

# Coffee Talk

November 2023

Superintendent: N. Brown

Editor: J. Roy



## What's New in the News at The Creek?



Greetings from Correctional Rehabilitation Unit (CRU)

We introduced Coffee Creek to the very first Art Class March 2023.

We would like to thank all the participants who participated!

Everybody did an amazing job!

CRU will continue to have Art Classes! 😊

If you are interested:

Please send a KYTE to D. Sprint in CRU and we will add you to the wait list!

Art Classes run for about 6 weeks Fridays 1:30PM-3PM

What is in it for you?

- You get to make a mess
  - It relieves stress
  - It exercises your brain
  - You could teach your kids or family members
  - You'll look at the world in a new way
  - Get UNSTUCK
  - Challenge yourself
  - Share your talents with family & friends
  - Meet new people
- AVAILABLE FOR:
- You can express yourself freely
- SIDE ONLY



MEDIUM

## From the Mailroom

Tips on expediting your mail/Kytes

**When mailing out property YOU must go through Property/AIC Processing/Lifeskills**

**No face masks**

**Hair scrunchies**

**Hair (yes real hair)**

**Dried flowers**

**Seeds from garden**

**Craft items**

**Under garments (yes undergarments)**

**IF it is overweight and or anything OTHER than paper you will need to have a CD28 signed by the above areas and a property release form.**

**The mail in the envelope needs to be flat so we can put it through the machine for postage.**

**OR it will be sent back**

**Kytes-**

**Please fill the kyte out properly**

**FROM: You need your name, SID unit and bunk number. On the outside of kyte and inside. If you do not put your unit and bunk you will not receive it back.**

**TO: Name and Title. Who are you trying to reach?**

**Records? OISC? Clothing room? AIC Processing? To name a few. We need to know where to send your kyte.**

**Staff move to different positions, so this is very helpful when you put the name and title. Unfortunately, we do not have the time to read every kyte that only has a first name. This is very time consuming, and it takes longer to process your mail.**

**Last but not least... Please do not SCRATCH out SID**

**Numbers and write yours over it. These will be VIOLATED.**

**Thank you,**

**The Mailroom**

## **Goodbye Letters from Women In Recovery**

Dear Razor,

I've been able to break my connection with every drug, every bad habit, every toxic relationship, everything but you. You are the ultimate abusive relationship. I hide you, I defend you protesting that you're not hurting me, you're actually helping me. You have me convinced that I'll never be able to deal with life without you, that I need you to survive. For so long the only way that I could function through difficult times was by your sweet release. Little by little I am distancing myself from you but some days I don't think that I'll ever be strong enough to be done with you completely.

You may still hold residence in my mind and I may think of you often but I am beating you. Every day I think about you less and less while I get stronger and stronger. This is the last time I'm going to acknowledge your existence and it's only to tell you good-bye.

Lynley Rayburn

Addiction  
Goodbye letter Aug 2023  
Woman in Recovery

for as long as I can remember

It's always been you for me...

I was down for you.

10 toes deep.

Night or day unconditionally.

I loved you in the beginning

- you numbed me when nothing else could.

Dried my tears when no one else would.

You wrapped me tightly in your grasp

when I felt alone.

Took me higher than I ever been

Clouds felt like home.

But sometimes love slowly

turns to hate.

You weren't always around

and I started to fault you for that.

Nothin' I wouldn't ~~do for~~ give 4 A sack.

No body I wouldn't Jack, my sisters,

these friends, my mom, the neighbors

No body was safe.

And the love I had for you

faded to hate.

I'm only 30 yrs old

And 21 years I been  
Dedicated to you.  
Had me convinced  
I couldn't ever do better.  
It's been a couple of years now  
Since I left you.  
2 to be exact.  
But for the first time  
When I smile it reaches my eyes.  
I can picture my future.  
And your not there.  
Ha Ha Ask about me...  
Still Bouty Bouty  
But im fucken happy

Kimberlin Vaughn



## The Dolly Parton Imagination Library has arrived at CCCF!

Wilsonville Imagination Library is part of Dolly Parton's Imagination Library. This program is being sponsored by Wilsonville Public Library Foundation.



Dolly Parton's Imagination Library is an international **book gifting program that mails free high-quality books monthly** to children from **birth to age five** regardless of family income **at no cost** to the parent/guardian/stepparent. Studies show that children who are read to and who read at an early age are better prepared for school. Having books in the home helps support reading and better prepares children for lifelong learning.

### Eligibility:

- You must be the parent, stepparent, or legal guardian of the child.
- Any children signed up must be under the age of 5 years.

If their 5<sup>th</sup> birthday is within 1 month of signing up, it is possible they will not be able to receive a book before turning five.

You will need to know the child's mailing address.

### Enrollment:

1. Kyte the Library to get an application.
2. Kyte completed applications to the library or put them in the Library drop box.  
**Do Not Mail completed applications.** CCCF library staff will handle getting them to the Wilsonville Library.

If you have questions about this program or eligibility, please kyte the Library and be sure to refer to Imagination Library.

# Road to Success



**RTOS Coordinator:** R. DeAnda

**CCCM RTOS Clerk:** Billiemarie Singleton    **CCCF RTOS Clerk:** Rosalind Onofre-Garcia

The Road to Success (RTOS) program helps Adults in Custody prepare for their release by offering transition services.

**Be sure to take advantage of every program to ensure your success!**

## Upcoming Workshops

### Coming in November:

Sponsors Inc. Guest speakers for the Sponsors Transitional Housing and Mentorship Program will be visiting Coffee Creek Correctional Facility to inform Adults in Custody of the opportunity Sponsors Inc. provides AIC's releasing to Lane County. Watch for flyers on the housing unit information boards for updated dates and information on how to sign up to be placed on the call-out.

### Coming in December:

All-Star Staffing Helping employers build companies and employees build careers. Get a head start on employment with All-Star Labor & Staffing. Watch unit information boards for updated dates and information on how to sign up to attend the All-Star Staffing work shop.

## **What you can do now, to prepare for your release!**

- **Over 1 year left? YOU can start working towards your release!**

*Do you have credit that needs work?* Request your credit report and start working on it now.

Kyte R. DeAnda for the Credit Report Request Form.

Start working on your *budgeting skills* now and save for your future! Kyte R. DeAnda for a budget form.

*Opportunity Oregon* helps you to get started on employment while you are still incarcerated.

Kyte R. DeAnda for an application. Co-Founder and Guest Speaker Nancy Pance will be visiting CCCF/CCCM again soon, watch unit information boards for updated dates and information on how to sign up to attend the work shop.

- **Are 180 days to release? Prepare for your release NOW.**

*Do you need to restore your driving privileges?* Request your Oregon driving record from the DMV. Kyte R. DeAnda or the law library for the request form.

*Start your transition plan.* Kyte R. DeAnda for the packet.

**Also, Keep an eye on your call-outs!**

All Adults in Custody will be scheduled to complete the *RTOS assessment* around 6 months from your release date where you will have a chance to sign up for the RTOS program. RTOS offers certificates for each of the release classes you complete, as well as a “Super Star” certificate and a reference letter acknowledging completion of the RTOS program. Classes start approximately 45 days to release.

- **Are you 120 days or less to release? Come visit the Resource Room!**

Minimum Facility: **Open Office Hours** Tuesdays: 8:30 am – 10:30 am room D-17

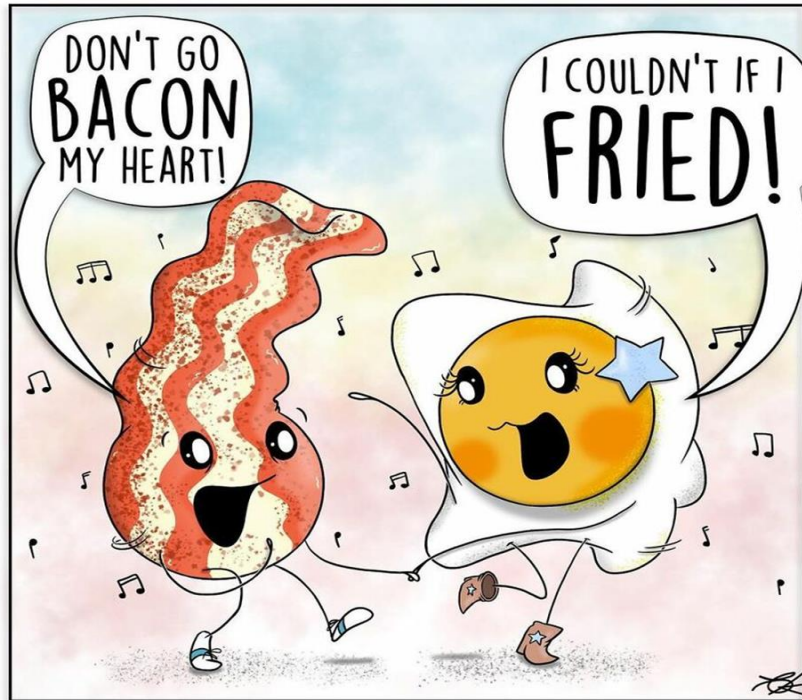
Medium Facility: **Must Kyte R. DeAnda to be scheduled in CD-13**

\*Please be appropriately dressed and bring a pen\*

*RTOS Transition Resource Room* offers AIC’s the opportunity to review binders that contain county resource information, time to call the DMV, contact housing resources, review employment possibilities, and other various transition related resources.



Be sure to take advantage of every program to ensure your success!



If you are interested in gaining employment in the Food Industry upon your release you may need to obtain your Food Handlers Card. If you are interested in taking the Food Handlers test and are within 2 years or less to release kyte R. DeAnda to be placed on the waiting list.

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



# FROM THE CLOTHING ROOM

Make sure your friends/family are sticking to the EXACT shoes that are authorized. Additionally, make sure they are NOT sending shoes/slides larger than a 6 Youth, even if they are having a hard time finding them in a 6 Youth or smaller. Shoes/slides coming in larger than 6 Youth, WILL NOT be allowed in and you WILL have to send them out.

## From Health Services

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 vaccine 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 contact Health Services for additional information.

¡Vacúnese contra la influenza! Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación. Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe. Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el sitio en el que se puso la vacuna; y fiebre, dolores

musculares y de cabeza pueden presentarse después de la vacuna contra la influenza. Si tiene alguna pregunta sobre su vacuna contra la influenza, por favor contacte por escrito (kyte) a los Servicios de Salud, para obtener información adicional.



**Greetings from Correctional Rehabilitation Unit (CRU)**

CRU has been holding monthly Art Competitions in Coffee Creek since July 2021.

We would like to express our gratitude to everyone who has participated!  
We thoroughly enjoyed viewing all your amazing art and continue to look forward to doing so! 😊

We would also like to encourage the Coffee Creek Community to keep submitting Art work and to keep on drawing!

Packets will be available for every unit every month containing the monthly winners of the competition!

**Participants will always receive art back after voting is done!**

**If you are interested:**

Please send a KYTE to D. Sprint in CRU

For Art pickup, or place your Art under Nelson's door in (JK 07)

All Art is due on the 10<sup>th</sup> of each month

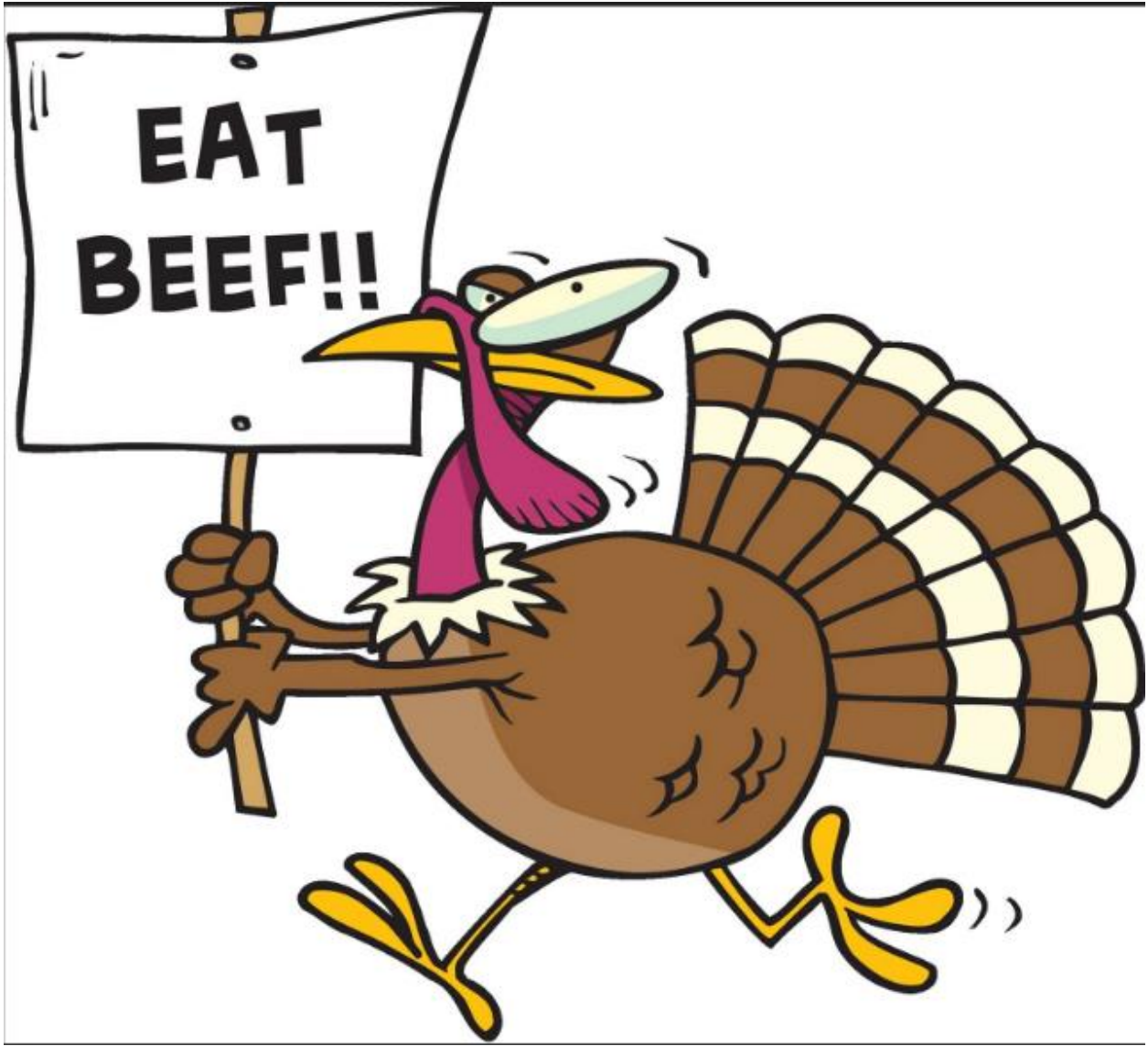
The themes are "Artists Choice"

Winners are chosen the week ending after the 10<sup>th</sup> of each month.

*First place will receive a Certificate with a Prize!*

*Second & Third will receive a Certificate.*

AVAILABLE FOR MEDIUM & MINIMUM SIDES



Could Ugandan orphans teach you life hacks?  
Don't underestimate the impact  
they might have on YOU!

Find out

Sat. Nov. 18, 1:00—CCCF Medium / Chapel

VISIONS  
of HOPE

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## ***A Joyful Rebellion***

is you living differently,  
not because you're mad at how things are,  
but because you are swelling with joy  
at the thought of how things could be.

B. Montague

Your life can count for something.  
You don't have to have a lot of influence,  
just faith in the power to change things  
— even across the world!

Find out how this joyous rebellion can define your life, just like others at CCCF.

**CCCF Minimum**  
**Sat. Nov. 18 9:00a**



*L*ifeskills held an incentive BBQ and a hope concert on October 17 in observance of International Peace Day. The band played a set of hits, with each member sharing a song’s importance to her.

The audience enjoyed cake with their live music. Kerri Das took a moment to bid farewell to Lifeskills clerks Kari Smith and Trishia Carter, who helped to coordinate many of the events this year. The new developments in Minimum Lifeskills owe much to Smith and Carter’s efforts.



# THE CRAFT PROGRAM IS BACK!

Crafters were able to place their first craft orders this month, when the Craft Program relaunched in Minimum. On October 16, new boxes were assigned to AICs who had been on the waitlist. If you are interested in joining the Craft Program, please kyte Lifeskills to request to be placed on the waitlist. You must be a Level III to participate, with 1+ years left to your sentence.

# LOCC

(Lifers of Coffee Creek)

## New members welcome!

We proudly present to you the first sanctioned lifers club in the female corrections division of Oregon. This is an historic victory!!!



## We invite you to join

Meetings are the 2nd and 4th Fridays at 6:00 p.m. in M111.

Club membership can provide a sense of purpose, belonging, and meaningful contribution to the community both on the inside & out, while also strengthening relationships and camaraderie with one another.

Kyte Mr. Roy - Lifeskills for a New Member Packet

ALL level AICs, currently serving a 15-year or more sentence are welcomed with open arms!



AIC Newsletter Article – 2022

### **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 located 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 similar to 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:

E. Sage, PREA Coordinator  
Oregon Department of Corrections  
2575 Center St. NE  
Salem, Oregon 97301

*February 22, 2022*



Artículo Boletín AIC – 2022

### **Ley de Eliminación de Violaciones en Prisión (Información PREA)**

El Departamento Correccional de Oregon (ODOC) tiene cero tolerancias para el abuso sexual, el acoso sexual, y las represalias por denunciar un incidente. Puede informar en persona a cualquier miembro personal a través de una comunicación de AIC (adulto bajo custodia) o a través del sistema de quejas. Puede llamar a la línea directa de PREA, seleccionar el idioma y luego marcar 91 de cualquier teléfono de AIC.

#### **Presentación de un informe PREA anónimo**

Si no está seguro de presentar una acusación ante PREA, puede presentar un informe anónimo con una agencia externa.

#### **Puede escribir a:**

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

Por favor indique al comienzo de su carta, que está presentando una denuncia ante PREA y quiere permanecer anónimo. La Oficina del Gobernador remitirá todas las denuncias anónimas al Coordinador de PREA para garantizar que se complete una investigación basada en la información proporcionada.

### **Visualización/Anuncios de género opuesto**

El personal del género opuesto se anunciará cuando ingresa a una unidad de vivienda, tocando un timbre. Esto debe hacerse cada vez que cambie el statu quo de la supervisión de género en una unidad de vivienda (si ya hay un miembro del personal del sexo opuesto en la unidad, entonces no es necesario volver a anunciar). Cuando escuche el timbre, el personal del sexo opuesto estará ingresando a la unidad de vivienda, así que asegúrese de estar cubierto adecuadamente.

También es importante que se desnude en los lugares apropiados. Si se encuentra en un área de literas, hay cámaras en toda la instalación. Existen áreas designadas para cambiarse, el baño es la única área en la que puede estar sin ropa interior. La visualización de sexo opuesto puede ocurrir incidentalmente cuando el personal realiza controles de celda de rutina. Puede minimizar esto siendo consciente del género de la supervisión en su unidad de vivienda y asegurándose de cubrirse cuando sea posible.

### **Programa de defensa (apoyo) basado en la comunidad PREA**

ODOC se ha asociado con defensores confidenciales basados en la comunidad de víctimas de abuso sexual para brindar servicios a los AIC.

Los AIC en ODOC que han pasado por abuso sexual pueden comunicarse con un defensor comunitario seleccionando un idioma, ingresando su PIN de AIC, luego presionando 0\*711 sistemas telefónicos.

También pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, y apoyo emocional. No hay ningún cargo por las llamadas a los defensores.

La línea de crisis de defensa basada en la comunidad es para personas que necesitan ayuda acerca de los problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con los centros de defensa basados en la comunidad se consideran comunicaciones privilegiadas y se manejarán de manera similar a las llamadas legales/correo oficial.

Todas las llamadas de defensa no son monitoreadas ni grabadas.

Los defensores brindan apoyo confidencial e intervención en crisis, le informaran sobre la investigación y el proceso del examen médico, lo educaran sobre cómo curarse del abuso sexual y ofrecen recursos y referencias.

Los defensores no le dirán qué hacer, no se comunicarán con la institución a menos de que usted les solicite que lo hagan y firmen un comunicado. No le brindarán asesoramiento legal.

Los centros de defensa basados en la comunidad brindaran apoyo en caso de abuso sexual a personas de todos los géneros. Los defensores comunitarios no informarán a nadie a menos de que usted les solicite que lo hagan y si usted firma una divulgación de información.

La sede internacional de Just Detención (Just Detention International Headquarters) es un recurso de defensa nacional y se puede contactar en:

3325 Wilshire Blvd., Suite 340

Los Angeles, CA 90010

Si tiene cualquier pregunta sobre PREA, puede preguntarle a un miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir a:

E. Sage, PREA Coordinator

Oregon Department of Corrections

2575 Center St.NE

Salem, Oregon 97301

*Febrero 22, 2022*

## ***A letter from the Governor's Gender Responsive Policy Analyst:***

*In 2022, the Oregon Legislature allocated funding for a Gender Informed Practices Assessment (GIPA) to identify ways that DOC and Coffee Creek can improve supports for women and families. The GIPA research team visited the facility earlier this year to observe operations and interview staff, residents, family members, program providers, and other stakeholders. Additionally, a Gender Responsive Analyst position was created within the Governor's Office to work with the DOC on implementing the GIPA's recommendations. The role is located within the Governor's Office and does not report to the DOC. I started in this position in April and have been working closely with the Corrections Ombudsman (Adrian Wulff) and DOC/CCCF staff to become acquainted with my role. I have also had the opportunity to meet several AICs and am looking forward to getting to know more of you!*

*Over the next few months, the Governor's Office will be conducting a series of listening sessions with AICs so that we can get your perspectives on how we should be prioritizing and implementing the GIPA's recommendations. We are working closely with DOC to develop a sign-up process and get these scheduled. In the meantime, I am interested in hearing from you. Please note that my work will be focused on identifying necessary policy-level changes and can't be a resource to address individual needs. If you would like to reach out with suggestions about how rules, policies, or operations could be improved to better support justice-involved women and their families, or if you would like to share ways that current practices have impacted you, please send a kyte or letter to **Mia Ruston, Gender Responsive Analyst**, Office of the Governor, 900 Court Street NE, Room 254, Salem, OR 97301. If you would prefer an in-person meeting would like me to attend an ongoing group meeting or class session, please let me know when you write.*

*Thank you,  
Mia Ruston  
Gender Responsive Analyst*



# Girl Scouts Beyond Bars

Stay connected with Girl Scouts!



Girl Scouts Beyond Bars (GSBB) uses Girl Scout experiences to strengthen the bond between girls and their incarcerated mother, grandmother, aunt, or sister, while learning new skills and building confidence together.

GSBB fosters positive personal and social development in girls, incarcerated participants and their families through three components:

- Participant/girl troop meetings at Coffee Creek Correctional Facility.
- Girl-only troop meetings and council sponsored activities.
- On-site enrichment activities for incarcerated participants.

## FAQs

**What age range does GSBB serve?**  
Grades K-12.

**How many girls does GSBB serve?**  
Up to 50 girls.

**Which regions does GSBB serve?**  
For in-person troop experiences at CCCF, GSBB can serve families within the 40 miles radius of the Portland metro area.

Virtual troop experiences and programming are also available and can serve families in every region of Oregon and Southwest Washington.

**How do I get more information?**  
For more information, or for an application, send a kyte to Life Skills.



*Offsetting the impact of familial incarceration on girls.*

## Who can apply?

All mothers, grandmothers, aunts and sisters are welcome to apply, and all applicants will meet with GSBB staff after submitting an application. If you've applied in the past, we encourage you to apply again. **Free for all participating families.**



## 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**.

## Lifeskills updates:

### J. Roy out 11/9 to 12/4

The timing is not ideal, but Lifeskills Coordinator, J. Roy will be out of the office from 11/9/23-12/4/23.

In that time, the Lifeskills Clerks will have limited access to the office, photo printers, and other Lifeskills Programs.

Please be patient during that time regarding photography orders, Craft Program business, and any other requests from Lifeskills.

Jody Gonzalez and I will both be returning to work in the beginning of December and business will resume as normal.

The Lifeskills Clerks are passionate about serving you and this will be a difficult time for them as they will not have the regular access to all of the things that make your lives better.

Please be patient and understand that this disruption in service is: **A**-only temporary, and **B**-not the fault of the Lifeskills Clerks and Photographers.



# HAVING T-MOBILE TROUBLE?

## LET'S WORK TOGETHER!

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

### There are currently two workarounds:

- You can call T-Mobile customer service and request the number associated with the prison is removed from the spam blocked 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 application. From the application, you can add the number yourself you want allowed.



If you have the scam shield app, turn it off and/ or manually add the phone number to the list of approved callers. Double check that your phone does not have "filter unknown callers" enabled.

IF YOU ARE EXPERIENCING AN EMERGENCY, SCAN THE QR CODE FOR A LIST OF FACILITY PHONE NUMBERS





## Community Hearts of Coffee Creek



Community Hearts is an AIC lead community that lends a hand when one is needed. Our group is exceedingly diverse, from all ages, race, and physical abilities. We don't fixate on what we cannot do, but rather what we can do as a well-rounded team. We have demonstrated unity, teamwork, durability and leadership. We all share in the common goal of "being the change we wish to see" and display immense cohesiveness on and off of projects. Our recent projects have included a deep clean in the Culinary Department, renovations in the Chapel, on-call assignments with the security office and assisting the Lifeskills with many of their exciting events.

We are laying the foundation to rise up new leaders and setting an example for those to come after us. We understand that we have the potential to be greater than the labels that have bound us. It just takes one person to evoke change, imagine what we could do with a village? We ask our members the following questions: What legacy would you like to leave behind? What would be the one thing that you'd like to be remembered for? We then asked that they keep those thoughts in the forefront of their mind as they continue to give back to their community. We're leaving footprints in the sand.

Special Thanks to Colonel Naugle and Captain Jost for being present, seeing the potential within our community and leading Community Hearts as our facilitators.

We are a word-of-mouth group and all are welcome! If you're interested in learning more about us, please send a kyte to Captain Jost and/or Colonel Naugle.

# POSITIVE IMPROVEMENT COMMITTEE

The Positive Improvement Committee (PIC), formed in 2018, is committee created in an effort to bring about positive changes in the living conditions, morale and communication both with AIC's at CCCF and our community partners. Throughout the years our goal remains the same, to be a thoughtful advocate for all AIC's, to help provide events and programs in which AIC's are encouraged in both self-worth and positive growth. In addition, we advocate for positive changes to our environment that help to humanize and normalize, as much as possible, the community in which we live.

Just a few of the changes that PIC has been able to bring to our community is:

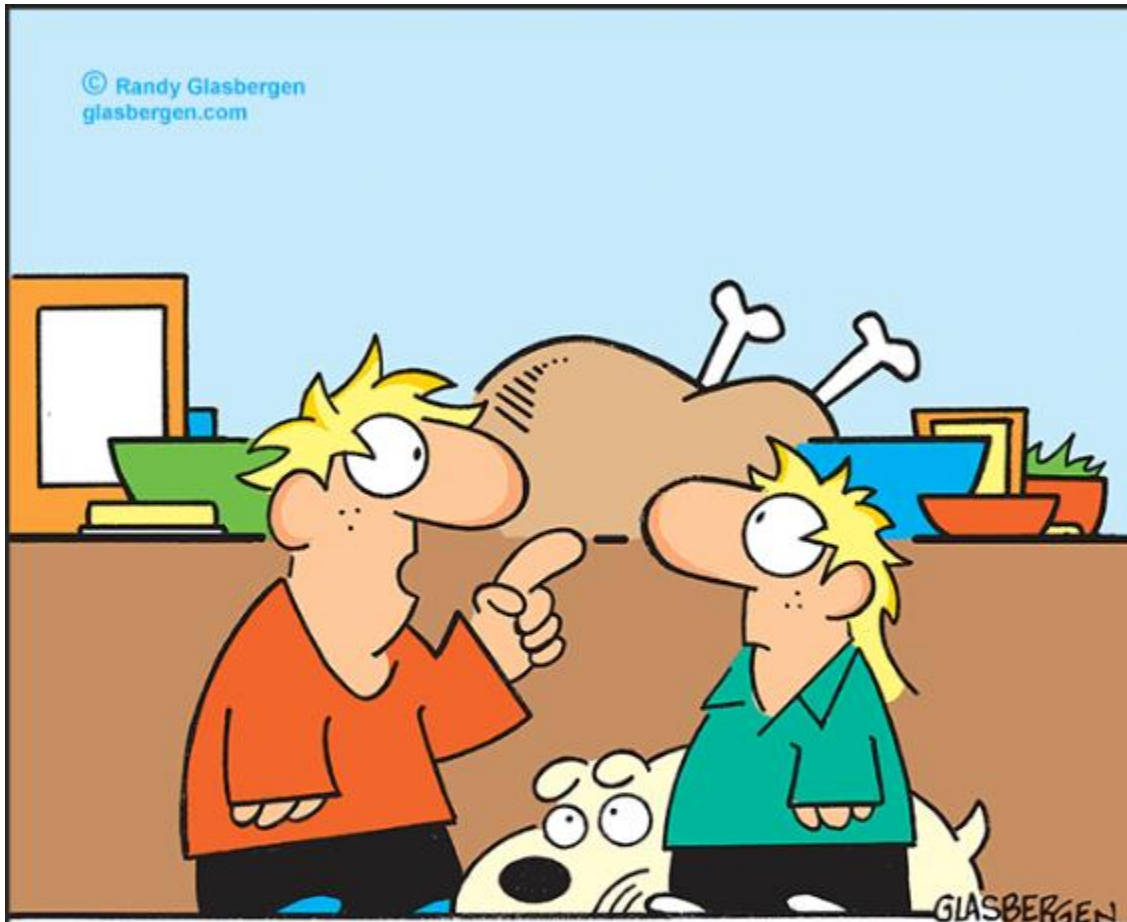
- Wearing Shorts to chow, canteen, medical and leisure library
- Sweat pants available to all AIC's
- Allowing Level 3 who are part of craft program to make and maintain Crocheted Blankets for personal use on bunks
- RISE ↑ Event (recognize, Inspire, Support & Encourage) – an event specifically for level 1 AIC's to show we value them as a part of our community.
- Oktoberfest – Annual event for level 2 and 3's which provides a way for our community to get together and have a safe and fun way to enjoy ourselves.

While COVID and all the ensuing restrictions that were brought forth our group to a Hiatus; however we are now back up, running, and planning to provide the same level of commitment and effort as always for our community here at CCCF. Our current members for the PIC are, LaShara Newman, Deana Freauff, Angela Millard, Kris Landrum, Inez Lambert, Audrey Blevins, Niya Bennett, Jennifer Hinde and Dawn Rock.

We had our first event on Sept. 23<sup>rd</sup>, the RISE↑ Event which was a great event enjoyed by everyone. We look forward to being back together again and providing positive programs, events and services to CCCF.



# JUST FOR FUN!!!



**“On Thanksgiving the Four Basic Food Groups are ‘more’, ‘a little more’, ‘a lot more’ and ‘too much’.”**



BETWEEN THE HAT,  
THE SUNGLASSES  
AND THE MASK,  
I THINK WE'RE GOOD.

