

SCI AIC NEWSLETTER

MAY 5TH 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.

CALLING ALL MUSICIANS!!!

The Oregon Symphony would love to have a jam session a few times a year with you. If you play an instrument and are interested in this please kyte Ms. Hendricks with your interest , what musical instrument you play and if you have it here I.E guitar, etc or if in secured location area I.E Chaplain area, etc. We do not have dates yet just want to see the interest level and we will update shortly.

Ms. Hendricks

Mailroom

You may not use another AIC envelopes, if you do it will be confiscated. Also reminder to have Sid number and full name on all incoming and outgoing mail. Packages may only be ordered once approved by Lt. Comstock!!

ICS photo issue?

if the sender sees pending for more than a week for photos they need to contact the vendor for a refund....



Financial Services

informational Briefing

Savings Options for Adults in Custody

What is the Transitional Savings Account (TRSA)?

- Funds in the TRSA are protected from debt/obligation collection and garnishment.
- Established per SB844/ORS 423.105 as a means for AIC's to save funds for release from ODOC custody.
- 5% of each eligible deposit is applied into an AIC's TRSA until the account reaches \$500.
- AIC's may elect to transfer funds into their TRSA by submitting a Trust Account Transfer Request form (CD1832) up to \$500.
- AIC's may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied.
- Funds in the TRSA are not available to AIC's until reentry into the community (*no exceptions*).

What About External Savings Accounts?

AIC's may have accounts with external banking institutions however, ODOC staff are not able to facilitate. AIC's may not have unauthorized money items in their possession (such as checks).

What is the General Savings Account (GS)?

- Funds in the GS Trust Account are not protected from debt/obligation collection or garnishment.
- Established as an optional means for AIC's to save funds outside of the TRSA.
- AIC's may elect to transfer funds into the GS Trust Account once per calendar month by submitting a Trust Account Transfer Request Form (CD1832).
- 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.

Note: Trust Account Transfer Request Forms (CD1832) are available on AIC housing units or through Business Services. If the amount being transferred is excessive, it will be limited. The minimum transfer amount is \$5.00.

Please address any questions to Business Services by submitting an AIC communication (available electronically on the tablet).

Law Library-Change in Call Out Codes

In an effort to fully schedule law library resources, such as computers, Law Library is changing how we enter call outs. For call outs entered on or after May 1, 2023, all call outs for legal appointments (with the exception of attorney calls) will now have a Section code of "LAW".

The Location code will indicate what your law library appointment is for. Below is a list of location abbreviations and their meanings:

Abbreviation in Location Field	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)

Division 117 PERSONAL PROPERTY (AIC)

291-117-0070 Inmate Property (General)

- (2) Property Limit: **Inmate property shall not exceed the capacity of storage space located in the inmate’s assigned housing area and designated by the functional unit manager/designee for the storage of inmate personal property.** Designated storage space includes, but is not limited to, drawers, storage box(es), cabinet(s), shelf(s), clothing hook (s), or under the bunk. **Inmates shall be informed of the storage space capacity of the facility where they are assigned.**
- (3) All inmate property shall be stored neatly in designated storage space(s) when not in use.
- (4) All unbound paper products shall be cleared from open areas when not in use, and placed in designated storage, except as authorized by the functional unit manager/designee.

291-117-0080 Authorized Inmate Property

- (1) Each inmate may possess authorized personal property and state-issued clothing not to exceed the capacity of the designated storage space located in the inmate’s assigned housing area. Each inmate is authorized to possess only the following personal property items: (The list can be found in Administrative Rule Division 117)
- (4) **Certain inmate personal property items may be authorized at only specific Department of Corrections facilities, based on facility infrastructure or physical plant design and capacity considerations.**

291-117-0120 Control of Property

- 1. Property must be kept in authorized areas. Property in unauthorized areas shall be considered contraband and unauthorized property, and shall result in confiscation of the item and/or disciplinary action.

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.

The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.

Visiting Services remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

Waiting to submit an application until the last minute could result in a delay. Now is the time to get these submitted.

- Encourage family and friends to submit applications online – the form is available on DOC's

website.

- You may also submit applications directly to Visitor Services using: DOC.Visitors@doc.oregon.gov

All visitors must ensure they are on the adult in custody's (AIC's) approved visitors list **before** scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section with information on:

- Visiting requirements and restrictions.
- A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and
- Anti-drug smuggling information.

The site also has links to the following specifics: ~~deleted comment in this section~~

- How to become a visitor
- Visiting guidelines
- Arriving at the facility
- Visiting hours
- Visiting alerts

IMPORTANT NOTE: We are NOT processing any Administrative Review requests at this time. Updates will be shared once Visiting Services reengages with these requests.

El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.

La sección de Servicios de visitas del departamento permanecerá abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares.

Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. **Ahora es el momento de enviar las solicitudes.**

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.
- También puede enviar solicitudes directamente a Servicios para visitantes usando: DOC.Visitors@doc.oregon.gov

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) **antes** de programar una visita en persona.

Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita.
- Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y
- Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante
- Directrices de visita
- Al llegar a las instalaciones
- Horas de visita
- Alertas de visitas

NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes

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

Pushing a lawn mower

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
- Swimming laps

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.

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Muscle-strengthening Activities

Physical activities to strengthen your muscles are recommended at least 2 days a week. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

To gain health benefits, you need to do muscle-strengthening activities to the point where it's hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 **set**. Try to do at least 1 set of muscle-strengthening activities. To gain even more benefits, do 2 or 3 sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity—whatever works best for you. There are many ways you can strengthen your muscles, whether it's at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (e.g., push-ups, sit-ups)
- Heavy gardening or landscaping (e.g., digging, shoveling)
- Some forms of yoga

Happy Mother's Day

U S I L I S T E N I N G S V F S J E D X U O R R	WATCHING TV TOGETHER
Y N N E R D L I H C Y Q H R T S P A Y B A B R E	HAPPY MOTHERS DAY
U W Y G Q Z S F N X G N I R A C M G W T O J E H	MOTHERS DAY OFF
E P C Q T S E K M T M Z C R F J Q S D T J D A T	BEDTIME STORY
Y D N A C N K E I T B V S Y K G N I S E D K D E	MOTHER GOOSE
R F M A K N A V Q S R E W O L F I L Z Z H V U G	LISTENING
O F L B G F C L W A D R A C O X M J I S E F M O	HOMEWORK
I F P Y M G P R G A I H W P H M O Y G S L W O T	BROWNIES
S S Z V N R U D L S I A B U A D C W V R P Z T V	CUPCAKES
C C T N M U C D F K K P D S S H V M C L I N H T	CHILDREN
V E B L V H D M U Z I P O M J J L Z O O N G E G	COOKING
T D A T Y R B R R P C Y Q I E S E X O V G N R N	SMILING
U B Y P P A H F L X A M K L D A C S K E K I S I	HELPING
Y E L B G A G K G E K O M I V S I E I X S K D H	COOKIES
K D A Z N T J O G H E T E N Z A F I E T E O A C	FLOWERS
T T U L U L A B Y C J H K G T F R N S B S O Y T	BAKING
C I G A S G U H U L M E T P R W C W L U S C O A	KISSES
J M H H V P F Z C Y E R J R X F M O B P I W F W	CARING
N E H O M E W O R K G S X E O O N R L J K S F R	LULABY
S S U G A S S E B H H D Q R V X P B V G F O N I	MOTHER
T T M E V V U D X V R A M L N T K C A K X F H G	LAUGH
F O M V V B A K I N G Y P Y S E G M H U Z J B G	HAPPY
N R Q U A E Q K P J I O M O T H E R G O O S E F	CANDY
W Y W M O T H E R Y Z Z W W Y R H P E Y U Q J E	CAKE
	HUGS
	READ
	BABY
	SING
	LOVE
	CARD



Have a fantastic Month



