

Powder River

October 6, 2023

AIC NEWSLETTER



Next Flu Clinic

October 10th

See page 2

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Photo Rules Reminder

See page 2

—

Clothing Exchange

Until Further
Notice

See page 4

—

The Pony Xpress

Writing Project
with Bridgeworks
Oregon

See Page 5



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
October 7	October 8	October 9	October 10	October 11	October 12	October 13
72/41	73/42	70/43	62/41	58/36	56/36	55/35
Sunny	Mostly Sunny	Partly Cloudy	Mostly Cloudy	Partly Cloudy	Mostly Cloudy	Partly Cloudy

Get your Flu Shot!

The Centers for Disease Control and Prevention (CDC) recommend everyone 6 months and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. The influenza vaccines does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination. If you have any questions regarding flu vaccination, please kyte Health Services for additional info.



Al-Anon

Thursday from 5:30 pm to 6:30 pm

Al-Anon is a program that works with alcoholics and non-alcoholics who have family members or friends who have been affected by alcohol and / or drugs. Al-Anon offers a gentle but powerful path to serenity that can be applied right now in prison and upon release.

Suspended - AA (Freedom on The Inside)

Due to low attendance, the Sunday night AA Group has been suspended for the time being. If/when there is more interest, the AA Volunteer will return.

Thank you.

Ms. Geddes

*Correctional Rehabilitation Manager
Powder River Correctional Facility*

Photo Rules Reminder:

From the Photo Coordinator:

- No perimeter fence, any observation tower, any security device, any staff office area, any staff member, or any other AICs not posing for the picture.
- The purchaser of the photograph must be included in the picture.
- All photographs are subject to review and approval of SECURITY THREAT GROUP staff.



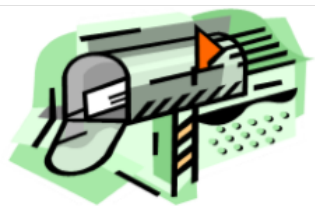
UNAUTHORIZED PHOTOS OR PHOTOGRAPHS taken in violation of any guidelines will be confiscated and *no credit* will be given for a retake.

Upcoming Flu Clinic:

PRCF will be offering a seasonal Influenza (Flu) vaccine to all AIC's. The next Flu clinic will be on *October 10th*. All AIC's will be called down to receive a Flu Vaccine or decline to do so. If you have any further questions feel free to send a Medical Kyte to Health Services.

Weekly Mail Rules:

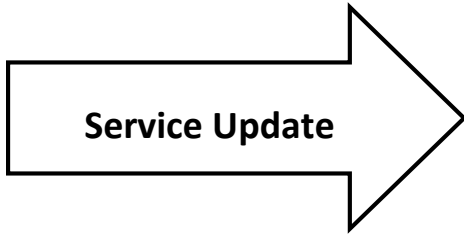
Please note the following Incoming Mail Definitions under Chapter 291-131-0010



(12) Adult in Custody (AIC): Any person under the supervision of the Department of Corrections who is not on parole, probation, or post-prison supervision status.

(13) Inspection: To examine or view, including but not limited to reading, photocopying, scanning, and x-raying.

(14) Inter Agency Mail System: A system of delivering mail between or among certain state agencies and other units of government generally located in the greater Salem and Portland areas.



Heart of the Dove LLC- family transportation
Please note that this service provider is no longer in Service.



**State of Oregon
Department of Corrections Commissary**

DATE: THURSDAY, OCTOBER 05, 2023
TO: Adults in Custody
FROM: Ms. Jorajuria, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Due to rising cost of goods, our vendors have increased prices on some of the products we carry in commissary. The new prices go into effect on September 23, 2023. We apologize for the short notice. We are updating the commissary order forms as quickly as possible.

Event Photos

Would you like photos from this year's Pow Wow, Suicide Walk or additional Family Day photos?

You will find printed copies of the photos that are available to be purchased (apart from any individually AIC-ordered photos) in front of the Newsletter 3-ring binder in each unit.

To order a photo, please staple your pre-purchased blue photo ticket to the photo reprint form. The photo reprint form is available from the forms at the sides the officer's station. Be sure print the corresponding number of the photos that you wish to order. The cost is one ticket per photo. Two (2) copies of the same photo will be provided per ticket.

CLOTHING EXCHANGE

Until further notice:

Unit schedules for Clothing exchange will be as follows:

***Units 1W & 3 – Tuesday and Thursday**

***Units 1E & 2 – Monday and Friday**

6:45 am to 8:00 am.

Coming into R&D outside of these hours, unless you've been called down, will result in you being held accountable, if there is an immediate need, please talk with your housing unit officer.

CLOTHING IS A

1 FOR 1 EXCHANGE!!

LOST OR MISSING CLOTHING?

**YOU WILL BE REQUIRED TO COMPLETE THE
RE-ISSUANCE OF STATE ISSUED PROPERTY
FORM LOCATED ON YOUR UNIT!**

POWDER RIVER CORRECTIONAL FACILITY INTEROFFICE COMMUNICATION	
TO:	RECEIVING & DISCHARGE OFFICER
SUBJECT:	RE-ISSUANCE OF STATE ISSUED PROPERTY
DATE:	_____
I, _____, am in need of re-issuance of the following items for the following reasons:	
ITEM	REASON
By signing this, I verify that I do not have any property in excess of what I am authorized to have in my possession.	
_____	_____
Inmate Signature/ Date	Bunk Assignment
Housing Unit Officer: Please ensure that this individual has made every effort to locate the missing items listed above. This includes checking with Housing Unit Laundry Room.	
Work Section Supervisor: If damage has occurred because of work related conduct, please sign below.	
_____	_____
HOUSING UNIT OFFICER/ DATE	WORK SECTION SUPERVISOR/DATE
	Revised-1/13/2006



WRITING PROJECT & ONLINE JOURNAL WITH BRIDGEWORKS OREGON

THE PONY XPRESS CONTINUES

and be part of a journal publishing writing from inside

TWO-HOUR WORKSHOP FACILITATED BY BRIDGEWORKS:

who | Past participants and new folks welcome

what | Writing workshop, prepare a piece to discuss & submit!

Theme: Legacy, what will you carry forward?

In-class writing exercises

where | Blue Mountain Room

when | September 27, 2023 | 8:30-10:30 am

how | To participate please send a kyte to Ms. Geddes

BRIDGEWORKS OREGON BRINGS ART & MUSIC INTO OREGON PRISONS. SUPPORT COMES FROM OREGON COMMUNITY FOUNDATION, OREGON ARTS COMMISSION, OREGON HUMANITIES, AND MULTNOMAH COUNTY CULTURAL COALITION.



HAVING TROUBLE WITH T-MOBILE?

WE WORK TOGETHER!

The Department of Corrections is aware that T-Mobile and Boost Mobile customers may have difficulty receiving calls from AICs due to T-Mobile's spam filters. T-Mobile is investigating the issue.

There are currently two solutions:

- You can call T-Mobile customer service and request that the number associated with the prison be removed from the blocked spam list. For general help, dial 611 from your T-Mobile phone or call 1-800-937-8997.
- You can also download the "Scam Shield app," which should be a T-Mobile app. From the application, you can add the number you want to allow yourself.

If you have the Scam Shield app, disable it and/or manually add the phone number to the list of approved people. Double-check that your phone does not have "unknown call filtering" enabled.

If you have an emergency, please contact the center directly.

DOC FACILITIES	PHONE NUMBER
Coffee Creek Correctional Facility	1-503-855-0998
Columbia River Correctional Institution	1-971-273-1989
Deer Ridge Correctional Institution	1-458-230-5136
Eastern Oregon Correctional Institution	1-541-304-2132
Oregon State Correctional Institution	1-971-273-1992
Oregon State Penitentiary	1-971-273-1993
Powder River Correctional Facility	1-541-406-0107
Santiam Correctional Institution	1-971-273-1991
Snake River Correctional Institution	1-541-709-5093
South Fork Forest Camp	1-971-341-3203
Two Rivers Correctional Institution	1-541-626-0029
Warner Creek Correctional Facility	1-541-407-1299

Open Resource Room Hours

- **Open Resource Room Hours and offerings:**

- PRCF is now offering Open Resource Room Hours for AICs who are currently enrolled in RTOS classes (If you are not enrolled in RTOS classes do not sign up for Open Resource Room hours). Open Resource Room Hours are currently available on: Wednesday from 12:30pm to 3:00pm and Thursday & Friday from 8:00am to 10:30am. If you would like to utilize Open Resource Room hours, you will need to sign up in multi-Purpose the day prior to the time and day you are wanting to come. AICs are limited to one slot per week. Below are things we can help you with during these time slots:

- Resume building
- Transitional plans
- RTOS homework
- Budgeting plans
- Cover letters
- Credit reports/disputes
- Letters of accommodation
- Transitional housing calls/interviews
- Snap Benefits
- Child support calls
- DMV calls
- Case by case basis other items



- Please come and utilize this time wisely. Our goal in the Transition Unit is to help AICs overcome barriers to transitioning back to their communities. If you want the help we are here.



Financial Services

Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs Eligible deposits are received into this account ○ <i>Examples:</i> • <i>Deposits received from friends/family, and PRAS</i> AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money ○ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) 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 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.



Financial Services

Informational Briefing

Debt / Obligation Type	Collection Schedule	Additional Information
Court Ordered Financial Obligation (COFO)	<p>Collected from eligible deposits per ORS 423.105</p> <p>10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500</p> <p>Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied</p>	<p>The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details</p> <p>COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support</p> <p>COFOs will continue to collect during the Holiday Buying Period</p>
<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	<p>Collected from eligible deposits</p> <p>Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available</p>	<p>DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances</p> <p>DOC debt is due upon receipt, if/when funds are not available; funds are advanced and set-up as debt</p> <p>Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending</p> <p>DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied</p>
County Court Deferred Filing Fee Obligation	<p>Collected as funds become available</p> <p>Multiple collections may occur throughout the month</p> <p>Additionally, collections shall occur the last business day of the month</p>	<p>County obligations refer to deferred county filing fees</p> <p>These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee</p> <p>County Court fees will continue to collect during the Holiday Buying Period</p>
Initial Federal / US Court Filing Fee Obligation	<p>Collected as funds become available</p> <p>Multiple collections may occur throughout the month</p> <p>Additionally, collections shall occur the last business day of the month</p>	<p>Initial Filing fees can be collected in total and are due upon receipt</p> <p>These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee</p> <p>Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period</p>
Federal / US Court Deferred Filing Fee Obligation	<p>Collected around the beginning of the month</p>	<p>General filing fee collection amount determined by the previous month's deposit(s)</p> <p>20% of previous months deposits multiplied by the number of cases is deemed collectable</p> <p>Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period</p>



OCTOBER IN HISTORY

October 2 - 1835 Battle of Gonzales fought between Texan settlers and Mexican forces. First engagement of the Texas revolution

October 3 - 1922 1st facsimile photo sent over city telephone lines, Washington, D.C.

October 3 - 1990 Reunification of East and West Germany. West German flag is raised above the Brandenburg Gate on the stroke of midnight.

October 4 - 1537 1st printing in England of complete English-language Bible, the "Matthew's Bible", with translations by William Tyndale and Miles Coverdale (an update of the earlier "Coverdale Bible") [exact month/day unclear]

October 4 - 1993 Troops and tanks of President Boris Yeltsin shell and occupy the Russian White House in Moscow, the house of government of the Russian Federation

October 5 - 1978 Over 30 major nations ratify the Environmental Modification Convention which prohibits weather warfare that has widespread, long-lasting or severe effects

October 6 - 1949 US President Harry Truman signs Mutual Defense Assistance Act

October 6 - 2021 WHO Director-General Tedros Adhanom Ghebreyesus recommends world's first Malaria vaccine (Mosquirix) for children after a pilot program was effective in Africa

October 7 - 1919 KLM, Royal Dutch Airlines, established (oldest existing airline)

October 7 - 2001 U.S. invasion of Afghanistan starts with an air assault and covert operations on the ground

October 8 - 1945 Microwave oven patented by US inventor Percy Spencer

October 8 - 2001 US President George W. Bush announces the establishment of the Office of Homeland Security

October 9 - 1941 US President Franklin D. Roosevelt approves an atomic program that would become the Manhattan Project

October 9 - 2006 North Korea conducts its first nuclear test, with an estimated yield of between 0.4-2 kilotons

October 10 - 1954 Ho Chi Minh enters Hanoi after withdrawal of French troops

October 11 - 1945 Chinese civil war begins between Kuomintang government led by Chiang Kai-shek and Mao Zedong's Communist Party

October 12 - 1492 Christopher Columbus's expedition makes landfall on a Caribbean island he names San Salvador (likely Watling Island, Bahamas). The explorer believes he has reached East Asia

October 13 - 1884 International Meridian Conference in Washington DC establishes Greenwich in London, England as the universal time meridian of longitude

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

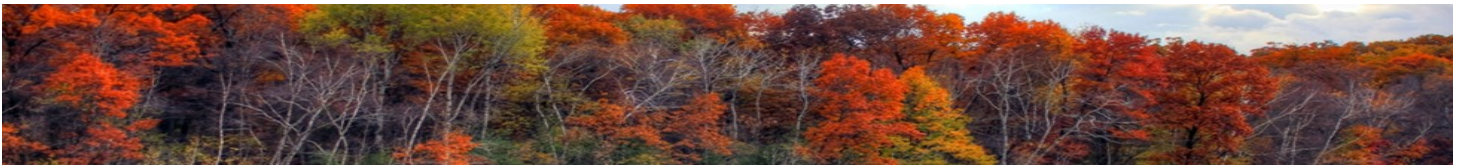
Snake River Correctional Institution. These programs will continue. Central Oregon Community College,

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

PROPERTY UPON RELEASE

All property listed on your Property List must be in your possession and accounted for at the time of your release. Failure to provide these items or proof of approved disposal of items not in your possession may result in progressive discipline for you and anyone else in possession of your property.



PRCF Religious Activities & Services 2023

Day	Time	Faith	Name and Description	Location	Format	Supervisor
Sunday	8:00 AM	Nazarene	Worship Team Practice	Chapel	In-person	Nelson
Sunday	9:15 AM	Nazarene	Worship Service	Chapel	In-person	Nelson
Sunday	8:00 AM	Asatru	BLOT*	Earth Circle	In-person	Chaplain
Sunday	1:00 PM	JWs	Bible Study/Service	Elkhorn	In-person	Smothers
Sunday	7:30 AM	Native	SweatLodge	Native Grounds	In-person	Chaplain
Sunday	12:15 PM	Native	Talk Circle	Native Grounds	In-person	Chaplain
Sunday	12:15 PM	Native	Drumming	Native Grounds	In-person	Chaplain
Sunday	12:15 PM	Native	Smudge	Native Grounds	In-person	Chaplain
Sunday	5:30 PM	Non. Deno.	Worship Service	Chapel	In-person	Clemens
Sunday	5:00 PM	Non. Deno.	Worship Team Practice	Chapel	In-person	Clemens
Sunday	6:00 PM	Christian	CCBC Bible Study	Whitman	In-person	Wagemaker
Sunday	8:00 AM	Native	Sweat Lodge Prep.*	Native Grounds	In-person	Chaplain
Mon & Tues	5:00 PM	SDA	Guitar Lessons	Chapel	In-person	Nickell
Tuesday	8:30 AM	Wicca	BLOT*	Earth Circle	In-person	Chaplain
Tuesday	5:30 PM	Christian	Malachi Dads	Eagle Cap	In-person	Wilson
Tuesday	8:00 AM		OPEN CHAPEL	Chapel	In-person	Chaplain
Wednesday	5:15 PM	Asatru	Rune Study	Whitman	In-person	Chaplain
Wednesday	9:00 AM	Islam	Jumah Prayer**	Chapel	In-person	Chaplain
Wednesday	5:30 PM	Native	Native Movie	Chapel	In-person	Chaplain
Wednesday	5:00 PM	Nazarene	Conquer Series**	Chapel	In-person	Woodruff
Wednesday	5:00 PM	Nazarene	The Chooosen Series**	Chapel	In-person	Woodruff
Wednesday	5:30 PM	Christian	Celebrate Revovery	Eagle Cap	In-person	Chaplain
Thursday	1:00 PM	Catholic	Mass	Chapel	In-person	Fr. Suresh
Thursday	7:00 PM	SDA	Creation Chronicles	Chapel	In-person	Sundean
Thur & Sat	6:30 PM / 9:00 AM		Yoga & Meditation	Elkhorn	In-person	Donahue
Friday	12:30 PM	Jewish	Sabath Service	Library	Video	Chaplain
Friday	9:30 AM	LDS	Bible Study/Service	Elkhorn	In-person	Eardley
Fri & Sat	5:15 PM		Music Practice	Chapel	In-person	MPD Officer
Fri. & Sun.	12:00 PM	Buddhist	Meditation	Elkhorn	In-person	Chaplain
Saturday	7:30 AM	SDA	Worship	Chapel	In-person	Sundean
Saturday	5:00 PM	Baptist	Good Seed Bible Study	Whitman	In-person	
TBD		Christian	Baptismal Study	Chaplain Office	In-person	Chaplain
			Art of Communication**	Chapel	In-person	Bradford
	5:00 PM	SDA	Relationship That Lasts**	Chapel	In-person	Sundean

*Once a month-Sunday. Dates TBD

**Work in progress

IWP Position

NEW HOPE – POWDER PALS PROGRAM **Interested AICs are welcome to apply**

New Hope for Eastern Oregon Animals (New Hope – Powder Pals) partnered with the Powder River Correctional Facility, Oregon Department of Corrections, since early 2011. A key focus of this work has been the ability to provide meaningful work for inmates in training homeless dogs. More specifically, the program assists homeless dogs lacking obedience skills and behavioral issues that limit the animal's ability to be re-homed successfully. New Hope for Eastern Oregon Animals is a Private Non-Profit whose purpose is to improve the lives of animals through kindness, understanding and respect. Their purpose is to rescue and rehabilitate animals in Eastern Oregon, increase awareness of animal well-being through education, and encourage a caring and safe environment for animals.

Work duties will include are but not limited to the following:

- Always follow the training program. Failure to follow the program will result in immediate removal from the program and may result in disciplinary action.
- Conduct or assist with scheduled training sessions.
- Conduct or assist with socialization of the animals.
- Follow the schedule of activities for the animals.
- Exercise animals daily.
- Keep a daily log of the animal's progress in the program.
- Feeding and watering following recommended daily amounts.
- Remove solid waste from kennel areas (inside and outside), and any other area as needed using approved Personal Protective Equipment (PPE).
- Clean kennel area (inside and outside) using appropriate chemicals and PPE.
- Must be willing to work in a variety of weather conditions.

Qualifications for opportunity to apply:

1. In compliance with DOC Case Plan
2. No major misconduct reports within the last 6 months
3. Minimum of 6-8 months remaining on sentence
4. No history of animal neglect or abuse
5. Willingness to work as a team, open to new training ideas, willingness to make a difference to an animal
6. Be motivated for change and have a good attitude
7. Must be able to lift 50 lbs.

IF YOU ARE INTERESTED, PLEASE SEND **AN APPLICATION FORM TO MS. PIMENTEL**

OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 No Ticket Delivery this week. CD-28s processed as usual.	7
8 Turn in CD-28 for tickets	9 Pastry Box Picked-up from MPB	10	11	12	13 Coffee, Photo & Activity Tickets * Pastries Delivered	14
15 Turn in CD-28 for tickets	16	17	18	19	20 Coffee, Photo & Activity Tickets	21
22 Turn in CD-28 for tickets	23	24	25	26	27 Coffee, Photo & Activity Tickets * Pastry Box Avail in Multi Building * Peanut Butter Cookies	28
29 Turn in CD-28 for tickets	30	31 Happy Halloween				

Contact Officer Corner



Doing Good:

"I'm doing good." This is a common statement heard throughout the facility; but what does it really mean to "do good"?

All too often, we express to ourselves and others our current state of being as doing good, while internally, we may be suffering and feeling out of control.

What does it take to do good? The core elements found in the Continuum of Criminality for Relapse Prevention provide a solid foundation for doing good:

- Exhibiting responsibility in daily routines in the home, workplace, and community.
- Balancing hard work and fulfillment of obligations with recreation.
- Showing genuine consideration for others.
- Earning the respect of others and finding self-respect through achievement.
- When urges to violate arise, you can work through them, and they disappear with little effort.
- You show respect for the rights and property of others.
- You value the opinions and judgements of others.
- You make choices for the good of others, and most importantly, making choices for the good of yourself.

To reinforce your ability to do good, Don Miguel Ruiz's Four Agreements provide effective reinforcers to stay focused on your goal of self-improvement:

- Be Impeccable with Your Word.
- Don't Take Anything Personally.
- Don't Make Assumptions.
- Always Do Your Best.

Doing good requires effort. More importantly, it requires a high level of personal dedication and commitment, not just surface comments with a careless attitude. When asked, can you honestly say, "I'm doing good" or should you stop and reflect on your own truths and circumstance? According to Philosopher James Allen "*Circumstance does not make the man; it reveals him to himself.*" Keep moving forward, don't give up, and most of all, always do the next right thing.

Weekly Quote:

Self-reliance is the key to a vigorous life. A man must look inward to find his own answers. Robin Williams

Suggested Reading:

The Doing Good Book: 100 Ways to Change the World

PRCF Contact Officer Program Contact Information:

Ms. Hoopes, Correctional Counselor, oversees the Amend Contact Officer Program at PRCF. She works with the PRCF Contact Officer team consisting of Sgt. Crawford, Officer Brinton, Lt. Brazofsky and Officer Erickson to build the Contact Officer program and improve communication between staff and AICs. If you have questions regarding the Contact Officer Program or the Oregon Way, please feel free to send an AIC Communication to Ms. Hoopes-Multi Purpose Building Rm. 505.

R & D Info

STATE CLOTHING ALLOWED		
<u>1 Each Denim Coat</u>	<u>1 Chambray shirt</u> <u>2 Chambray shirts (Program)</u>	<u>2 Pair Denim Pants</u>
<u>3 Each T-Shirts</u>	<u>2 Sweatshirts</u> <u>1 Sweatshirts (Program)</u>	<u>1 Each Belt & Buckle</u>
<u>3 Pair Grey Dress Socks</u>		<u>2 Each Towels</u>
<u>3 Pair of Underwear</u>	<u>2 Blankets (Wool or Cotton)</u>	<u>2 Sheets and 1 Pillowcase</u>
<u>1 Pair State Tennis Shoes</u> <u>(if no personal shoes)</u>	<u>1 Pair of State Shower Shoes</u> <u>(if no personal shoes)</u>	<u>1 Pair Red Shorts</u> <u>(If no personal blue shorts)</u>
WORK CREW ONLY		
<u>1 Pair Work Boots</u>	<u>2 Pair Work (boot) Socks</u>	<u>1 Pair Work Gloves</u>
	<u>1 Each Safety Vest</u>	
<p>Work crew items must be turned back in when you are no longer assigned to a work crew. Work crew clothing is to be worn for work assignments only.</p> <p>1. Clothing exchange is done on a one-for-one basis. You must bring the article of clothing you wish to exchange to R&D to get a replacement. If you do not have the article of clothing, and you have tried to find it, you are required to follow the proper state property re-issuance procedure. The forms are available on your units. (The process for returning clothing does not included turning items into the Unit Laundry buckets)</p> <p>2. Do Not purposefully rip, tear, alter, or destroy any clothing or laundry bags in hopes of getting new ones. R&D does not have the extra clothing or budget to continue replacing damaged items. You can and will be held accountable if clothing appears to be purposefully destroyed.</p> <p>3. Clothing exchange will occur Monday and Friday from at 6:30 am to 7:30 am. Coming into R&D outside of these hours, unless you've been called down, will result in you being held accountable, <u>if there is an immediate need please talk with your unit officer.</u></p>		

Release Clothing

Have you thought about your clothing needs for release and how you are going to pay for them?

When you are **45 Days from release**, you will need to contact R&D to make arrangements for your dress outs by completing a package authorization form to have clothing sent in OR by completing a CD28, to ensure you have funds available to purchase clothing from PRCF

The cost for dress outs can be up to \$35 depending on your needs. If you have any questions about the cost for dress out clothing, please kite R&D.

Due to changes to the Inmate Trust accounts you should start thinking about how you will pay for your dress outs. You can pay for dress outs with money in your General Spending account or your General Savings account but Not your Transitional Savings.



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero-tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation, and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information, and emotional support. There is no charge for calls to advocates.

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled like legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will not provide legal advice.

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

Just Detention International Headquarters is a national advocacy resource and can be reached at:

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

Ericka Sage PREA Coordinator
Oregon Department of Corrections
3723 Fairview Industrial Drive, SE
Salem, OR 97302

February 22, 2022