right.** Academy of Nutrition and Dietetics

Healthy diets improve our overall health now and can help us maintain good health as we get older. Meeting your nutrient needs now can help you have a healthier future.

Nutrition needs change as we get older, so having good physical health now can make a difference in how healthy we are as we get older. For example, a person's metabolism usually slows down with age. If you are overweight or obese now, it may be easier to lose weight when you are younger instead of trying to do it when you're older. If you are not getting regular exercise now, it may be easier to start an exercise program now when your muscle strength is better. If muscles are not exercised regularly, they will lose strength and elasticity, which makes exercise and recovery more difficult.

Older adults also need less calories than young adults. It's easy to over-eat as we get older if we keep eating the same amount of food that we did when we were younger. The chart below shows the recommended calorie intake for adults.

Age Range	Recommended Daily Calories for Moderately Active Adult Males	Age Range	Recommended Daily Calories for Moderately Active Adult Females
19-20	2800	19-20	2200
21-25	2800	21-25	2200
26-30	2600	26-30	2000
31-35	2600	31-35	2000
36-40	2600	36-40	2000
41-45	2600	41-45	2000
46-50	2400	46-50	2000
51-55	2400	51-55	1800
56-60	2400	56-60	1800
61-65	2400	61-65	1800
66-70	2200	66-70	1800
71-75	2200	71-75	1800
76 & up	2200	76 & up	1800

# Super Bowl Word Search

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

Lineman

Champions

Football

Center

Trophy

Penalty

Score

Guard

Helmet

Team

Pass

Coach

Field

Kick

Flag

Bowl

Play

Run



# Have a fantastic Month



