



THE UNCLASSIFIED

APRIL 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:

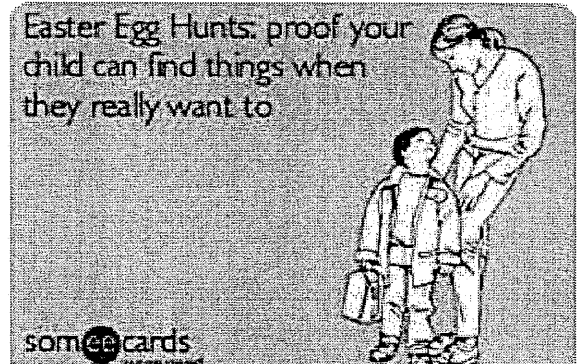
- Prison Poetry
- SSA: what you need to know.
- Chaplain's corner
- TRCI mentor prog.
- Health services announcement
- Money and phone tips/info
- PREA
- Taxes and School
- Self-help corner
- Calendar & fun

if you need more **brain teasers** during your stay please:

Kyte Ms. April if you are housed in A & B Units and Ms. Wheeler if you are in O & Q Units.

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.

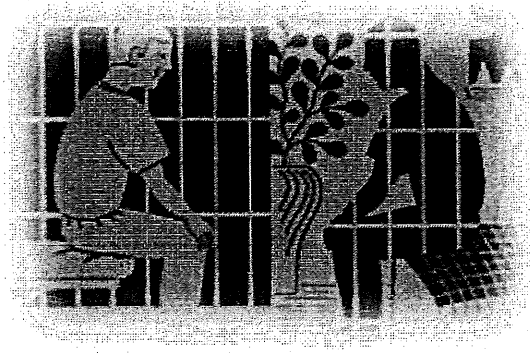
YOUR INTAKE TEAM

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!**

Prison



Poetry

Why I'm here

To you God, to whom I hold dear

Your voice is a constant wisdom, so clear:

If you put down this pride and fold your cards

Have faith in me my child.

Why was that so hard?

What was I afraid of?

I've given it much thought; now I must sit here n' watch time pass...

All I can do is make the best of this stay:

January, February, March, April comes May!

Some important dates missed,

can't do anything about that-

I did this to me.

Turn, learn, change, figure it out!

I can do all things through Christ.

I am here for a reason.

Discipline myself for this is a short season.

Share the gospel of my father,

His great Mercy above,

Of all the great things,

Especially his LOVE.

AIC NUÑEZ, MARCH 2023, CCIC



Securing today
and tomorrow

What Prisoners Need To Know

SSA.gov



Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) payments generally are not payable for months that you're imprisoned for committing a crime. This includes when you're confined to a jail, prison, or certain other public institutions. You're not automatically eligible for Social Security or SSI payments after your release.

Who can get Social Security benefits?

We pay retirement benefits to people who are age 62 or older. Generally, you must have worked and paid Social Security taxes for at least 10 years to be eligible.

We pay disability benefits to insured individuals who are unable to work because of a serious medical condition that is expected to last at least a year or result in death. A person who is a recent parolee, or who is unemployed, does not qualify for disability benefits.

Who can get SSI payments?

We make SSI payments to people who are age 65 or older, blind, or disabled, and whose income and resources fall below certain limits.

No benefits are payable for any month during which you are in jail, prison, or certain other public institutions.

What happens to my benefits when I am in prison?

If you receive Social Security, we'll suspend your benefits if you're convicted of a criminal offense and sentenced to jail or prison for more than 30 continuous days. We can reinstate your benefits starting with the month following the month of your release.

Although you can't receive monthly Social Security benefits while you're incarcerated, benefits to your spouse or children will continue as long as they remain eligible.

If you're receiving SSI, we'll suspend your payments while you're in prison. Your payments can start again in the month you're released. However, if your confinement lasts for 12 consecutive months or longer, we'll terminate your eligibility for SSI payments and you must file a new application after your release.

Can I get my benefits reinstated after I'm released from prison?

If we suspend your disability benefits or SSI payments because you were in prison, you can request that we reinstate them. You'll need to contact us and provide a copy of your release documents before we can act on your request.

Example: George received monthly **Social Security disability benefits** before he was convicted of a crime and sent to prison on May 15, 2020. His benefits were suspended effective May 2020. On October 10, 2020, George was released from prison. His benefits were reinstated effective November 2020. Since Social Security benefits are paid in the month following the month for which they are due, George will receive his November benefit in December 2020.

Example: Sam received **SSI payments** before he was confined to prison on June 7, 2020. He was released on September 7, 2020 and his SSI payments were reinstated as of September 7, 2020. Sam will be eligible for a partial payment for September and a full payment for October.

If you were released from prison and have a disability, contact us for more information about filing a claim for benefits. You'll need to provide proof of your release from prison, in addition to a new application and other documents.

NOTE: *We can't start your benefits until your release. We must have your official release documents from the jail or prison where you were confined. Please remember to provide your release forms when applying. This will help us get your benefits started faster.*

What about my Medicare or Medicaid coverage?

Your eligibility for Medicare

Part A (Hospital Insurance) continues uninterrupted while you're in prison. To keep your Part B (Medical Insurance) coverage, you must pay the monthly premiums or your coverage will end.

If your coverage ends while you're in jail because you didn't pay your Medicare premiums, you'll be able to enroll during the General Enrollment Period (January through March of each year). If you enroll during a General Enrollment Period, your Part B coverage will start in July in the year in which you enroll. You will be responsible for any unpaid past-due premiums and you may have to pay a late enrollment penalty for as long as you have Part B.

NOTE: *Medicare generally doesn't pay for your hospital or medical bills if you're incarcerated. However, you may want to pay your Medicare medical insurance premiums to prevent any gaps in coverage and to avoid late enrollment penalties.*

If your Medicaid eligibility terminated while you were in prison, you'll need to contact your local social services office to apply for Medicaid coverage. We can provide a referral form for you to take to the social services office.

How do I file an application if I am in prison?

After you learn your release date, notify someone at your facility that you want to start your Social Security benefits or SSI payments. **If your institution has a prerelease agreement with the local Social Security office**, it will notify us if you're likely to meet the requirements for SSI payments or disability benefits. We'll need an application from you several months before your anticipated release. That way, we can begin processing your application and your benefits can start as soon as possible after your release.

If you're filing for benefits based on disability, we'll gather medical evidence from your doctors to help us decide whether you still meet our definition of disability.

Family members or a social worker can help you by contacting Social Security to let us know of your upcoming release. A family member may also serve as your representative payee if your medical condition prevents you from handling your own finances.

If there is no prerelease agreement, when you know your anticipated release date, contact us to apply for benefits if you think you may be eligible. You can call us toll-free at **1-800-772-1213** and explain you're scheduled to be released and want to ask about applying for benefits. Please have your Social Security number handy when you contact us.

What happens if I have a financial emergency and can't pay my bills?

If you use our prerelease procedure and you qualify for benefits, we can usually get your benefits started soon after your release. If we're unable to do so, and you're facing a financial emergency, we can issue a payment immediately if we determine that:

- You're eligible for either Social Security disability benefits or SSI payments.
- You're already due a payment.
- Your situation qualifies as a financial emergency under our rules.



Contacting Social Security

The most convenient way to do business with us from anywhere, on any device, is to visit **www.ssa.gov**. There are several things you can do online: apply for benefits; get useful information; find publications; and get answers to frequently asked questions.

Or, you can call us toll-free at **1-800-772-1213** or at **1-800-325-0778** (TTY) if you're deaf or hard of hearing. We can answer your call from 7 a.m. to 7 p.m., weekdays. You can also use our automated services via telephone, 24 hours a day. We look forward to serving you.


Social Security Administration

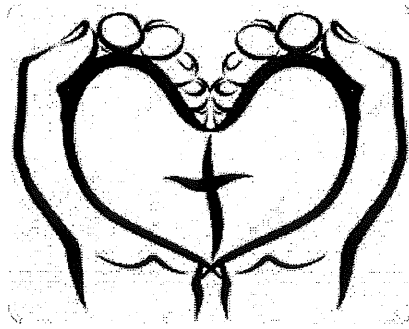
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What Prisoners Need To Know

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Intake has a new chaplain! Please welcome **Chaplain Melendez** who transferred from TRCI to our facility. We are so glad to have him as part of our team!

Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

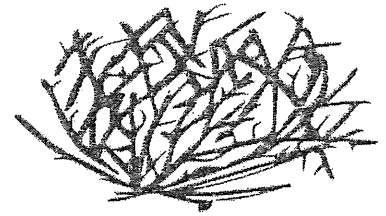
Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte to **CCIC Chaplain Melendez**.

Chapel Services

Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

T.R.C.I. TUMBLEWEED



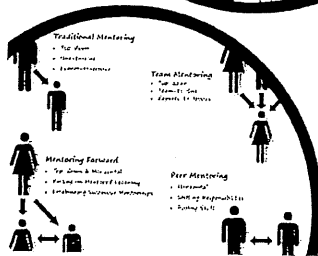
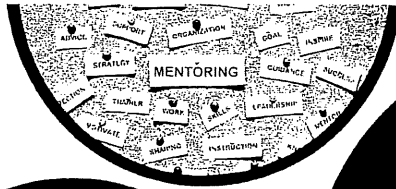
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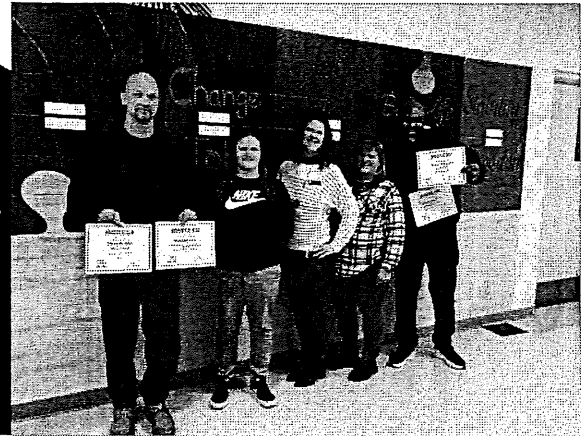
Pay Dates: 2/9, 3/9, 4/6, 5/4, 6/8, 7/6, 8/10, 9/7, 10/5, 11/9, 12/7

TRCI STRIVE MENTOR PROGRAM



STRIVE

S- Stay Focused
T- Take Responsibility
R- Respect Everyone
I- Inspire Others
V- Value Education
E- Expect Success



Pictured from left to right:
Mr. Stone, Ms. McDaniel, Ms. Abbott, Ms. Gibbs, Mr. Gill

The STRIVE mentor program was founded in 2017 at TRCI. The program's initial purpose and mission was to mentor younger AIC's who were a higher risk to return to prison. The mentors included a group of AIC's who had previously experienced their fair share of turmoil over the years, but had reformed and were ready to guide fellow AIC's down a different path, "take a left instead of running into a brick wall." These are words from mentor Bill Stone who has transformed his life while incarcerated for nearly 30 years. Bill and Michael Gill are the mentors in residence for the program and spend each day working to mentor other AIC's through one on one meetings and teaching in a classroom setting. This sometimes involves callouts in the middle of the night to talk to guys about life or how to navigate certain situations. Mr. Gill has been incarcerated for nearly 25 years and appreciates the opportunity to be vulnerable with his mentees. "It's ok to be you and take the mask off." The goal for both Bill and Michael is to offer a new perspective by helping individuals realize their choices are the focal point. Michael reinforced that "we were once them" and "we understand their mentality, what they're going through."

The entire group consists of 6 AIC's (1 from TRCM) that have experienced all walks of life who meet every Tuesday with Ms. Gibbs, Ms. Abbott, and Ms. McDaniel (the staff leaders). They meet with fellow mentees and work on programming strategies to further grow their community. Any AIC can join the STRIVE mentee program, either through SEG or counselor approval. Recently, the mentor program has expanded into SEG. Once an AIC joins STRIVE, they then qualify for the Hustle book series, which requires acceptance approval by the mentor committee. Bill and Michael help facilitate a weekly class in SEG that covers the Hustle programming, which offers mentees the tools to positively grow and perceive life through a different lens. The book series, written by AIC's for AIC's, speaks to the incarcerated on a deeper level by offering testimonies, education, and life skills content.

As the first institution in Oregon to offer this program, the group hopes to see it expand to other facilities in the future. More than anything, the mentor program is giving all those involved a greater sense of humanity and compassion for others. "Punishment isn't working, let's find out what works?" The mentor team is planting seeds and nurturing AIC's all the way through to release. The ultimate goal is to build a community that's causing less destruction for all. Inside and outside of our walls.

Quote of The Month

"Let's not talk about LOVE in February only,
Let's give the other months some LOVE too,
Let's spread LOVE every day of the year,
And show the world,
We really care"

— Charmaine J. Forde

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.

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.



eat right. Academy of Nutrition and Dietetics

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

Source: USDA Food and Nutrition Service. www.fns.usda.gov



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs • Eligible deposits are received into this account o <i>Examples:</i> • <i>Deposits received from friends/family, and PRAS</i> • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
	<ul style="list-style-type: none"> • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money o <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
	<ul style="list-style-type: none"> • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
	<ul style="list-style-type: none"> • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account AICs may elect to transfer funds into the General Savings Trust • Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) • Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
	<ul style="list-style-type: none"> • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account
	<ul style="list-style-type: none"> • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

How to Register a Phone Number for Validation

- Lift Handset
- Make Language Selection
- Enter your PIN followed by #
- Press 1 to make a call
- Press 5 to register a phone number
 - Once you have registered the number, your friend or family member will receive up to 3 automated messages telling them to go to ICSolutions.com to set up an account and validate their number



How to Validate a Phone Number Online

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

To validate their phone number at ICSolutions.com, they will need:

- A credit/debit card number (for authorization purposes only)
- To be in possession of the phone they wish to validate
- The phone must be capable of receiving a call or a text message so they can receive the code to complete the validation

How to Register a Phone Number via Email

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

If a credit/debit card or cell phone are not available, friends and family members may validate their number by email to customer@icsolutions.com.

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID

** The address on the telephone bill and ID must match*

How to Register a Phone Number via Mail

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

If your friends and family members don't have access to the internet, they may validate their number by mailing the below information to:

**ICSolutions
Customer Service
2200 Danbury Street
San Antonio, TX 78217**

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID

** The address on the telephone bill and ID must match*



If Friends & Family that already have an existing prepaid account – Click on the validate option.

Prepaid Collect Accounts		Add
Phone	Agency	Balance
(833) 620-1854	Oregon Department of Corrections - OR	\$10.01

Volterra Fund

IC Solutions Support – (888)-506-8407

International Call Support Line. (Country Code) (210)-501-0115

American Calls - Support Line. (866) 228-4031

OREGON DEPARTMENT OF CORRECTIONS SEXUAL ABUSE ADVOCACY

How to Reach an Advocate

Simply dial 711 or the telephone number listed from any adult in custody telephone. You will be connected directly to the local community-based advocacy center where the institution you are housed is located. There is no charge when calling 711 or directly dialing the numbers listed.

You may also write to an advocate at the below address.

The advocacy centers listed are available to assist you. Regardless of the name of the advocacy center all of them provide sexual abuse support to people of all genders. *Communications with community-based advocates are considered privileged as of the 2015 legislative session (House Bill 3476). ODOC telephone calls and mail with community-based advocates will be handled like legal calls/official mail.

Questions about how to reach an advocate may also be directed to a SART member or the ODOC PREA Office. If you feel you are in immediate danger, contact the nearest staff member or OIC. Options for filing a report of sexual abuse:

- Contact the Inspector General Hotline by dialing 9 on the AIC telephone system.
- File a grievance
- File an anonymous report with an outside agency by writing to : Governor's Office of Constituent Services, 900 Court Street NE, Suite 254, Salem, Oregon 97301. *(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous.)*

*Communications with community-based advocates are considered privileged as of the 2015 legislative session (House Bill 3476). ODOC telephone calls and mail with community-based advocates will be handled similar to legal calls/official mail.

Como Alcanzar a un Defensor

Simplemente marca 711, o el numero listado. Usted sera conectado con el centro de apoyo, que esta situado cerca de el institucion, en donde tu estas. No hay cobro para marcar 711, ni para llamar a los centros de apoyo.

Tambien puede escribir a un Defensor a la direccion que aparece en el interior de este folleto.

Los centros de defensa listados estan disponibles para ayudarlo. Sin tener en cuenta el nombre del centro de defensa, todos, pueden ayudar a personas de todos los generos, sobre la tema de abuso sexual.

Preguntas a sobre como contactar a un Defensor pueden ser dirigidos a un miembro de SART or la Oficina de PREA. Si usted siente que esta en peligro inmediato, informale a un oficial tan pronto que puede. Las opciones para reporter el abuso sexual:

- Llame a la linea directa del el Inspector General, marcando el numero 9, en la sistema de telefono
- Presentar una queja (Grievance)
- Presentar un informe anonimo con una agencia externa por escrito a: Governor's Office of Constituent Services, 900 Court Street NE, Suite 254 Salem, Oregon 97301.

*Comunicaciones con defensores en la comunidad son considerados privilegiados desde el session parlamentario de 2015 (House Bill 3476. Las llamadas de los encarcelados con defensores en la comunidad, seran administrados similarmente a las llamadas legales/correo oficial.

Oregon Department of Corrections

PREA Coordinator

3601 State St.

Salem, OR 97301

****FAFSA Education Update****

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.

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 may not provide tax advice to AICs.

Calendar for April 2023 (United States)

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Phases of the Moon: 6:○ 13:☾ 20:● 27:☽

Holidays and Observances: 9: Easter Sunday, 10: Easter Monday, 18: Tax Day

Calendar generated on www.timeanddate.com/calendar



Thought Defusion

cognitive distancing techniques

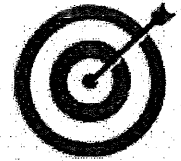
Thoughts have a way of consuming our attention, especially if they are upsetting. When this happens, you may feel stuck inside a thought, unable to focus on anything else. This is called being *fused* with thoughts.

Thought defusion techniques help you break free from this trap. These skills work by shifting attention from the *content* of thoughts to the *process* of thinking, loosening the hold thoughts have over you.

Use Thought Defusion When...

<p>- You feel triggered. A thought spikes your anxiety or worsens your mood.</p>	<p>- Your thoughts are one-sided. You lose perspective or are fixated on a thought.</p>	<p>- You're lost in thought. You're preoccupied and not present to what's happening.</p>
---	--	---

Defusion Techniques	
Put Your Thoughts on Clouds	Use a Silly Voice
Imagine placing your thoughts on clouds high in the sky. Watch as the clouds slowly drift away. Remind yourself that thoughts—just like clouds—have no actual substance as they come and go.	Write down your upsetting thought, then read it out loud 10 times in a silly voice. Try impersonating a cartoon character or a favorite actor. The more ridiculous, the better!
File Your Thoughts Away	Name the Story
Visualize folders with labels for types of thinking, such as <i>predicting, regretting, comparing, doubting</i> , and so on. Bring attention to your thoughts and file them into the corresponding folders.	Think of repetitive thoughts as familiar stories. Pay attention to how often they recur. You might spot the <i>I'm-a-failure</i> story, the <i>no-one-likes-me</i> story, or the <i>my-life-is-horrible</i> story. You get the idea!
Click the "X" Button	Screen Your Thoughts
Thoughts can crowd your mind like dozens of browser windows on your computer. Imagine closing the windows by clicking the "X" on each of them. Watch as thoughts disappear, one by one!	Imagine your thoughts projected onto a large movie screen. Sit in the back row and watch the scenes unfold. Can you just observe the movie without getting lost in it?
Say "I'm Having the Thought That..."	Zoom Out
When you have an upsetting thought, put the phrase "I'm having the thought that..." in front of it. This creates distance between you and the thought, loosening its grip on you.	When you're fused with a thought, picture yourself rising high above the earth. Notice how tiny your worries look from space. Does your triggering thought feel as significant from this distance?



Thought Defusion

cognitive distancing techniques

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Confronting Avoidance

ACT skill

It's normal to avoid or push away whatever feels intense or uncomfortable, but this only works for a while. Over time, resisting difficult thoughts and emotions makes them worse and drains your vitality. For a full and meaningful life, you must open to *all* of your inner experience—even the unpleasant parts.

Commonly Avoided Experiences

Thoughts	Emotions	Sensations
Thoughts that evoke strong emotions, have disturbing content, or trigger anxiety	Any intense feelings, especially ones that are heavier states, such as guilt, anger, or grief	Physical discomfort or actual pain, particularly when part of a chronic condition

Typical Avoidance Strategies

Distraction	Denial	Projection	Opting Out
While useful in small doses, distraction quickly becomes a way of resisting what you're experiencing. Examples include excessively watching TV, checking your phone, or overworking.	This involves pushing away difficult internal states so you don't have to acknowledge or deal with them. Denial can work over the short term, but it soon traps you in a fantasy world of your own making.	When you don't like what you're feeling, you may externalize it onto others. This allows you to avoid taking ownership of your feelings, viewing someone else as the problem instead.	If you're unwilling to confront tough emotions, you may avoid people, places, and situations that are likely to bring up uncomfortable feelings.

1. Name what you are avoiding.

It's common to try to avoid or suppress unpleasant thoughts, emotions, or sensations. Name what you push away most (e.g., anger, physical pain, difficult thought, etc.):

What's the cost of avoiding this and how could you benefit from confronting it?

Confronting Avoidance

ACT skill

2. Examine your limiting beliefs.

Your beliefs about your inner experience affect your willingness to be present to it. Write down two beliefs related to what you listed in the previous step, such as the belief that certain emotions or sensations are dangerous, wrong, or proof of weakness.

1.

2.

Are these beliefs 100% true? If not, what would be a more balanced view?

3. Welcome your difficult experiences.

Opening to difficult experiences requires patience and an ongoing commitment. Identify a situation that often brings up the undesired thought, emotion, or sensation you previously identified:

Describe two ways you can welcome this experience the next time it arises. This might be as simple as resisting distraction, allowing yourself to feel an emotion, choosing not to flee the situation, staying present to physical discomfort, or something else.

1.

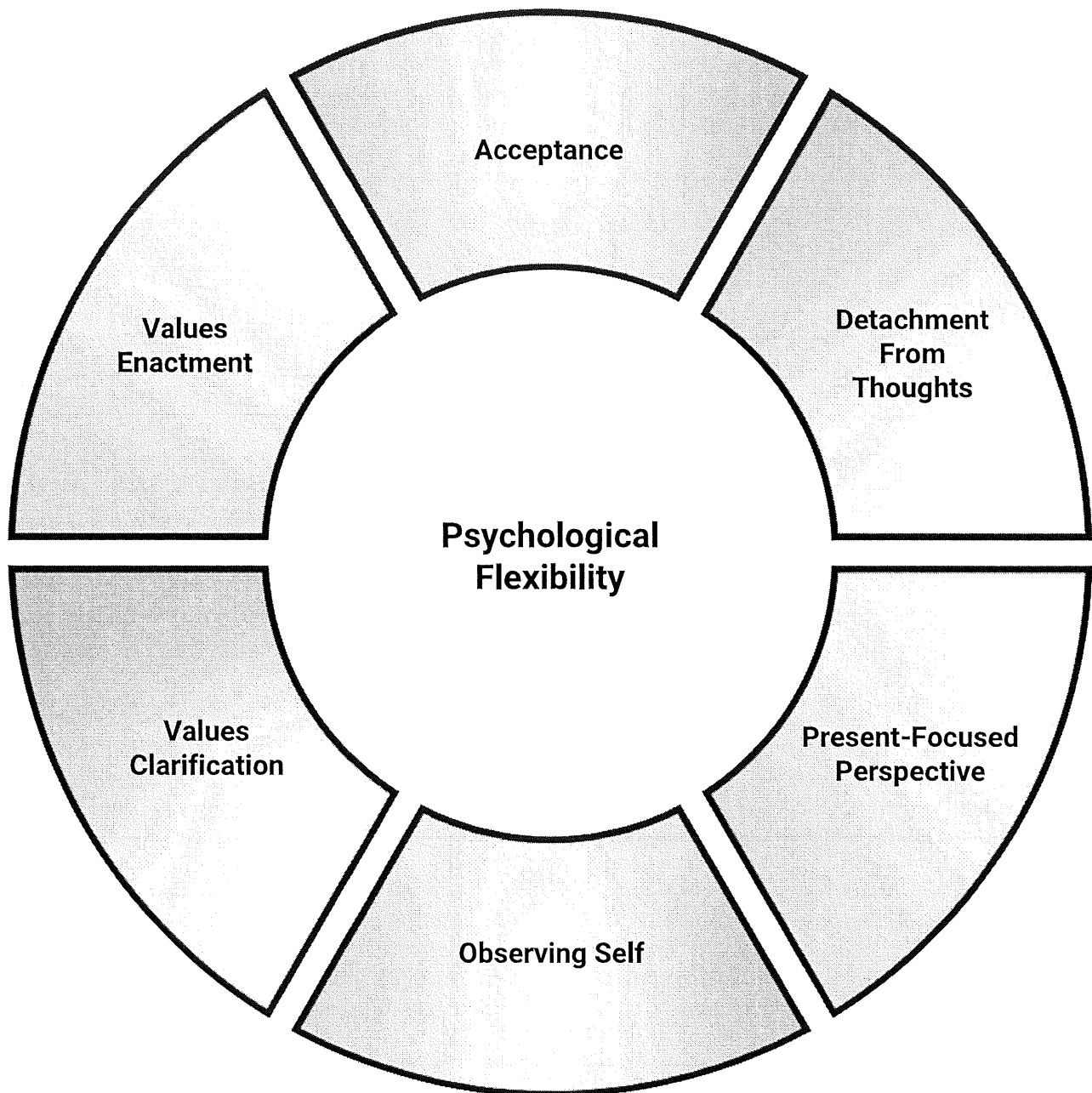
2.

Becoming Psychologically Flexible

ACT skill

Psychological flexibility is the ability to adapt to life's difficulties while remaining true to one's values. This skill consists of six key components, which are illustrated below. Developing these traits leads to greater resilience, emotional tolerance, and overall well-being.

Read on to learn about these traits. Use the action steps to become more psychologically flexible and enjoy its many benefits. Practice regularly for the best results.



Becoming Psychologically Flexible

ACT skill

Acceptance

Embrace your inner experience.

What you resist tends to persist. Let go of your struggle against uncomfortable thoughts, emotions, and sensations. By accepting your experience, you gain energy and insight.

Action Step: Notice the next time you try to push away an unpleasant emotion. Instead, allow it to be there, and explore how it feels in your body. What is it like not to resist your experience?

Detachment From Thoughts

Learn to step back from your thoughts.

It's easy to be consumed by thoughts, especially if you see them as always true. But thoughts are often distorted *interpretations* that reflect our fears and insecurities more than reality.

Action Step: Imagine your thoughts projected onto a movie screen. Sit in the back row and watch the scenes unfold. Is the story familiar? Can you observe the movie without getting lost in it?

Present-Focused Perspective

Live in the now – not the past or future.

Your entire life takes place in the present moment. You can't turn back time or fast-forward to the future. All you have is this moment, so practice being fully present to it.

Action Step: When you're lost in thought, engage your senses to connect with the present moment. Notice two things you can see, hear, and smell in your immediate environment.

Observing Self

Connect with the "observing self."

The *thinking self* is always analyzing, planning, interpreting, and judging your experience. But the *observing self* simply notices thoughts, feelings, and activities without getting caught up in them.

Action Step: Bring attention to your thoughts. Then ask yourself, "Am I these thoughts, or am I the one who is aware of these thoughts?" If the latter, you are connecting with the observing self.

Values Clarification

Explore and define your highest values.

What is most important to you in this life? Dare to ask this question, and answer it by deciding on the values you want to live by. Repeat this exercise periodically, since values can change.

Action Step: Reflect on your role models growing up or individuals you currently admire. What qualities do they embody? Which of these traits do you want to adopt or nurture for yourself?

Values Enactment

Put your values into action.

Values are like a compass – they point you in the right direction, but you still have to make the journey. Do this by coming up with *specific* goals that embody your values, and then take action!

Action Step: Name your three most important values, then set a concrete goal for each one. For example, if one of your values is friendship, make a point to see or call a friend each week.

Name: _____ Date: _____ Period: _____

Easter/Spring

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

FLOURISHING
PICNIC
BIRDS
SPRINGTIME
APRIL
CHICKS
TULIP
BONNET

SUNSHINE
FRIENDS
BUTTERFLY
GARDENING
SUNDAY
HUNT
DAFFODIL
CHOCOLATE

WARMING
HONEYBEE
GROWTH
CROCUS
IRIS
BASKET
HAPPY
BUNNY

GREEN
GRASS
HOPE
BLOSSOM
DUCKLINGS
LAMBS
FLOWERS
EGGS

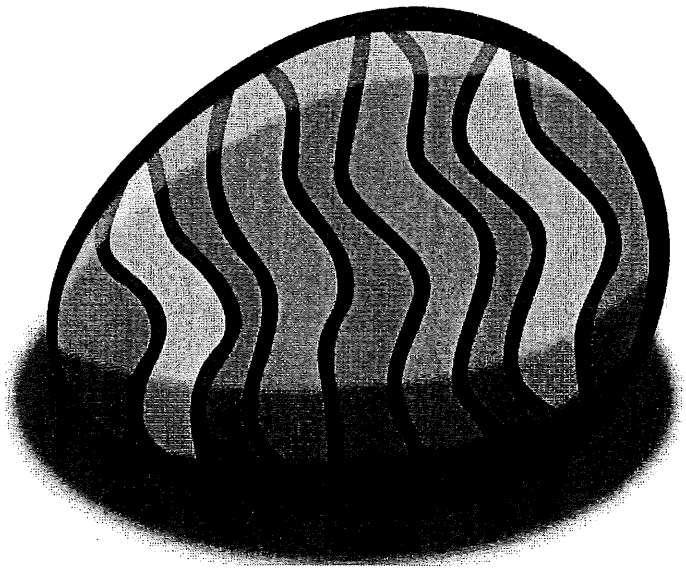
TADPOLES
BLOOM
GARDEN
SHOWERS
CELEBRATION
SPRING
PARADE
EASTER

Name: _____

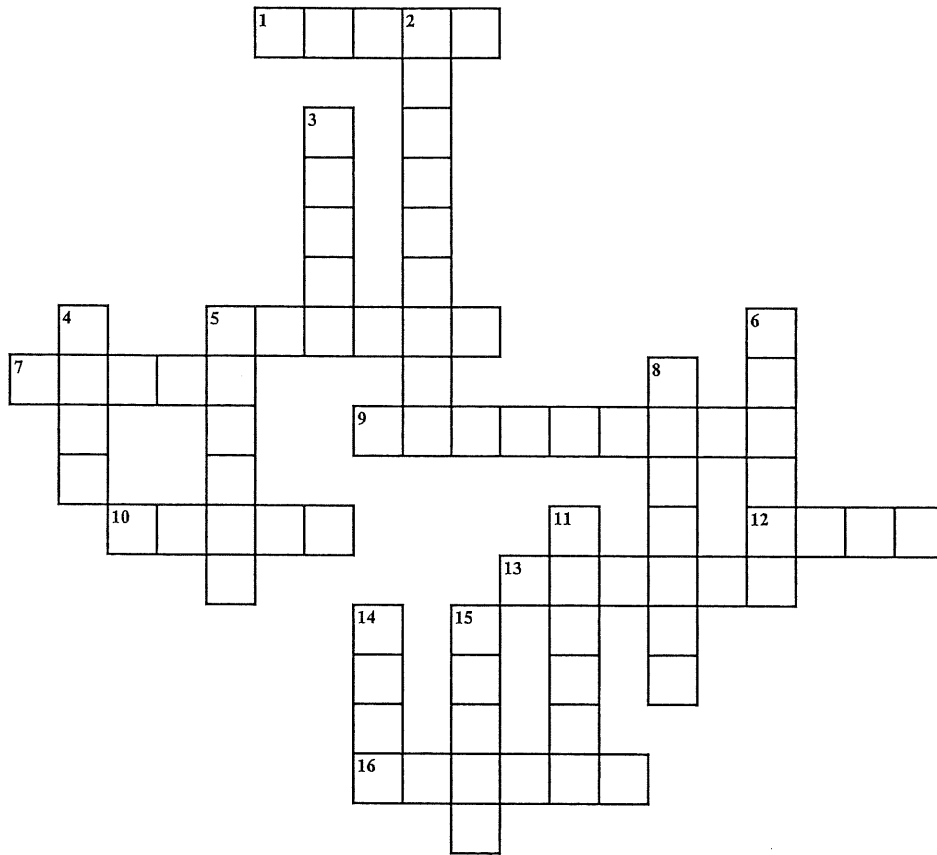
Easter Word Search

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

- ASH WEDNESDAY
- EASTER SUNDAY
- BANK HOLIDAY
- GOOD FRIDAY
- CHOCOLATE
- DAFFODILS
- DECORATE
- FESTIVAL
- BASKETS
- BONNET
- CHICKS
- EASTER
- PARADE
- SPRING
- BUNNY
- CARDS
- EGGS
- HUNT
- LAMB
- LENT



Easter Crossword

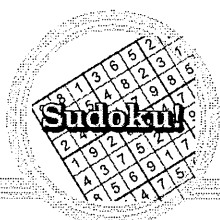


Across

- [1] Baby chicken
- [5] Day of the week Easter is celebrated
- [7] Yellow or white spring flower that grows from a bulb
- [9] A colorful candy found in the Easter basket
- [10] Animal that delivers Easter Goodies
- [12] Something painted at Easter Time
- [13] What a rabbit likes to eat
- [16] What you carry to gather eggs

Down

- [2] Easter Eggs are made of _____
- [3] Jesus has _____
- [4] An Easter Egg _____
- [5] We celebrate Easter in this season
- [6] A pretty hat worn on Easter
- [8] Name for Resurrection
- [11] Something you march in
- [14] A baby sheep
- [15] Symbol of the Crucifixion of Jesus



Name: _____

Solve the Sudoku Puzzle!

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

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

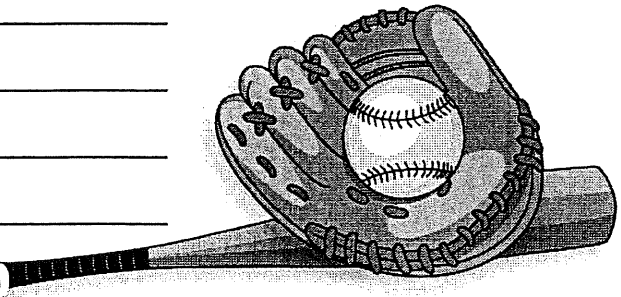
			5				6	1	2	9	
				6						1	7
			7				9				5

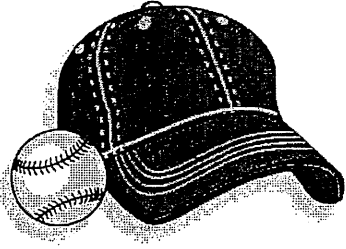
		7	5			2		8			
				8	7		4	2			
		4	5	3					7		
5			4			8		2			
	1	2				3		7			
	4					7	5	3			
7	2					4		5			
3						5		4			
4						2					3

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

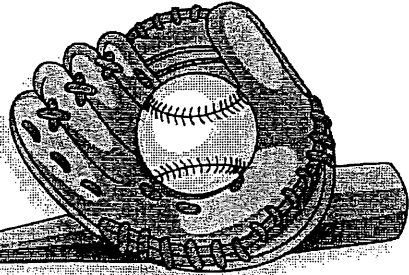


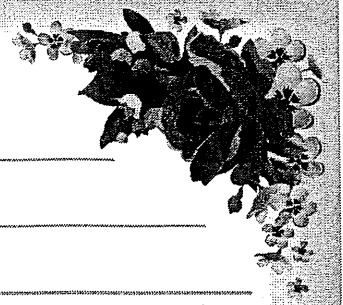
Two horizontal lines are positioned to the right of the baseball cap illustration. The remainder of the page is filled with a series of horizontal lines for writing.





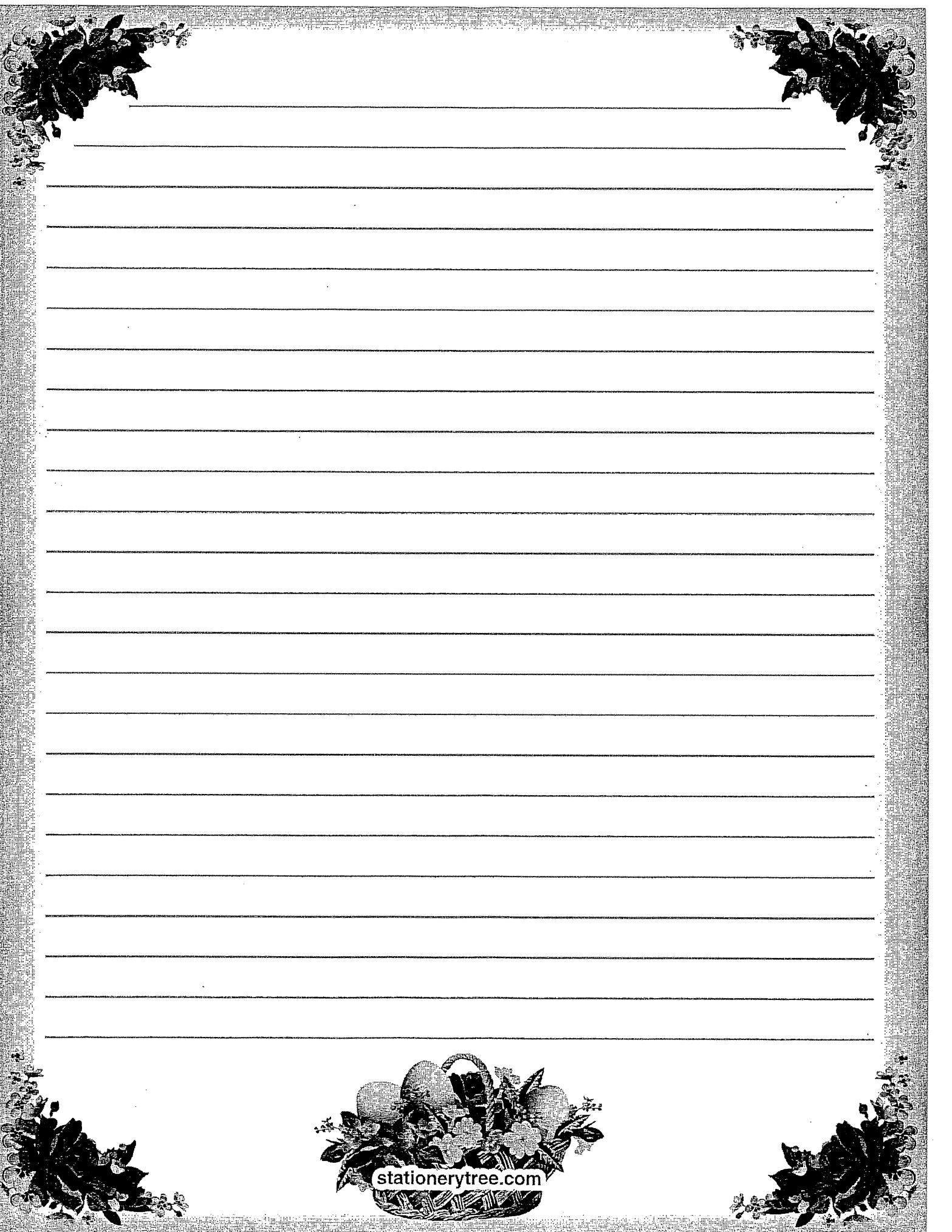
Lined writing area consisting of 18 horizontal lines. The top two lines are partially occupied by the cap and ball illustration. The bottom two lines are partially occupied by the glove illustration.





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

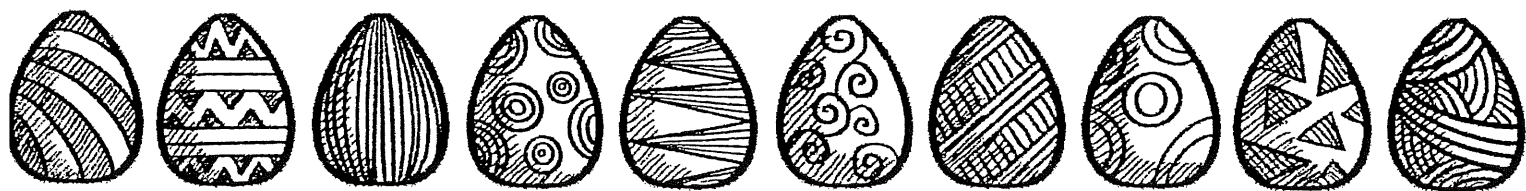




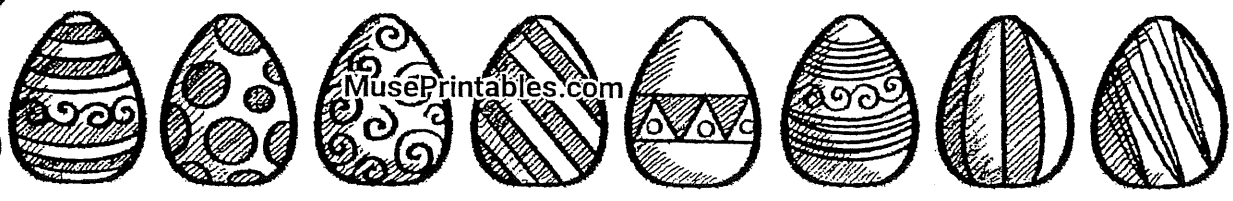
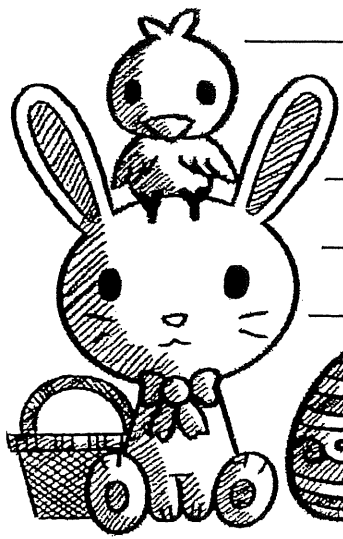
A series of horizontal lines for writing, consisting of 18 lines spaced evenly down the page.

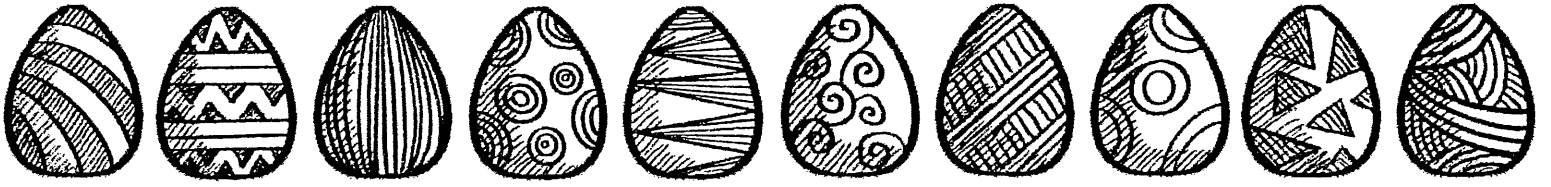


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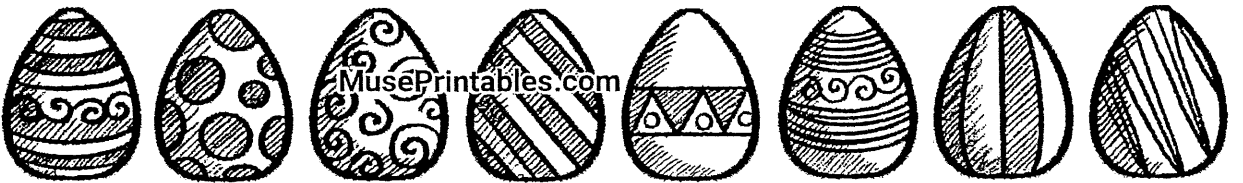
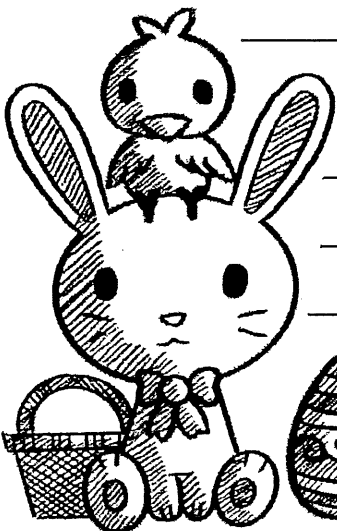


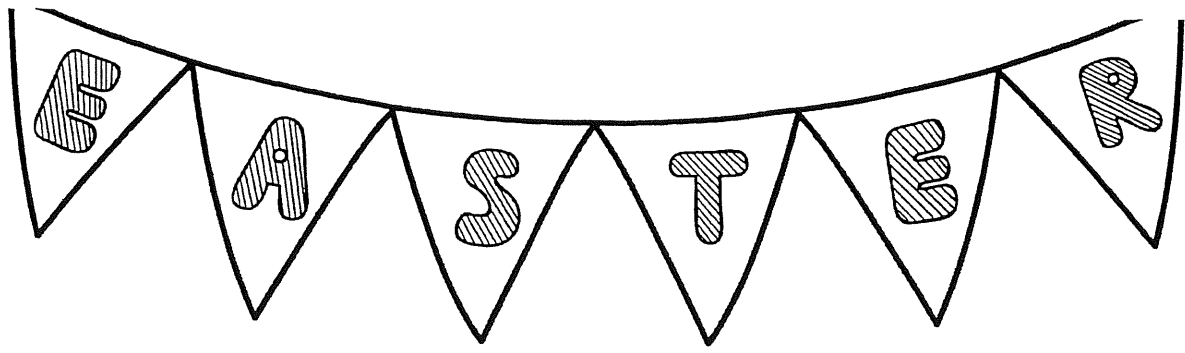
A series of horizontal lines for writing, consisting of 15 parallel lines spaced evenly down the page.



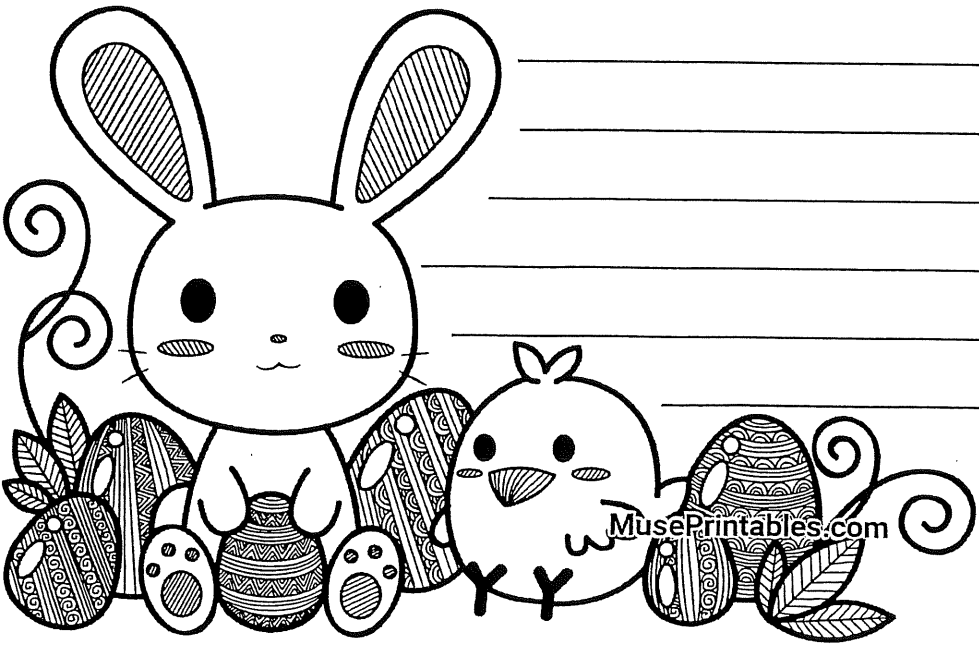


A series of horizontal lines for writing, consisting of ten lines that span most of the page's width.

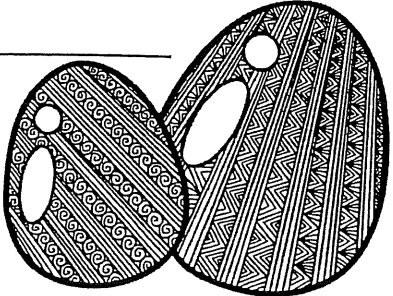


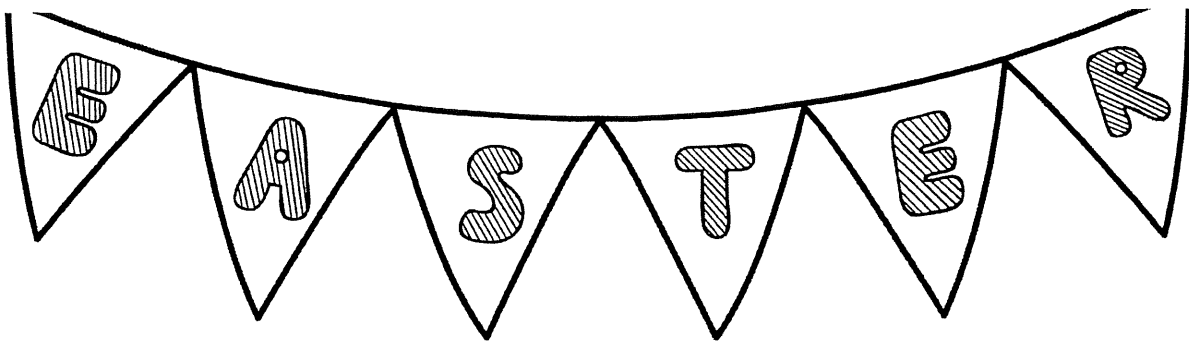


Handwriting practice area consisting of ten horizontal lines.



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Handwriting practice area consisting of ten horizontal lines.

