



What's New in the News at The Creek?

Portland State helps former inmates transition from prison to college

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Kiesha Johnson and married couple Rachel Guirsch and Lisa Guirsch are among the first students to participate in Portland State University's Project Rebound, an effort to help formerly incarcerated students transition from prison to higher education. All three now help run the program for new students through stipends from AmeriCorps. (Vickie Connor/The Oregonian) Vickie Connor/The Oregonian

By

• **Sami Edge | The Oregonian/OregonLive**

Kiesha Johnson shook her foot as she waited on stage in a Portland State University ballroom in late March, eager to speak with the dozens of people who'd come to learn about the university's efforts to help formerly incarcerated students.

"I'm not supposed to be here," she began.

Less than two years ago, Johnson was in prison, serving a life sentence. Today, having received a commutation from former Gov. Kate Brown, she is a full-time student at Portland State.

Johnson, 50, was among the first to enroll in a college class at Coffee Creek Correctional Facility in 2019, when Portland State started offering higher education courses for women incarcerated there. She's also among the first to enroll at the university full-time through Portland State University's Project Rebound, a budding effort to help students continue their higher education after their release.

The university has increased its coursework at the women's prison in Wilsonville over the last several years, thanks to work spearheaded by professor and former criminal defense attorney Deborah Arthur. Now, Arthur's team is moving to expand those efforts into a formal support system to help formerly incarcerated students continue their studies at Portland State.

"Higher ed in prison is not just about dropping content in a prison," Arthur said at the event where Johnson spoke. "It's about supporting the whole student and helping them have access and find those jobs and have a future."

Portland State's Project Rebound is modeled after a program by the same name in California. It aims to provide formerly incarcerated students the resources, academic help and support system they need to build a new future. The program also creates a network for formerly incarcerated students to help one another ease into post-prison life.

Backers say Rebound is a public safety effort, helping students build new opportunities so they don't return to crime. California's Rebound program, which has enrolled over 500 students in the past six years, boasts a recidivism rate of less than 1%.

As the program gains traction in Portland, lawmakers in Salem are considering a bill that would establish similar programs at other public colleges around the state.

Education didn't come easy to Johnson, who grew up in Oakland and left high school as a senior. But sticking with it has given her new opportunities and renewed confidence.

In 2003, Johnson was sentenced to life in prison for the fatal shooting of a 34-year-old Salem woman in a drug deal gone wrong. Johnson didn't pull the trigger, court records show, but was with the man who did.

"As a former inmate, you already have all the strikes against you. I have a few extra ones for being an ex-felon, for being on parole, being Black and being a woman," Johnson said. "I cannot let an extra one – not being educated – be against me."

DEARTH OF PRISON EDUCATION

Arthur was teaching at MacLaren Youth Correctional Facility in Woodburn eight years ago when she discovered that, unlike many men's prisons, Coffee Creek, Oregon's only women's prison, had no higher education pathway. Portland Community College offered some basic education and GED courses, Arthur said, but until she helped start classes at the facility in 2019, women's post-secondary education opportunities were severely limited.

Johnson was one of 20 students who enrolled in Arthur's first class, a year-long, 15-credit interdisciplinary course focused on the theme of metamorphosis. But she nearly quit, convinced she couldn't cut it.

When Johnson got to Coffee Creek at age 31, she said, she was "angry as hell."

For her first years in prison, she felt defeated. Johnson was frequently disciplined because she had a short temper and lashed out if people were in her space, she said.

Her family spurred her to change. Johnson couldn't see her two children if she was in trouble, she said, and she didn't want to fail them.

"They say if you've got one parent in, your children follow your footsteps," Johnson said. "The motivation really came from just showing my children that you don't have to be a product of what failure looks like."

Johnson enrolled in GED classes and finished what she'd started in high school. She began writing a book, took the miscellaneous classes in Microsoft software and computer-aided design and, alongside other incarcerated women, advocated for higher education inside the prison.

When she joined Arthur's first class, Johnson felt out of her depth, convinced that other inmates and the Portland State students taking the class had more experience. But when she told Arthur she planned to quit, the professor made time to tutor Johnson outside of class, coaching her through challenges like where to place her periods and quotation marks.

"I was like, 'Okay, somebody believes I can really do this.' I'm going to keep pushing for it," Johnson said. "I cannot let my fear define me."

When Johnson applied to Brown for commutation, Arthur wrote her a letter of recommendation, and court documents show that a daughter of the shooting victim also supported Johnson's release. After Brown ended Johnson's sentence, the professor joined Johnson's family to pick her up at the prison gates.

Johnson and her attorney maintained during her trial that she thought she and the gunman were going to the 34-year-old Salem woman's home to buy drugs and she had no idea he would rob anyone or fire a gun, let alone kill someone. Gunman Andre Johnson, who testified against her as part of a plea deal and who is not

related to Kiesha Johnson, said she helped him plan the robbery. According to the Associated Press at the time, the prosecutor argued that since Kiesha Johnson helped the gunman after the shooting, she was guilty of the murder under Oregon law.

Brown highlighted Johnson's case in a talk she gave at Princeton University last year, saying Johnson had been transformed in prison and was worthy of redemption. She noted that Johnson, who is Black, had been convicted by an all white jury.

In a call with Johnson's family, Brown said she was "horrified" by how Johnson was treated by the criminal justice system and apologized for the racism and sexism that Brown said contributed to her case.

Johnson was released in 2021 and spent time with relatives in Texas before returning to Portland last year. With the help of Arthur and the Project Rebound team, she started classes in the winter and just finished her first term working toward a liberal studies degree. Her children are proud to see her in college, Johnson said.

"I just keep pushing forward with education. I'm 50. I hate that I started late in life, but I guess it's never too late," Johnson said.



Lisa Guirsch holds a backpack full of her new project Rebound supplies, including a laptop for class, alongside the Higher Education in Prison Program college navigator Nahlee Suvanvej. Courtesy Rachel Guirsch

REBOUND GAINS MOMENTUM

It's impossible to say how many formerly incarcerated students have come through Portland State, because the school doesn't ask.

But Sam Wilson knows they're there. He's one.

Wilson, a Portland State English major, started as the part-time Project Rebound coordinator in November after making the prison-to-college transition himself. He transferred to Portland State in 2017 after serving a 10-year sentence for a fatal DUI he committed as a teen.

Portland State didn't have a resource program for formerly incarcerated students when Wilson enrolled. Still, students found one another, Wilson said, and developed a patchwork support network for helping each other through challenges – often with technology – like how to use Google Docs or the campus system for turning in homework.

Students who leave prison carry the trauma of incarceration, Wilson said. When they get out, the world can seem to be moving at a different pace. Technology is a hurdle and stimuli are everywhere. His job is to help students navigate that.

"There's no way you can prepare," Wilson said. "If you don't have someone to hug you and say, 'Take a deep breath, this is going to be okay, you know how to do this, you did school inside.'... then life is going to push education away."

He and the small team of professionals and students who make Rebound run are a full-service pit crew and cheerleading squad. College Navigator Nahlee Suvanvej helps get paperwork squared away for students who largely rely on federal Pell grants and other financial aid dollars available to all students. Rebound gives students new laptop, shoes, backpacks and clothes. And Rebound students who are living through the transition help new students find their footing.

Five women have enrolled through Project Rebound this year, and Arthur expects that number to increase to eight over the spring.

Rachel Guirsch was the first. She started in the fall, just three days after finishing a multi-year prison sentence for setting a fire that police said risked the lives of two people experiencing homelessness. Guirsch told police at the time, and says today, that nobody was inside the makeshift shelter that caught on fire.

Arthur met Guirsch at the MAX tracks when she got to campus, walked her to class and introduced her to her professors. Rebound gave Guirsch a backpack, a new laptop, necessities like sunscreen and a water bottle and a silverware set that gave Guirsch immense comfort after spending several years in prison responsible for keeping track of her own fork and spoon.

Suvanvej took Guirsch on a tour around campus that first day, showing her the resource center where she could get food and personal necessities and the campus bowling alley.

"Everywhere we went, I would be like 'Oh, wow, look at this. Look at this,'" Guirsch remembers.

"This is yours. This is your place. This is where you belong," Suvanvej replied.

A key tenet of Project Rebound is that current students help support new arrivals, Arthur said. Rachel Guirsch helped pave the way for her wife, Lisa Guirsch, who started at Portland State two weeks later after ending her sentence for burglary. Both women and Johnson now work with Rebound, earning stipends to run and expand the program.

"If you change one person's life by helping them, get their GED or their college degree, it changes the lives of their kids, then changes the lives of their kids and then their kids, and maybe makes the world a better place," Lisa Guirsch said.

Portland State's efforts are modeled after California's Project Rebound, which has operated at San Francisco State University for more than 50 years and in the last decade expanded to several other campuses. The state invests a few million dollars in Project Rebound programs each year.

The majority of the 566 students that California has served are first-generation college students and students of color, the agency's annual report says. Some 86% of Rebound Scholars have stayed in good academic standing and the average student GPA is close to 3.0. Wilson is eager for Portland State's program to provide more of the resources some California campuses offer, perhaps even offering housing in the future.

Rebound currently runs on a \$25,000 budget from grants and donations, Arthur said. Wilson is only part-time and doesn't receive benefits. A partnership with Campus Compact of Oregon gives AmeriCorps stipends to Rebound students, including Johnson and others who are helping to build the program that's supporting them.

While Arthur thinks she can keep scraping up grant money to fund current efforts, she'd like to see Portland State fund Wilson's position full-time. "Having it be so touch-and-go is really a detriment to the students," Arthur said.

Alex Sager, director of PSU's University Studies program that oversees prison-related higher ed, has put in a request to fund Wilson full-time. But next year's funding levels are still up in the air as Portland State deals with a bleak budget and enrollment picture. The program also plans to hire a full-time higher education in prison coordinator to oversee its broader efforts at Coffee Creek, but that position is caught up in a university-wide hiring freeze.



Rachel Guirsch poses with Professor Deb Arthur at "Viking Days," Portland State's annual back-to-school event on her first day on campus. Guirsch wore a borrowed shirt and her prison shorts for that first day of class. She'd only been out of prison for three days and hadn't had time to find a new wardrobe. Courtesy Rachel Guirsch

ADDRESSING SAFETY CONCERNS

All of Rebound's participants have criminal records and, in some cases, multiple felonies. Arthur has fielded concerns that drawing formerly incarcerated students to campus could threaten campus safety. Participating students argue the opposite is true.

"We have already been in the process of changing our lives, and so now we are actually positive members of the community that contribute," Lisa Guirsch said.

Portland State has an easily accessible campus in the middle of a big city, so people with a variety of criminal convictions can already visit campus or enroll, Arthur said. Supporting formerly incarcerated students and giving them the resources, they need to get through college is a tool to keep them from returning to crime, she said.

"You can't have one foot in the criminal world and one foot in college.

There's not time," said Rachel Guirsch. Rebound does plan to adopt some of the guardrails California has imposed. If a person convicted of a sex crime in California wants to participate in Rebound, Arthur said, they're asked to report to campus public safety and Rebound officials connect with their parole and probation officers, she said.

"Everyone wants to make sure that everyone is safe," Arthur said.

Portland State Project Rebound team members surround Nadine Smith, third from the left, when she visited campus last week to start the process of enrolling at Portland State University, just hours after leaving prison in Coffee Creek. Photo Courtesy Deb Arthur.

'THIS IS WHY THIS WORK MATTERS'

Nadine Smith, who knew Arthur from college classes she took in her short stint at Coffee Creek, called the professor on her drive home from prison last week.

Smith had just been released after serving seven months for theft and possession of a stolen motor vehicle. She wanted to start toward her degree.

Arthur, who hadn't been expecting Smith's call first-thing on a Wednesday, rallied the team. They met Smith on campus an hour later.

Smith could have gone straight home from prison or taken a few days to relax before calling Arthur. But some gut feeling urged her to plant a solid foundation right away.

"I'm so glad that I did. I feel like it set me up for an amazing foundation," Smith said. "I couldn't have felt any more welcomed home than they made me feel."

The Rebound staff helped Smith get started with paperwork she needed to finish her college registration and gave her a backpack of school supplies and personal hygiene products. Johnson and the Guirsch shared tips for post-prison life.



"Everybody was in tears," Arthur said the next day. "This is why this work matters so much."

This story was brought to you through a partnership between The Oregonian/OregonLive and Report for America.

TOASTMASTERS INTERNATIONAL

Spring 2023 Newsletter

Dominoes Fundraiser

There's no need to drool over those mouth-watering Dominoes commercials without reprieve! Though Toastmasters waited till after the close of Girl Scouts' Annual Cookie Fundraiser in order to provide everyone with the opportunity to purchase 1-4 items, orders can now be placed, March 27 thru April 9, please be timely to allow for CD-28 processing.

Due to inflation and budgeting needs, it was only appropriate to put the tasty Pizza, Pasta and Lava Cake treat options on hold until April's monthly pay-period. Thank you for your patience and your participation!

TM's New Design

Pathways has eleven paths with five levels in each path. The flexible setup allows for you to choose your path—

- Dynamic Leadership
- Confidence
- Management
- Innovative Planning
- Effective Coaching

—while maintaining a speed that suits you. Fortunately, because Toastmasters is International, you can join the club nearest you upon parole!

*“Do not wait for leaders, do it alone, person to person.” ~
Mother Teresa*

Pathways

Toastmasters (TM) transitioned to Pathways in 2019 yet maintains its original intention, practices, and proceedings. Since 2013, the CCCF Audacious Orators has been the reigning club for AICs. Thanks to Oregon State Penitentiary, the predominately male AIC Toastmasters club helped initiate our establishment.

Toastmasters is not only about public speaking; its about community. It's about connection and encouragement. We maintain an identity that supports our fellow peers, most recently in supporting the Suicide Awareness and Prevention Walk for Medium and Minimum AIC. As sponsors, TM marketed water bottles, special, dry-wick towels, and bracelets to help earn money for the cause.

Sign up today and you can be a part of 6 free TM meetings. The club values your membership status and will even assist you with the \$20 enrollment fee in order to bring you onboard!

Thank you for your interest.

Members Speak Out

Why are you a Toastmaster?

“I have experience with public speaking, but not with the more formal setting with a podium. I'm here to hone my craft and am grateful for the opportunity.”

~ Sofia Johnson

What do you like about Toastmaster's?

“Everything. The camaraderie and the fellowship we have going on is great. I enjoy being involved in community events and hope to become a more effective speaker. Toastmasters is definitely a productive use of one's time.”

~ LaShara Newman

AUDACIOUS ORATORS

Coffee Creek

Spring 2023 Newsletter

Bi-Monthly Meetings

Wednesdays

Meeting Date	Meeting Topic
January 4, 2023	Personal Growth
January 18, 2023	Cosmos
February 1, 2023	Embrace Oneself
February 15, 2023	Centrifuge
March 1, 2023	Paroling
March 15, 2023	Things You Don't Talk About
April 5, 2023	
April 19, 2023	Spiritual Connections
May 3, 2023	Elections
May 17, 2023	
June 7, 2023	
June 21, 2023	
July 5, 2023	

Annual Awards Banquet

Patiently waiting for more than three years, Toastmaster Members were thrilled to have such a meaningful awards ceremony with friends and family in Medium's Visiting room, Friday night, March 17th. The creative, whimsical and prestigious awards commemorated skills, talents and industriousness!

After the abundant catered food was enjoyed by all whom attended, we were able to provide the Parenting Class Matriculation with food too! The Parenting Class graduates and their children held their matriculation in the children's area of Medium's Visiting room, allowing for two special events in one night! Thank you to everyone who helped make these important milestone moments run so smoothly!

SPECIAL THANKS to all of the Toastmasters and their guests who helped make our annual awards banquet so special; truly, an event to remember.

To Sign Up

Come and see what we are all about with six free meetings. Kyte Mr. Roy in Lifeskills and ask to sign-up for the six free meetings. We look forward to seeing you!

Social Capital

Build your social capital! Join Toastmasters, meet new people, tell us about yourself, your interests, and whatever suits your fancy! We want to hear what you have to say!



President
Secretary
Treasurer
Vice President. of Education
Vice President of Membership
Vice President of Public Relations
Sargent of Arms

Hancock, Amanda
Largay, Michelle
Snodgrass, Sheryl
Alderson, Sue
Dutro-Seaman, Jessica
Stott-Smith, Mandy
Barraza, Jessica





Did you know that Girl Scouts Beyond Bars is open to mothers, grandmothers AND aunts and older sisters? Join Girl Scouts Beyond Bars to build your leadership skills while supporting your girl (grade K-12) in becoming more confident and courageous. Experience Girl Scouts together. Send a kyte to Life Skills for an application.

New single-page applications available now! Girl Scouts is due to return to Coffee Creek VERY soon—**Kyte Lifeskills to apply today!**



ROAD TO SUCCESS

News Release: 04/21/2023

Submitted By: Billiemarie S. (RTOS Clerk)

What is RTOS?

The *Road to Success (RTOS)* program is in place to help AIC's with 120 days or less prepare for their release. It consists of five components: 1) Employment 2) Working effectively with your Parole Officer 3) Your family, Your Community, and Your release 4) Money management 5) Tenant Education.

How does it work?

At about 6 months to release RTOS will schedule an in-person assessment. At that time, you will be offered the opportunity to sign up for release classes. All of the classes are voluntary, and will begin approximately 2 months or less to release.

"Super Star" status is earned by completing all five of the transition classes. Super Star status earns you an additional certificate, as well as a reference letter. This curriculum works in conjunction with current programs and courses you may already be taking. AIC's will also have the opportunity to work one-on-one with transition staff to set up an individual transition plan for release. Be sure to take advantage of every program to ensure your success!

Open Office Hours

Minimum: Programs Building D-17, Tuesdays: 8:30 am – 10:30 am
Appointments by Request. Kyte Mr. DeAnda/Transition Department

Medium: C/D 13,

Please be appropriately dressed and bring a pen

If you are with-in 120 days of release and have transition needs such as employment information, which resources are available in the community you are returning to? We are here to assist you. You can work on a release plan, contact DMV, research housing options for your county, sign up for additional classes and handle other various transition related issues.

*Stop by our office during open office hours once you are within **120 days or less from your release.**

Highlights



When re-entering back into the community improvement in a credit score may provide opportunities with employment, housing, and other resources. Keeping track of your credit score while incarcerated is important and may be your first step to financial stability. Receive a free copy of your credit report from each of the nationwide consumer credit reporting agencies; Equifax, Experian, and TransUnion. Mail the completed application to the Annual Credit Report Request Service Center.

Kyte records for proof of incarceration, upon receipt kyte Mr. DeAnda for the Annual Credit Report Request Form.

Opportunity Oregon

Employers need good employees.

Opportunity Oregon shows them that ex-offenders can be some of the most loyal, hardworking employees they will ever find. If you show a change in behavior Opportunity Oregon is interested in working with you. Opportunity Oregon wants to incentivize changed behavior and advocate for those who turn their life around inside. Start working with the agency now to prepare for employment once you leave.

Kyte Mr. DeAnda for an application.

These are amazing opportunities leading you down
your personal
ROAD TO SUCCESS!!
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

*****New Canteen Items!!!*****

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

Chez 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.



Financial Services

Informational Briefing

AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
Court Ordered Financial Obligation (COFO)	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are not available until the AIC releases from ODOC custody.</p>		
DOC Debt	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available; funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
County Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
Initial Federal / US Court Filing Fee Obligation	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
Federal / US Court Deferred Filing Fee Obligation	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

02/03/2023



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.

Did you know?

May is National Physical Fitness month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

- Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 days a week)

AND

- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you’re doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

Intensity is how hard your body is working during a physical activity.

Moderate-intensity aerobic physical activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell if it’s a moderate-intensity aerobic activity is that you’ll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast or hiking
- Riding a bike

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your [heart rate](#) has gone up quite a bit. Use the Talk Test for the intensity of your aerobic physical activity. If you’re being active at a vigorous level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Running
- Playing basketball

Build Up Over Time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you haven’t been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

In case you didn’t get the memo:

Proper Attire While Off Your Unit

Please remember that when you leave your Unit, you should be properly dress. Available reading in the AIC Unit Handbooks states the following:

Corridor Movement:

- When you leave or return to your unit you will be properly dressed, i.e., t-shirts tucked in, pants rolled outward no more than one fold, shoes tied properly, lanyard and ID outside of shirt, etc. AICs will walk no more than two across on the right side of the corridor. Horseplay of any kind is prohibited. Conversation in the corridor will be kept low, primarily with the AIC you are walking with. No loitering in the corridors. Go directly to and from your destination without stopping and talking with other AICs.

Anytime you leave your cell/bunk area, you are to be properly dressed. Dressing on the tiers, landings, or stairs is prohibited.

Any approved necklace or religious medallion/item must be tucked underneath your shirt and not openly displayed.

AIC IDENTIFICATION CARDS (IDs)

You were issued a permanent photo ID card when you arrived at the facility. You are required to maintain possession of your ID. Keep it in good condition. **If you alter your appearance significantly or alter/destroy the ID you will be charged for a replacement.** You are required to wear your ID card on your unit colored lanyard at all times, including the recreation yard. Your lanyard and your ID card must be worn outside of your clothing and in front, where staff can easily see your picture. The only exceptions to this rule are:

- When you are sleeping.
- When going to and from the shower.
- When getting up during the night to go to and from the restroom.



Hello all,

It's time to talk about veggie trays here at The Creek:

Starting soon, the process for requesting and receiving **MATs**, (**M**eat **A**lternative **T**rays), will be changing slightly.

You will now need to place your: Name/SID/Bunk on the signup sheet when you have chosen a **MAT** in place of the main line meal.

Security will then call out only those AICs that have selected the **MAT** and will have them go to the serving line to pick up their tray.

This will help guarantee that if you have selected a **MAT** that it will indeed be waiting for you at that particular meal. There will be an accountability piece that comes with the changes. If AICs sign up for a **MAT**, and then refuses and decides to get a regular tray, you will be held accountable with progressive discipline.

We will begin to roll out this new procedure/expectation on **Monday May 22,2023** for both CCCF & CCCM with the help of Security staff.

Thank you,

Palomo

GUESS WHAT???

T.A.C.E IS COMING!!!!!!

After an almost 3 year hiatus, TACE is returning to Coffee Creek!

“Through a Child’s Eyes” has been one of the most uplifting and successful programs in Coffee Creek’s history. It is a rare opportunity for AICs to interact and bond with their children, (or grandchildren in some cases), in a festive and enriching environment.

On August 12th for Minimum, and the 13th for Medium, the Rotary Club of Wilsonville will be sponsoring this amazing event.

The sign-up sheets will be available soon at your unit officer’s podium.

What you need to know before you sign up:

***All visitors will need to be on your approved Visitor’s list**

***The cut-off date for visitor approval submissions is June 15th.**

NO EXCEPTIONS.

***The option for having your grandchildren visit will only be available to Medium AICs.**



Are you interested in Head Start?

- Is your child 5 years old or younger?
- Does your child live within one hour of CCCF?
- Are you available Tuesday and Thursday mornings?
- Is your child's caregiver able to transport?
- Are you gate cleared?

You may qualify to participate in Head Start!

Head Start at Coffee Creek is a program focused on strengthening the mother/child bond during incarceration. Head Start provides comprehensive early childhood education, health, and nutrition information to families. If interested, please send a KYTE to **Head Start**.



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 Vaccine and Booster Dose Update – April 2023

The COVID-19 virus is still present in our institutions and communities, and vaccines continue to be the safest and most effective way to protect from COVID-19 infection. The Food and Drug Administration (FDA) has released new guidelines on COVID-19 vaccine protocol. Health Services will be compiling a list of individuals who are eligible for a booster dose and will hold vaccination clinics for individuals who meet the criteria as established by the Food and Drug Administration.

If you are not yet vaccinated and would like to be, please contact Health Services. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

What you need to know:

- At this stage of the pandemic, the FDA is simplifying the use of the authorized single **mRNA bivalent** COVID-19 vaccines (the monovalent mRNA vaccines are no longer being used).
- Most unvaccinated individuals may receive a single dose of a bivalent vaccine, rather than multiple doses of the original monovalent mRNA vaccines.
- Most individuals who have already received a single dose of the bivalent vaccine are not currently eligible for another dose.
- Individuals 65 years of age and older who have received a single dose of a bivalent vaccine may receive one additional dose at least four months following their initial bivalent dose.
- Most individuals with certain kinds of immunocompromise who have received a bivalent COVID-19 vaccine may receive a single additional dose of a bivalent COVID-19 vaccine at least 2 months following a dose of a bivalent COVID-19 vaccine.
- Health Services is compiling a list of individuals eligible for a second dose.

If you have questions, please contact Health Services.



...Jobs, Jobs, Jobs...

Medium Canteen Canteen Worker



Job Description

Title Medium Canteen Worker
Department(s) Medium Canteen
Reports to Ms. Matlock

Job summary

Under the direction of Ms. Matlock, you will perform a wide variety of tasks and duties including, but not limited to: Receives and organizes Canteen shipments/deliveries, verifies contents of Canteen orders, and assists in distributing them to the AIC population. This position starts at 11 PRAS, with the opportunity to earn up to 14 points.

Minimum requirements

You must have been at Coffee Creek at least 6 months with clear conduct. No misconduct involving contraband. Verbal warnings, conduct orders, and housing history will be reviewed but is not necessarily a disqualifier from consideration. Must have high school diploma or GED

Minimum of 6 months left on your sentence and not Minimum eligible.

Must have successfully completed mandatory Kitchen time.

Must be able to regularly lift at least 60lbs and perform repetitive motion tasks.

Abilities required

Working in extreme temperatures-hot and cold. Working around loud equipment. Requires frequent bending, standing, walking. Requires lifting, up to but not limited to 60 pounds. Must be able to operate a pallet-jack.

If you are interested, please send a completed application to either Ms. Matlock or IWP indicating you are applying for the Canteen position.

Disclaimer

Canteen staff will use this recruitment not only to fill current openings, but also for future consideration as needed.

The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of

personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.

ADL WORKER WANTED

Join our infirmery team.

Are you looking for a new job? Are you a kind, caring, person? Are you looking for a way to help others and give back? and responsible? CCCF Health Services is currently accepting Activities of Daily Living (ADL) Worker positions. ADL's assist others with day-to-day activities like walking or pushing a wheelchair, dressing, feeding, etc. that some AICs may not be able to do on their own and require assistance.



compassionate
Are you respectful
applications for

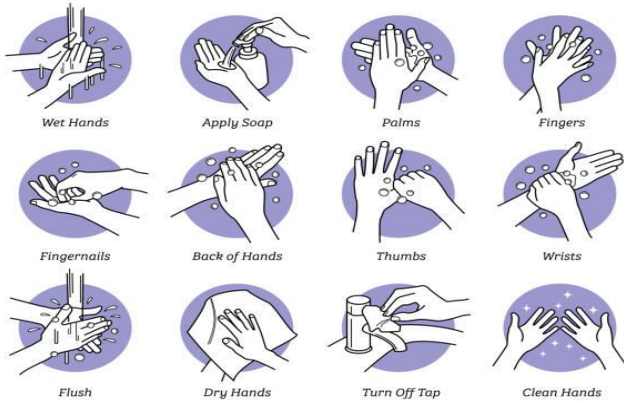
applications for
Are you respectful
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MINIMUM QUALIFICATIONS:

- Must have 6 months clear conduct with no program failures in the last 6 months.
- At least one year remaining on sentence.
- Capable of lifting and have no medical restrictions.
- Must have the ability to be patient/tolerant/respectful of others.
- Must keep all information confidential.
- Must establish good healthy boundaries in a respectful manner.
- Must have the ability to communicate well with others.
- Be able to recognize changes in health/mental condition and report those changes to staff promptly.

Please fill out an application and drop in the Health Services kyte box addressed to Nurse Hyde. Interviews will be scheduled once a background screening has been completed.

.....Previously Run but Still Relevant.....



Where Have Those Been Today!!!!

Where have your hands been today? Who else has touched that area? Do you wash your hands enough? Often people do not wash their hands enough. If you want to avoid getting sick or spreading germs to others, please take 15 seconds to wash your hands with soap and water. Try singing Happy Birthday to yourself once while you are doing that.

Wash Your Hands Before:

- Before, during, and after preparing foods.
- Before eating.
- Before being around someone who is sick.
- Before treating a cut or wound.

Wash Your Hands After:

- After preparing foods.
- After using the toilet.
- After being around someone who is sick.
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste.
- After treating a cut or wound.

A good rule of thumb is if you are not sure when the surface you are touching was last cleaned, it is a good time to wash your hands.

As you go through the day, please remember to wash your hands frequently to avoid getting sick or spreading germs.

Visiting Services is Not CRU

When submitting a visiting application, do not sent it to CRU. Please send visiting applications to:
Visiting Services Unit
3725 Fairview Industrial Drive SE, Suite 200
Salem, OR 97302

Just for fun!!!

THE HISTORY OF MOTHER'S DAY

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her

persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

Who needs “Dad Jokes” when you’ve got “Mom Jokes”

- I used to play piano by ear, but now I play it by mom-ory.
- I tried to make a joke about a toddler bed, but it fell apart.
- Why was the math book sad? Because it had too many problems.
- I asked my mom if she could make me a sandwich. She said, "Poof! You're a sandwich!"
- What do you call a mother cow that's just given birth? De-calf-inated.
- Helping the kids with homework: Dear Math, grow up and solve your own problems.
- Why do cows wear bells? Because their horns don't work!
- My parenting style can be summed up in one word: improvise.
- I told my son I was going to buy him a book on procrastination, but I keep putting it off.
- Why do parents always say, "Because I said so?" Because "because science" isn't always a good enough explanation.
- Why did the tomato turn red? Because it saw the salad dressing!
- I asked my toddler if she wanted to go to the park, and she replied, "No, I'm too busy being adorable."
- I tried to teach my kids about taxes, but they just responded with, "That sounds like a you problem."
- I used to think I was a morning person, but then I had kids. Now, I'm more of a "give me all the coffee" person.
- What did the accountant say while making breakfast for her kids? This whole parenting thing is taxing.
- What's a mom joke? Look in the mirror, kiddo.
- Never tell a mom you need some personal space. You came out of her personal space!
- Mom's recipe for iced coffee: 1. Have kids. 2. Make coffee. 3. Forget you made coffee. 4. Drink it cold.
- What's it like to have the best daughter in the world? You'll have to ask grandma!
- Why pay a therapist when you have me?



The Nestled Blog