

SCI AIC NEWSLETTER

APRIL 7TH 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

DUE THIS MONTH!!!!!!!!!!!!!!





**State of Oregon
Department of Corrections Commissary**

Commissary is happy to announce the following items are now permanent.

Corner Store Peach Rings 3 oz \$.87

La Moderna Pasta Shells 7.05 oz \$.79

Cheez It Crackers Original 7 oz \$2.26

Please note that the above items will count against your spending limit.

We are seeing outages statewide from our vendors due to manufacturing issues and delays in receiving product. In addition, our vendors have discontinued some items, so we are researching new items to replace them. Thank you for using the AIC suggestion forms, we are using your suggestions to research potential new products. We have also been notified from our vendors that some prices have increased, the new prices are effective Monday, April 3, 2023

MASKS LIFTED STARTING APRIL 3rd 2023

OHA recommends people at high risk of severe disease and hospitalization, especially in communities with higher levels of transmission, continue to wear masks in health care settings. OHA also recommends continued masking in health care settings for people:

- Who are unvaccinated,
- With compromised immune systems,
- With underlying health conditions
- Are 65 and older
- Living with others at high risk or severe disease

AIC's and Staff may continue to wear them if you desire or if currently sick is recommended. This also can change in the future and will become mandatory again in DOC, but you will be notified.

Photos

We will not take a picture of you, if you do not have a photo ticket!!! We do not want to hear any story that you didn't know your family member was coming to a visit unexpectedly, so can you please take the photo and hold onto it. That's too much work on our part. We are getting a lot more of these stories recently. The rules are simple no ticket, no picture and no exceptions!! Buy some tickets to store for emergencies or unexpected visits. Its \$2.00 to store one ticket. If you get rolled up or transfer before using it you lose that \$2.00 dollars or however many you have, but on plus side you are ready for unexpected visitors!! For all events if you want a picture at it, you must purchase tickets ahead of time. i.e Family bbq, weightlifting competition, softball team victory photos etc... Make sure Cd 28s are in blue ink and attached to a kyte and sent to the library.

NO REFUNDS!!!!

Once money is taken off the books we will not refund or transfer your tickets if you parole or get transferred before you use the ticket.

If you take the photo and get transferred we will ship to your new institution. If you are paroling soon give us a self addressed envelope to put your pictures in to send to you at your place.

Tickets will not be distributed until central trust takes the money off your books, it can be weeks as its on their timeline not ours! So plan accordingly..

Photo Program

Beast Mode Competition Saturday April 22nd 2023

Any pictures you want for the competition, must be purchased ahead of time and in your possession. No ticket, no pictures! Any awards won by competitors and authorized for Adults In Custody to possess must be treated as personal property and maintained in compliance with the Rules & Statutes regarding the personal property of Adults In Custody at the Oregon Department of Corrections.

BEAST MODE

APRIL 2023 Competition

Weight Class	Clean to Overhead <u>10 reps</u>	Burpees	Deadlift <u>15 reps</u>	Sandbag Carry on Lower Yard <u>20 yards</u>	Burpees	Tire Flip(x5)	Sprint to Finish Line to Complete
140-160	125 lb.	15 reps	235 lb.	125 lb.	15 reps	Small	N/A
161-180	135 lb.	15 reps	255 lb.	150 lb.	15 reps	Medium	N/A
181-200	145 lb.	15 reps	275 lb.	175 lb.	15 reps	Medium	N/A
201-220	155 lb.	15 reps	295 lb.	175 lb.	15 reps	Medium	N/A
220+	165 lb.	15 reps	315 lb.	200 lb.	15 reps	Large	N/A

Instructions

1. Bringing the weight from the ground to full arm extension overhead is one complete rep.
2. After 10 complete reps, perform 15 Burpees in place.
3. After completing 15 Burpees, you will perform 15 complete Deadlift reps at designated weight
4. You will then sprint to the lower yard, pick up your designated sandbag and carry it 20 yards.
(if you drop the sandbag and do not pick it up in 3 seconds, you will start the sandbag carry from beginning).
5. After dropping sandbag after 20 yards on lower yard, you will perform 15 Burpees.
6. After 15 Burpees are complete, you will then flip your designated tire 5 times.
7. Once you finish flipping the tire 5 times, you will sprint to finish line and receive your time.

PLAYGROUND COMING

SCI is excited to report the crew broke ground this morning for our playground equipment. Looking forward to having a wonderful play area for our AIC families



Starting soon N/A Classes..

Starting Tuesday April 11th 2023 Narcotics Anonymous will begin holding weekly meetings down in room 118 (work skills center) every Tuesday. If you are interested- kyte Ms. May to attend. (times will be announced)

Transitions Classes

Transitions Services will be returning soon!! There will be a pause in classes, but we'll be up and running again soon! Please keep an eye on call-outs and an announcement in the monthly newsletter!

Thank you for your patience!

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.

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

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.



Free Your Mind – CORE

Your mind can be your prison or your palace. What you make it is yours to decide...

Free Your Mind, and the rest will follow!

If you are interested in this exciting program please kyte your Counselor and sign up ASAP!

Free Your Mind - CORE is a structured cognitive behavioral change intervention designed to target the needs of individuals involved in the criminal justice system. *But it is not your everyday, run of the mill group!* The main goal of the program is to challenge the perceptions that may have led you to react and get into trouble in the past, and to practice different responses that get you closer to the things you want. We will talk about how we can always choose our thoughts, even when we do not have much choice about other things in our environment. Finally, we will provide you with the opportunity to learn skills that might help you make different decisions in the future. It is always up to you to decide when you want to use any of these tools.

FYM-C is designed to be interesting, fun, challenging, rewarding, and relevant to your life. It is divided into 6 modules: Readiness, Orientation, CORE, Free Your Mind from Anger, Building Mental Toughness, and Preparing for a Future with a Free Mind. Each module uses a variety of learning tools such as reflection, discussion, role play, games, activities, and more.

<p>You can have a free mind.</p> <p>ANYTIME. ANY- WHERE.</p>	<p style="text-align: center;">What is a FREE MIND?</p> <p style="text-align: center;">It recognizes what it can control (and what it cannot). It chooses to focus only on what it can control. It makes rational decisions, rather than being governed by emotions or habits.</p>
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Free Your Mind - CORE is mandatory and is part of your Oregon Corrections Plan. If you have questions about your participation or your options please discuss this with your Correctional Counselor before the first day of class.

Class will be held Tues thru Fri, 1:30 pm – 3:00 pm. Please work out any and all schedule conflicts with your supervisors and Counselor prior to the beginning of class. If you have specific concerns, please discuss them with your Counselor. You **MUST** show up to the first day of class, regardless of any unresolved conflicts.

Please join us for an orientation (date to be determined) to learn more about the program and what is ahead!

We are so excited to have you be a part of our group! Looking forward to meeting you!

Easter Word Search

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

BASKET
 BONNET
 BOUQUET
 BUNNY
 CARROT
 CELEBRATION
 CHICK
 CHOCOLATE

COTTONTAIL
 CROSS
 DECORATE
 DYE
 EASTER
 EGG
 FIND
 RABBIT



Have a fantastic Month



