

SCI AIC NEWSLETTER

JULY 7TH 2023 EDITION

Inside This Issue

Mail priority tracking	2
Family bbq/ credit check	3
Pell Grants	4
Spanish Pell Grants	5
Healthy Eating	6
Pitzer Family Education	7
Gardner program / Transition classes	8



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.

USPS will be phasing out the Priority Tracking manual label, which will result in DOC being unable to provide tracking numbers for outgoing mail. AICs who purchase priority mail boxes from Commissary should be aware of this change.

**Thank you
Commissary**

The normal USPS pre-printed tracking forms are being updated and hence the older forms will be retired, and their continued use may delay USPS Delivery action...

The Postal Service announced on Jan. 17 that it will be making changes to some of its shipping and tracking codes in the coming days. On Jan. 22, the agency is "eliminating 41 legacy service type codes, updating several forms and replacing one label," according to the new service update.

The decision behind the discontinuation of these codes is based on them not working with "current Intelligent Mail package barcode (IMpb) requirements," the USPS said. With that in mind, the agency will update the following labels and forms to be IMpd compliant: PS Form 153 (Signature Confirmation Receipt), PS Form 3800 (Certified Mail Receipt), PS Form 3813 (Insured Mail Receipt \$500 and Under), PS Form 3813-P (Insured Mail Receipt Over \$500) and Label 400 (USPS) tracking.

As a result, these pre-printed forms and labels will no longer be usable by customers, eSeller365 further explained. If you still have and use them, "you should throw them out now so that your shipments do not get delayed or returned," according to the news outlet.

The USPS said it is also requesting that post offices "remove all Label 400s from retail lobbies."

feature that is being closed out are the RETAL LABEL items – not the Priority Labels

Family BBQ coming August 26th!!!!

Just a reminder to keep those photo tickets on hand...

August 26th, we are planning to have our yearly Family BBQ.

If you want pictures taken at this event you will need to have tickets with you.

You will not be allowed to take a picture without your ticket!

Last chance to purchase tickets for the event will be, August 3rd. Anything after that date will not be guaranteed to get your tickets by the bbq date.

Thanks in advance for being prepared!

Mrs. B & Mr. Jenne



What You Can Do To Protect Your Credit – Given the ODOT/DMV Data Breach in the News

In mid-June, there was a breach of information at the Department of Motor Vehicles (DMV) and 3.5 million Oregon driver's license and ID cards were impacted. There are immediate steps you can take to protect your information from identity theft. You are entitled to a free copy of your credit report once every 12 months from each of the three major credit reporting agencies, Experian, Equifax, and TransUnion. Contact information is listed below.

Equifax Fraud Reporting

P.O. Box 740256
Atlanta, GA 30374

Experian Fraud Reporting

P.O. Box 9554
Allen, TX 75013

TransUnion Fraud Reporting

P.O. Box 2000
Chester, PA 19016-2000

The Education and Training Unit would like to make you aware of Pell Grant information, as you will likely get asked questions. The most important thing to know is **adults in custody (AICs) will not be able to fill out the Free Application for Federal Student Aid (FAFSA®) form** and apply for a Pell Grant on their own for college within the facilities. They will need to apply directly to the approved college/university programs.

The Federal Government has the following guidelines:

- 1) The college/universities need to apply with the department to be selected as a program.
- 2) The colleges/universities must get each facility accredited as one of their participating programs.
- 3) Finally, the colleges/universities have to apply with the U.S. Department of Education to become a Pell Grant program. Currently, the U.S. Department of Education has not finalized these applications.

We have two programs previously approved through the 2nd Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the Department of Corrections (DOC) application to get accredited. We do not have any new approved sites at this time. If you have any questions, reach out to Tracie Hightower.

This video was created to help inform AICs about the Pell Grant process and will be played at the institutions.

To All Adults in Custody (AICs),

As you know, Pell Grants for colleges/universities are coming back soon. The most important thing to know is **you will not be able to fill out the Free Application for Federal Student Aid (FAFSA®) form** and apply for a Pell Grant on your own for college within the facilities. You will need to apply directly to the approved college/university programs.

There are Federal guidelines the colleges/universities must go through to become a Pell Grant approved program.

- 1) The colleges/universities need to apply with the department to be selected as a program.
- 2) The colleges/universities have to get each facility accredited as one of their participating programs.
- 3) Finally, they have to apply with the U.S. Department of Education to become a Pell Grant program.

Currently the U.S. Department of Education has not finalized these applications. We have two programs previously approved through the 2nd Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the DOC application and to get accredited.

We do not have any new approved sites at this time. If you have any questions, reach out to the Education and Training Unit

A todos los adultos bajo custodia (AIC)

Como saben, las Becas Pell para colegios/universidades volverán pronto. Lo más importante que debe saber es que no podrá completar el formulario de Solicitud Gratuita de Ayuda Federal para Estudiantes (FAFSA®) y solicitar una Beca Pell por su cuenta para la universidad dentro de las instalaciones. Necesitará aplicar directamente a los programas universitarios/college aprobados.

Existen lineamientos federales que deben cumplir los colegios/universidades para convertirse en un programa aprobado por la Beca Pell.

- 1) Los colegios/universidades deben presentar una solicitud con el departamento para ser seleccionado como programa.
- 2) Los colegios/universidades tienen que conseguir que cada instalación sea acreditada como uno de sus programas participantes.
- 3) Finalmente, deben presentar una solicitud ante el Departamento de Educación de los EE. UU. para convertirse en un programa de Becas Pell.

Actualmente, el Departamento de Educación de EE. UU. no ha finalizado estas solicitudes. Tenemos dos programas previamente aprobados a través del proceso de Becas Pell de 2nd Chance que ofrecen clases a través de Chemeketa Community College en la Penitenciaría del Estado de Oregón y Treasure Valley Community College (TVCC) en la Institución Correccional de Snake River. Estos programas continuarán. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University y Adams State (un programa por correspondencia) han comenzado el proceso de solicitud del DOC y para obtener la acreditación.

No tenemos nuevos sitios aprobados en este momento. Si tiene alguna pregunta, comuníquese con la Unidad de Educación y Capacitación.

Healthy eating is important at every stage of life.



Protein Foods

The Dietary Guidelines for Americans, 2020-2025 advises consumers to “vary your protein routine”. But what does that mean?

Did you know that meat is not the only source of protein in food? In fact, almost all foods contain some protein, even fruits and vegetables! Some foods contain more than others. “Vary your protein routine” means you should have more than just one type of protein in your diet.

High-protein foods sub-groups:

Meats, Poultry, Eggs: Meats and poultry should be lean or low-fat.

Seafood: Always choose seafoods that are lower in mercury.

Nuts, Seeds, Soy Products: Nuts should be unsalted.

Beans, Peas, Lentils: Also a vegetable sub-group.

Most of the protein in the recommended Healthy U.S. Dietary Pattern comes from the high-protein foods sub-groups. The dairy (or fortified soy alternatives) food group is another source of dietary protein. Food products made with any of the high-protein sub-group foods will have protein in them, such as baked goods made with eggs, soups made with beans, and sandwiches made with cheese.

The dietary habits of most adults meet the weekly recommendations for meats, poultry, and eggs. Seafood, dairy (or fortified soy alternatives), and beans, peas, and lentils are not consumed as often. These non-meat proteins provide important nutrients that support healthy dietary patterns. Many adults can improve their diet and better meet their nutrient needs by choosing from a wider variety of protein sources. This can include having seafood in place of some meats, or eating beans, peas, and lentils in mixed dishes, such as soups, rice, or pasta dishes.

ODOC considers protein from all food sources, not just meat, when creating the menu. ODOC menus provide an average of 1.7 times (170%) the amount of protein that is recommended for most adults.

From the 2020-2025 USDA Dietary Guidelines for Americans



PITZER FAMILY EDUCATION FOUNDATION
EDUCATION VS. INCARCERATION

From: Percy H. Pitzer, Founder June 12, 2023

Pitzer Family Education Foundation – PFEF

To: Correctional Professionals

Dear Sir/Ma'am,

I am hoping to gain your support for a foundation I established in 2012, the Pitzer Family Education Foundation (PFEF). previously known as Creative Corrections Education Foundation. The foundation's goal is to achieve a nationwide mission to provide scholarships and financial aid to qualified young adults 18-27 years old who have a parent incarcerated.

As a retired Warden working in corrections for nearly 30 years, I envision that this program can be funded by donations from inmates. Over the years, inmates have already donated over \$240,000, providing 189 scholarships. An estimated 1.2 million individuals are incarcerated in state, federal and private facilities. If we gain the support of ten percent of that population, each donating as little as a dollar a month, a majority, if not all, children of incarcerated parents could be helped to advance their education and employability skills.

Our goal is to reduce second-generation crimes committed by these kids, helping them avoid following their parents into prison and jails. It is estimated there are currently 2.7 million Children who have a parent incarcerated. They are at an increased likelihood of entering corrections simply by virtue of the fact their parents are incarcerated.

What better way can this goal be accomplished than through inmates supporting their own children's education? It is far less costly to educate than to incarcerate. An important note, 100% of all donations received from inmates will go toward scholarships and aid.

Building more prisons is not a solution to reducing crime in our nation. I am asking you to join PFEF in attaining this mission's goals. With your support of the foundation and sharing this idea with your inmate population, I have no doubt the goals will be accomplished.

I look forward to partnering with you in the future. Thank you for what you do and for your consideration.

Percy H. Pitzer, Founder

Pitzer Family Education Foundation

6545 Calder Ave, Beaumont, TX 77706

Cell: 409-284-4155 Email: createcorrection@aol.com ppitzer@pfefscholarships.org

2023 Seed to Supper

A Growing Gardens 101 gardening class!



1. Six week class, starts: August 9, 2023 1:30-3pm
2. This class is a prerequisite to the Sustainable Gardening Class which gives you access to the OSU Home Horticulture Certificate
3. Please kyte Ms. Moya, Correctional Rehabilitation Assistant

New Transitions Coordinator and RTOS Classes

"We are excited to announce that Ms. Enomoto- Haole will be starting July 10th as SCI's Transition Coordinator. Although there will be several weeks of training, we do expect some RTOS classes to be starting up middle to the end of July. Please watch for callouts when that time comes. We do not have a flagging class scheduled at this time, so please watch for further communication on that before kyting for more information. Thank you so much for your patience during this time!"



Summer Holidays



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

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

Have a fantastic Month

