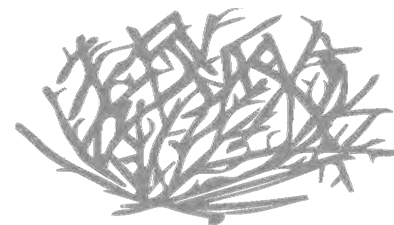


T.R.C.I. TUMBLEWEED



March 2023

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

New Face @ TRCI

We would like to introduce Mr. Jamie Linder, our new General Manager of the kitchen. Mr. Linder appears to be a genuine, considerate, and highly motivated individual. His years of corporate restaurant management, which originally began in Seattle has led him down a path throughout the restaurant industry. The first question was why leave the restaurant industry for the prison system? Generally, management positions within a prison are filled by people who have experience working in a prison. Fortunately, I don't think that's going to matter in this circumstance because Mr. Linder has strong aspirations of making our food "healthier and vibrant," and changing the perception of our food services department.

Mr. Linder arrives to TRCI's kitchen at a somewhat turbulent time marked by several uncertainties. He responded by addressing the image he's heard portrayed by AIC's and fellow kitchen staff and offered a hopeful future. Mr. Linder is a NW kid who was introduced to the restaurant industry in high school where he eventually managed his family's diner. He then studied restaurant management in college. This led to managing a chain of Red Robbins in Virginia and Seattle, but ultimately decided to plant his roots back in WA, where he managed a restaurant group of over 20 locations.

Mr. Linder comes from a sports and coaching background and has translated this approach to his leadership and management style. He much rather be called coach or mentor as he's not a fan of job titles. He perceives his role here no different. He wants to create future leaders and positively impact our AIC population however possible. Mr. Linder shared a quote from one of his past line cooks that addressed how he gains respect from his team. "If you sweat for us, we'll sweat for you." This remains on his front of mind whenever he enters a new role. He must be willing to get in the trenches and serve any role in his kitchen. His perspective is unique and extremely progressive for our environment, but that won't deter him from pursuing positive growth. He plans to improve the working conditions in the kitchen and compete with other departments. "We won't win the wage war, but can hopefully offer other incentives that attract AIC's to the kitchen." Mr. Linder also wants everyone to know that previous special meal offerings such as the Be Good Eat Good and fundraisers with the Paradigm Shift Club will return soon. He is open to new "fresh" ideas from staff and AIC's that could improve our food services.

Mr. Linder will be spending the next few months learning the bureaucratic processes, cultivating relationships with local farmers and developing a roadmap to get us back on track. Next time you see Mr. Linder, say hi and get to know our newest manager (coach, mentor, leader). His energy and passion are palpable and we're lucky to have him as he attempts to improve our food.



INTRODUCING GAME NIGHT

'Game Night' will be an event that is structured nearly identical to the 'Singin' Summer Nights' Karaoke program. After taking Karaoke to all of the incentive units for a few months, Recreation has found that most of the units enjoy the event, but some of the units have expressed interest in different styles of activities. Tentative games will be Speed Charades, Party Pictionary (with our portable dry erase board), and Trivial Pursuit.

The new 'Super Game Night' will be introduced to all incentive units during March and April. Karaoke will end in March and hopefully resume at the new recreation center.

March Karaoke Schedule

(Tentative March Schedule)

Thursday March 2nd

Unit 2 – 6:30 p.m. to 8 p.m.

Thursday March 9th

Unit 5 – 6:30 p.m. to 8 p.m.

March Game Night Schedule

(Tentative March Schedule)

Thursday March 16th

Unit 12 – 6:30 p.m. to 8 p.m.

Thursday March 23rd

Unit 13 – 6:30 p.m. to 8 p.m.

Thursday March 30th

Unit 1 – 6:30 p.m. to 8 p.m.



Off Frequency Concert - Tuesday, February 21st 2023

Location: TRCI Visiting

TRCI's most recent Recreation concert took place Tuesday, February 21st in the visiting room. The band Off Frequency played their second concert together as a new group and kept the crowd entertained throughout. The set list included classic rock songs from artists Tom Petty, Pink Floyd, Mamas & The Pappas, and The Beatles to name a few. The band leader Richard Gustafson introduced two new originals that were created while he's been incarcerated here at TRCI. The sound was flawless as Recreation's new AIC sound engineer, Jake Lawrence, was utilizing the recently purchased upgraded sound board and equipment. Recreation and Mr. Cambell have been improving sound equipment over the past 6 months in anticipation for the new Recreation center, which will feature larger events and concerts. Music is an essential component to assisting in AIC's rehabilitation and most AIC's appreciate the concerts produced by recreation. New bands will be joining the music community in the coming months as Recreation transitions to their new area.

~ OFF FREQUENCY ~ — [TRCI Performance: February 21st, 2023]





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 <ul style="list-style-type: none"> ◦ <i>Examples: 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 • 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 <ul style="list-style-type: none"> ◦ <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 • 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 • 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 • 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 • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (*electronic communication option preferred & available on the tablet*). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

PERSONALIZED DIABETIC TEACHING

Do you have a family history of diabetes? Have you been newly diagnosed with diabetes, or are you concerned you might develop diabetes? We are now offering personalized teaching on prevention, management, and the effects of diabetes on your health. If you are interested in learning more, including meal planning, medication management and more, please KYTE Health Services, attention Nurse Jergens, to have a time scheduled.

J. Jergens
Registered Nurse
Two Rivers Correctional
Facility

Video Visit Problems:

If you have an issue with a Video Visit that you paid for and wish to seek a refund you can use Option #4 on the telephone and leave a voicemail with the vendor. The vendor will determine if a refund is due.

TUTOR TRAINING ANNOUNCEMENT

This year's Tutor training will be held on March 22, 2023.

Do you have a High School diploma or GED, high scores in math and reading? Do you have at least 6 months clear conduct and 2+ years left on your sentence? Do you have the willingness and aptitude to help others learn? Would you like to have a work assignment that starts at 14 points?

The Education Department is asking for applicants who wish to become a tutor (see Qualifications.) **Applications are being accepted beginning February 13, 2023, through March 10, 2022.** Interviews with instructor panel will be March 17, 2023.

Those with reading or math scores that are too low, but you feel you can bring them up, can still apply if you feel you can retest to the required levels. I will schedule you for the testing.

Fill out an Inmate Work Application completely as possible and send to Ms. Beecroft in the Education Department if you wish to be considered for the interview and training.

QUALIFICATIONS

1. No major misconduct sanctions in last 6 months
2. No program fails in last 6 months
3. No IMU housing in last 6 months
4. Have a minimum 2 years left on sentence
5. Must not be restricted to a housing unit
6. Must be willing to work on any unit or classroom
7. Legible handwriting
8. To become Tutor Certified requires a GED or High School Diploma, and CASAS reading score of 243+ and math 231+
9. Be chosen from interview with an instructor panel

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

March Movie Schedule

Week 1	Run Time	March 3rd – March 9th	Rating	<input type="checkbox"/> <input type="checkbox"/> Movie Playing Times <input type="checkbox"/> <input type="checkbox"/>			
Ch.51	Loop	Shameless Season 5 Disc 3 / Boardwalk Empire Season 2, Disc 3 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	1:33 / 1:50	Beast / American Graffiti	R / PG	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	True Blood Season 4 Disc 5 (2 eps.) / Strike Back Season 1 Disc 2 (3 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 2		March 10th – March 16th					
Ch. 51	Loop	Shameless Season 6 Disc 1 / Boardwalk Empire Season 2, Disc 4 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:38 / 1:30	Tar / The NeverEnding Story 2	R / PG	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	Power Book II: Ghost Season 1 Disc 2 / House Of The Dragon Season 1 Disc 1 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 3		March 17th – March 23rd		<input type="checkbox"/> 1:30 & 10:30 Times Repeat <input type="checkbox"/>			
Ch. 51	Loop	Shameless Season 6 Disc 2 / Boardwalk Empire Season 3, Disc 1 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:31 / 1:25	The Fablemans / Ghost In The Shell (1996)	PG-13 / NR	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	True Blood Season 5 Disc 1 (2 eps.) / Strike Back Season 1 Disc 3 (3 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 4		March 24th – March 30st					
Ch.51	Loop	Shameless Season 6 Disc 3 / Boardwalk Empire Season 3, Disc 2 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch.52	2:41 / 1:43	Black Panther: Wakanda Forever / Snatch	PG-13 / R	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	Power Book II: Ghost Season 1 Disc 3 / House Of The Dragon Season 1 Disc 2 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 5		March 31st – April 6th					
Ch. 52	Loop	Shameless Season 7 Disc 1 / Boardwalk Empire Season 3, Disc 3 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch.52	1:33 / 1:34	Prey For The Devil / Trainspotting	PG-13 / R	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	True Blood Season 5 Disc 2 (2 eps.) / Strike Back Season 1 Disc 4 (2 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM

NINTENDO SWITCH UPDATE:

MESSAGE FROM FULLY LOADED ELECTRONICS

Addressing the recent Nintendo Switch Accessory questions and concerns delivered from Fully Loaded Electronics.

Regarding the Nintendo Switch Traveling Case:

FLE ran their own tests with and without the Duraflexi case on the Switch before placing in traveling case. As most Switch owners use the Duraflexi protective case, they determined that using a larger pouch meant for a larger Switch is the best option. Hori (Switch accessory manufacturer) agreed that using Switch Lite specific items don't generally fit as well. The case did not press down on the buttons or analog sticks with the bigger traveling case option. Please be aware before ordering this item in the future.



Screen Protective Filter Note:

To all AIC's who ordered the screen protective filter with their new Nintendo Switch; FLE will be applying the screen protector before delivering to institution. The package contents will only include the screen cloth. If you already own a Nintendo Switch and order the screen protective film, the screen filter will be in the package and you will need to apply it yourself.