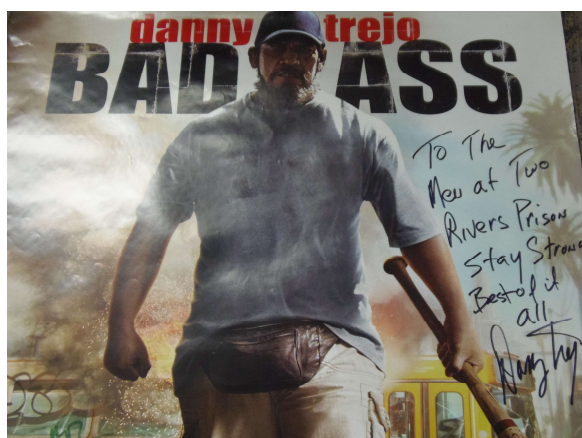


THE WALL OF INSPIRATION



"To the men of Two Rivers, thinking about you, praying for you, would be great to someday meet ya'll (I'll talk to Ms. Reyes). Words and platitudes can be cheap, but Danny and I said a prayer for you and want to come up. Have a great one." Donal Logue

The Wall of Inspiration has finally arrived to the TRCI visiting room! The "Wall," which has been in the works for over 1 year, was graciously produced by our Physical Plant Metal Shop. The concept was born from Brandon Burge, a Paradigm Shift Club member who has been corresponding with celebrities and pop culture icons during his prison sentence, requesting photos and signed memorabilia. Surprisingly, he has received immense support and positive feedback as his collection includes magicians, sports stars, actors, and comedians to name a few. To piggy back on Brandon's idea, the PSC proposed the Wall of Inspiration about 1 year ago. The purpose was to present AIC's and families with inspirational content from individuals around the world who have a positive and inspirational message to share in the form of photos/videos, memorabilia, art, letters, etc. The club sends weekly Wall of Inspiration letters to famous and prominent figures outlining our story and mission, seeking content for the case. The case currently includes personal messages to TRCI on posters from actors Danny Trejo and Donal Logue (thanks to Ms. Reyes). Additionally, we've received a personal video message from world renowned magician Joshua Jay. As well as Adrian Branch (former NBA player) and David Nevue (pianist), who visited and performed at TRCI last year.

The Wall of Inspiration is now permanently located in the visiting room next to the control point. The case was placed in the visiting room for both AIC's and families to enjoy. It gives the families visiting a sense and belief that their incarcerated loved ones have a community in and outside the walls that supports and believes in positive change. You and your family are able to take pictures in front of the "Wall" too. Please check out The Wall of Inspiration with your visitors next time you're in visiting!

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. Games will be Speed Charades, Party Pictionary (with our portable dry erase board), and Trivial Pursuit.

The new 'Game Night' will be introduced to all incentive units during March and April.

April Game Night Schedule

(Tentative April Schedule)

Thursday April 6th

Unit 2 – 6:30 p.m. to 8 p.m.

Thursday April 13th

Unit 5 – 6:30 p.m. to 8 p.m.

Thursday April 20th

Unit 10 – 6:30 p.m. to 8 p.m.

Thursday April 27th

Unit 11 – 6:30 p.m. to 8 p.m.



Be curious. not judgmental

- **Ralph Waldo Emerson**

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 1/1/2023

PROPOSED RULES:

291-009 Tours

- Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections

- Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

291-069 Security Threat Management

- Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload. With the modification of criteria for placement onto an STM caseload, monitoring of AICs who are the top two percent affiliated with serious institution misconduct is increased.
- Public Hearing: 4/27/2023 at 2:00PM - 2:30PM

291-077 Performance Recognition and Award System

- Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.

PERMANENT RULES:

291-117 Personal Property (AIC)

- Amends rule to reflect current department policy and practice and to remove gender-based language. More specifically, it is the department's current policy and practice that AICs are authorized to possess certain cosmetic appliances as personal property irrespective of AIC gender, but only at specific Department of Corrections facilities that the department has authorized for personal possession and use of cosmetic appliances based on facility infrastructure or physical plant design and capacity considerations.

291-121 Handiwork (AIC)

- Repeals rule to replace it with the Learning Entrepreneurship, Arts, and Production (LEAP) rule in order to allow for a broader range of Adults in Custody (AICs) to participate in entrepreneurial programs. The Handiwork OAR 291-121 is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

291-124 Health Services

- Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment; to provide clarification that the free copy of medical records for AIC aren't subject to the same timeframes as public records requests; and to change the name of the Medication Assisted Treatment program (MAT) to Medications for Opioid Use Disorder (MOUD) and remove reference to "pilot".

291-172 LEAP

- Adopts rule to provide guidelines for a program allowing adults in custody to constructively use non-programming time to engage in a positive learning experience with the possibility to earn funds for use during incarceration or after release. This rule OAR 291-172 LEAP will replace OAR 291-121 Handiwork (AIC), which will be repealed. OAR 291-121 Handiwork (AIC) is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

SUPPLY/CHEMICAL DELIVERY CLERK Physical Plant Tool Room

Delivery of supplies and chemicals. Learn and operate Benchmate computerized maintenance program for the daily entry of work orders for the institution. Help in any and all projects pertaining to the institution within the scope of practice. All work is to be performed with a professional attitude towards others.

- Minimum Skills:
1. Complete TRCI Admission & Orientation Class
 2. Level 2 or 3 may apply
 3. GED
 4. Legible handwriting, basic math and filing abilities
 5. Capable of pushing heavy carts of chemicals to Units.
 - The ability to lift 25/50 pounds regularly
 - The ability to safely climb ladders while carrying up to 40 pounds
 - The ability to wear personal protective gear correctly most of the day
 6. Must be able to work in a team environment.

- Preferred Skills:
1. Computer skills a plus.
 2. Have basic knowledge of hand power tools, have the ability to learn to operate man lifts, hydraulic jacks, scissor lifts, etc.
 3. Be able to follow operational and safety guidelines.

Hours of work: 7:00 AM to 2:45 PM (five days/week)

PRAS points: Starting-12 points with the ability to increase according to schedule

Send Application to: Physical Plant Tool Room-B. Walchli

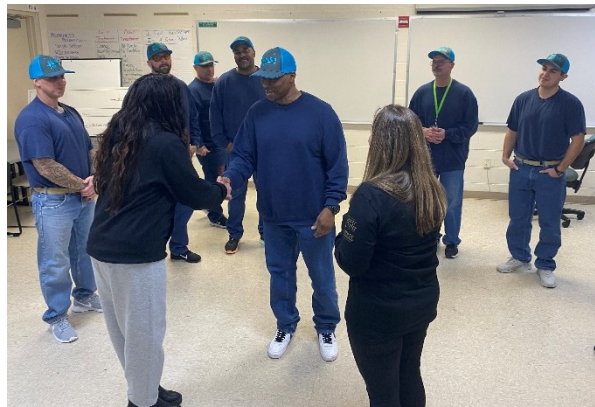
FAFSA is 6 months away

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

- You can apply for FAFSA in July 2023.

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

Tri-Cities Cancer Center Visit @ TRCI March 10th, 2023



Two members of the Tri-Cities Cancer Center visited the Paradigm Shift Club at TRCI on Friday, March 10th to receive their long-awaited check from the past Breast Cancer awareness fundraisers. The \$3,834.35 donation from AIC's at TRCI will support the Cancer Center's future operations. The two ladies were enthusiastic about visiting a prison for the first time and eager to learn about the Paradigm Shift Club, how fundraisers were facilitated, and information about the nuances of prison. A few members shared their personal story as well as how important impacting the outside community is for those incarcerated. The two guests showed immense gratitude and empathy toward the group's endeavors and were surprised that those incarcerated were willing to donate their minimal funds for the greater good. The ladies spoke about the Cancer Center in detail, which included an overview of departments, potential fundraising opportunities, and relevant information related to men incarcerated. The club enjoys meeting with donation recipients to help spread awareness and build transparency, not only among the AIC community, but the outside community as well.



April Movie Schedule

Week 1	Run Time	April 7 th – April 13 th	Rating	<input type="checkbox"/> <input type="checkbox"/> Movie Playing Times <input type="checkbox"/> <input type="checkbox"/>			
Ch.51	Loop	Shameless Season 7 Disc 2 / Boardwalk Empire Season 3, Disc 4 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	1:42/ 2:37	M3GAN / Any Given Sunday	PG-13 / R	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Power Book II: Ghost Season 1 Disc 4 / House of The Dragon Season 1 Disc 3 (2 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 2	April 14 th – April 20 th						
Ch. 51	Loop	Shameless Season 7 Disc 3 / Boardwalk Empire Season 4, Disc 1 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	1:44/ 1:44	The Invitation / Captain Ron	PG13/ PG-13	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	True Blood Season 5 Disc 3 (3 eps.) / Strike Back Season 2 Disc 1 (2 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 3	April 21 st – April 27 th			<input type="checkbox"/> 1:30 & 10:30 Times Repeat <input type="checkbox"/>			
Ch. 51	Loop	Shameless Season 8 Disc 1 / Boardwalk Empire Season 4, Disc 2 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:19/ 1:55	Devotion / Lock, Stock and Two Smoking Barrels	PG-13 / R	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Power Book II: Ghost Season 2 Disc 1 / House of The Dragon Season 1 Disc 4 (2 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 4	April 28 th – May 4 th						
Ch.51	Loop	Shameless Season 8 Disc 2 / Boardwalk Empire Season 4, Disc 3 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch.52	1:40/ 1:57	House Party / Trainspotting 2	R / R	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	True Blood Season 5 Disc 4 (3 eps.) / Strike Back Season 2 Disc 2 (3 eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM

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.

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.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 3/13/2023.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amends rule to permanently adopt changes to the rule that were temporarily adopted on 1/1/2023 reducing the maximum consecutive sanction to DSU from 180 days to 90 days; for minor grammatical changes; and for consistency.
- Last day of comment period: 5/19/23 5:00 PM
- Public Hearing: 4/27/23 10:30 AM

291-113 Education and Training Programs

- Amends rule to align with current practice; change “inmate” to “AIC”; and for other minor grammatical revisions, clarifications, and consistency.
- Last day of comment period: 5/19/23 5:00 PM



OPERATION SMILE
FUNDRAISER

The Paradigm Shift Club would like to thank all that participated in the Operation Smile Fundraiser!

Note: 1 order of the Teeth Whitening Strips are 1 pack of 14 strips total (7-day supply). 1 packet contains strips for top and bottom teeth.

Thank you for your love and support.

