

Powder River

May 3, 2024

AIC NEWSLETTER

Do you wear a
DOC work
Program Hat?

Front Page

Starting **Monday,**
the 6th



Veggie Tray
requests will be
called to Chow
LAST
(as per PRCF
practice before
COVID)

En Passant Chess
Club Puzzle



See page 15

Revised Fire Crew
Criteria



See page 20



Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
May 4	May 5	May 6	May 7	May 8	May 9	May 10
62/87	60/37	60/37	57/33	57/34	61/36	65/37
PM Showers	Showers	Mostly Cloudy	Showers	Partly Cloudy	Partly Cloudy	Partly Cloudy



Effective Immediately, if DOC issued work hats (Dog Program, Garden, Physical Plant, etc.) are found with bent lids or altered in any fashion, a minor misconduct will be issued with a request for restitution of the hat.



AA Group

Tuesdays from 6:00 pm to 7:00 pm

AA Group has resumed and will be held every Tuesday. Group will be held in the Eagle Cap Room in MPB from 6:00 - 7:00pm. Please send a communication to Ms. Geddes to be added to the Call Out.

Al-Anon

Thursdays from 5:30 pm to 6:30 pm

Al-Anon Group is held every Thursday night in the Eagle Cap Room in MPB from 5:30 – 6:30pm. Please send a communication to Ms. Geddes to be added to the Call Out.

(Just as a reminder)



Do you get a Veggie Tray?

Starting Monday, the 6th

Veggie Tray requests will be called to Chow **LAST** (as per PRCF practice before COVID)

Stretches to do every day:

1. Leg Swing



Leg swings are dynamic movements that work the hips, glutes, and thighs. They require a straight back and a tight core to get the most benefit.

- Stand with your feet hip-width distance apart and keep your toes, knees and hips in alignment.
- Bring the right foot forward and swing it back, increasing the range of motion to increase the stretch.
- Do this ten times on each side and then move to side to side swings.
- Swing the leg out and in, crossing it over your standing leg. Repeat five times on each side.



OREGON DEPARTMENT OF CORRECTIONS



COVID-19 Vaccine and Booster Dose Update – March 2024

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 Centers for Disease Control and Prevention (CDC) has authorized another vaccine booster series for COVID-19. Health Services will be approaching all individuals to inquire if vaccination is desired. If you do not wish to be vaccinated, or receive boosters, you can opt-out.

COVID-19 Booster Vaccines will be offered to those patients that are 65 years of age and older, as well as to patients who may be immunocompromised. These patients should receive two doses of Spikevax (Moderna) 23-24 vaccine to be up to date in vaccines. If you are under 65 years of age, are not immunocompromised, and have already received your COVID-19 Spikevax (Moderna) 23-24 vaccine – you are up to date on your vaccines and do not need another. If you have not received your COVID-19 Spikevax (Moderna) 23-24 vaccine, and you want it, please send a kyte to medical to receive it.

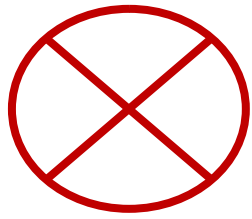
If you have questions, contact your health care provider.



Fun fact

You need to walk around the track 6 ½ times to walk 1 mile!

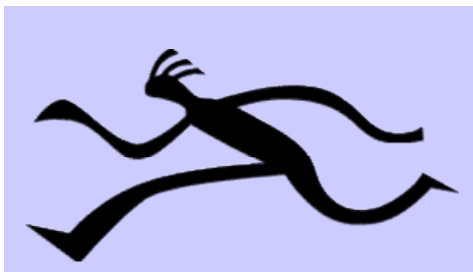
The Athletic Field



(center field) :

You are not authorized to walk across the grass area inside the track unless you are actively participating in a sport, or exercise activity (walking is not considered an exercise activity as it applies to this rule)

The Center Field is open to work out and for sporting activities



13 Best Yoga Stretches to Do Every Day to Ease Stiffness and Pain (Here are the first 2)

1

Downward Dog

This pose—one of the most common in yoga—is an excellent morning stretch. You'll open up the shoulders, hamstrings, and calves as well as the arches of your feet. Down dogs also help to strengthen your shoulders and upper back. And by bending so that your heart is over your head, you'll increase blood flow to the brain—a great way to kickstart alertness in the early morning hours.

How to do it: Start in a tabletop position with your hands beneath your shoulders and your knees beneath your hips. Inhale. Exhale and lift your knees off the floor, positioning your hips toward the ceiling. Reach your heels to the floor and straighten out your knees as much as you can without locking them up. Press through your fingertips and keep your head between your arms as you gaze between your calves.

Modifications: If you have difficulty opening your shoulders, raise your hands up on blocks or a chair. And, if your hamstrings are tight, keep your knees bent as you send your hips up to the sky.

2

Child's Pose

This restorative yoga pose is a great shoulder opener and can be used to rest in between more difficult positions. Come back to it any time—but don't idle. You want to feel like you're reaching out toward the opposite end of the room for maximum benefits.

How to do it: Start in a tabletop position. Touch your big toes together. Then sit back on your heels and put your torso on your thighs. Place your arms straight in front of you with your palms facing the floor. This will help open up your hips.

Modifications: If it's painful for you to sit over your heels, fold a blanket or towel and place it in between the back of your thighs and calves. To open up your lower back, you can bring the knees together and place your forehead on the tips of your knees as your hands extend back towards your feet.

TO: All Adults in Custody
FROM: Oregon Department of Corrections (ODOC) Health Services
DATE: May 1, 2024
RE: Electronic Health Records (EHR)

Blue Charts, Green Charts and Scanning: What is happening?

New processes are in place for scanning patient paper healthcare records for ODOC Health Services' upcoming Electronic Health Records (EHR) system. It is important to understand what the new processes mean for your private health information.

Blue Charts: Your paper health information is currently being stored in a blue medical chart. Those paper records will be scanned and turned into electronic files for use in the EHR. It is important to know that some people's blue chart will not be scanned if they are scheduled to release before the EHR is turned on.

Green Charts: Once your blue medical chart is scanned, a green medical chart will be created. All new health information will be put in your green medical chart.

The green chart always stays with the scanned blue chart, but any new documents will only be added to the green chart.

A few weeks before an Institution's EHR is turned on, our scanning partners will return and scan all documents contained in green charts.

These processes will help make sure your paper health records become part of your electronic health record (EHR).

Scanning Process: Our scanning partners have lots of experience—over 55 years! They scan thousands of pages every day. When your paper health records are scanned, the electronic files are stored, protected, and backed-up on hard drives.

Privacy Matters: Your health information belongs to you, and your privacy is important. Throughout the EHR project, patient confidentiality and privacy remain our top priority. Health Services wants to make sure you fully understand that your information is kept safe and only authorized people in health services can see those records.



Help Keep the Restrooms Clean

Help to make sure the restroom facilities are in working order by not flushing anything other than the toilet paper approved by DOC.

Items such as rags, clothing, wipes purchased on canteen, wipes used for sanitizing surfaces, garbage, wrappers, or anything other than DOC issued toilet paper are NOT to be flushed down the toilet or urinal.

Items including but not limited to those listed above, are not to be placed in any shower or sink drains.

PRCF Do Good Club

Article I Club Name

PRCF Do Good Club

Article II Mission Statement

The purpose of the PRCF Do Good Club is to unite the Adults in Custody (AIC) at PRCF in promoting pro-social behavior. The goal of the club is to improve the quality of life for those inside and outside PRCF through charitable donations and social events. These social events will promote humanization, normalization, and pro-social behavior.

Note: This Club is not designated for personal gain or benefit, but for the benefit of the *PRCF Community as a whole*. Any participant in the Club is expected to adhere to this core belief or will be held accountable in accordance with PRCF policies.

Article III Membership

- a. The PRCF Do Good Club may have a maximum of 12 members. Exceptions may be approved by the program committee.
- b. AIC's cannot be a member of more than three clubs at one time.
- c. No person shall be denied the opportunity to participate in club meetings and/or activities on the basis of race, color, religion, national origin, age, or handicap.
- d. All club members must be Incentive Level 3 or higher and be at PRCF for at least 60 days.
- e. To become an active member of the Do-Good Club an AIC must notify the club via a communication request to Mr. Hite. Upon receipt of request, the AIC will be vetted as an AIC Incentive Level 3, as well review of their conduct history by staff. *If accepted*, the AIC will be placed on the next available call out as a prospect member until voted in by the Club, provided the club is not full. If the club is at maximum membership occupancy, then they shall be placed on the club's waiting list until space is available.
- f. AICs who join the club after the inaugural meeting will be considered an active member after they have attended one meeting or event.
- g. To remain an active member, members must not miss two consecutive meetings and maintain Incentive Level 3 or higher. Failure to meet the minimum requirements will result in removal from membership. AICs who have been removed from club membership may apply for re-admittance after 90 days from the time of removal.
- h. The Functional Unit Manager or designee may deny, revoke, or suspend individual or group activities for AIC conduct that is disruptive to group activities or institutional operations.

The profit from our **Chicken Strip Feed** in February was **\$552.00** *after* costs for the feed itself.

Proceeds from this and other fundraisers are used for things like Family Day benefits, no cost benefits such as a soda and candy included in a holiday gift bag at the end of the year for all of the AICs and popcorn for movies or holidays. Proceeds are also donated with Club approval to local community outreach programs. You are welcome to share your feedback with any Club Member. Please keep in mind, there are *limitations* to what this Club can address which is generally for AIC fundraising through feeds. Any changes to the function of PRCF *must* be submitted to the AIC Council. The list of AIC Council members is posted in the units.

AIC Council



The purpose and function of the Adult in Custody (AIC) Council is to provide a forum for the exchange of ideas and information between the AIC population and DOC staff at Powder River Correctional Facility (PRCF). The goal for the IC Council is to normalize the correctional setting by meeting as a group, on a regular ongoing basis, to promote communication between the AIC's and DOC representatives. This transparent flow of communication will provide an opportunity for issues/ideas to be brought forward and discussed in a respectful and systematic manner finding solutions by all parties involved.

If you have ideas for improvements to the facility or concerns regarding facility safety, please speak with your unit representative. AIC Council meets every Saturday and the last Thursday of every month.

Previous examples of approved proposals include:

TV's in Unit 2 dayrooms / Yard Misting Station
Resurfacing of Basketball Courts (Spring 2024)
Installation of Handball Court & Dedicated Pickleball Court (Timeline TBD)

AIC Council Members

Unit 1W: C. Leitz

Unit 2W: S. Hamilton

Unit 1E: H. Morales

Unit 2E: C. McGough

Unit 3: J. Gross

Professional & Security Council Members

Officer Brinton

Ms. Hoopes

Mr. Fulton

Mr. Hite

PRCF AIC Council Minutes

Date: April 25, 2024

Staff: Officer Brinton
Ms. Hoopes
Superintendent McClay

Mr. Folden – Physical Plant
ISM Clark
Mr. Hite – Food Services



AIC Council Members:

Hamilton, S	23273878	Unit 2W
Leitz, C	23136867	Unit 1W
McGough, C	24063185	Unit 2E
Morales, H	8916321	Unit 1E
Gross, J	16866823	Unit 3

Agenda:

1. Approval of Minutes
2. Old Business
3. Submitted Proposals (Updates)
4. New Proposals
5. AIC Council Group Meetings (Needs, Suggestions, Concerns)
6. Next Meeting September 21, 2023
7. Round Table

1) Approval Of Minutes:

Previous Minutes Approved

2) Old Business:

- Hand drying towels in bathrooms: Currently a work in progress and viable options are being looked into.
- Larger 190° reservoir tank for unit 1W is a work in progress with possible replacement tanks being researched
- Dumbbells on the Yard: On Hold
- Toilet Seats in units 1W, 1E & 3: Toilets currently installed without toilet seats are a ‘seatless’ toilet due to the replacement costs of the seats due to previous AIC’s intentionally breaking and/or not taking care of them. As such, new toilet seats are unable to be installed. As the remaining toilet seats break, they will continue to be replaced with ‘seatless’ toilets. Please take care of the equipment currently in use.
- Bathroom Door Foot Pedal Openers: ISM Clark is currently researching options with approved vendors.

AIC Council Minutes Continued:

3) Submitted Proposal Updates:

- Worksource / Job Fair: Currently a work in progress. Waiting on Worksource to be installed and fully implemented into Roads to Success curriculum. Will know more in the coming months.
- Release Cell Phones – AIC’s considered ‘Indignant’ may reach out to Transitional Services for more information and available options.

4) Newly Submitted Proposals:

- None at this time. Council is currently working on proposals to submit at next meeting.

5) AIC Council Group Meetings:

- No issues

6) Next Meeting

- **May 30, 2024**

7) Round Table

- **Unit 2W bathroom exhaust fans not working.** Mr. Folden to look into it.
- **Incentive Level Overrides** are an earned privilege, not a given. When asking for an override, be respectful and honest in your request. Your DOC history is double-checked and your request will be denied if you fabricate truths.
- **Worn Out Clothes:** If you are wearing clothes with holes in them and/or see-through shirts, you are going to be instructed to replace them with R&D. These items need to be replaced during your unit’s scheduled clothing exchange.
- **Window Tinting:** Inquiries have been into installing window tinting in the Chow Hall along with Units 1W & 2W. Due to the window types and weather conditions, the upfront and ongoing costs associated with having these windows tinted are extremely expensive and not practical.
- **Safety/Grab rails in showers:** Additional hardware cannot be installed in shower walls due to wall material and warranty limitations. Shower chairs were purchased to assist with those that have mobility issues. Superintendent McClay is looking into the purchase of non-slip shower mats for increased shower safety.
- **Yard grass is for sports and exercise** and is not be used as a shortcut between buildings. Flyers have been posted in the units as well as in the weekly newsletter instructing the use of the track and walkways for non-athletic activities(Walking does not count as an athletic activity in this case). 72hr cell-ins will be given to those not adhering to this new directive.
- **Additional Phones** have been installed in Unit 1W and 1E in the open banks. Unfortunately, no additional phones are to be installed in other units due to space limitations.



MAY IN HISTORY

May 4

1932 Al Capone begins life as convict 40886 in Atlanta Federal Penitentiary serving 11 years for Income Tax Evasion

2010 First Oil Reaches Louisiana Coast from Deepwater Horizon drilling disaster

May 5

1891 Carnegie Hall originally called Music Hall has its official opening in New York City

1961 Alan B. Shepard Jr became the first American in space

May 6

1937 The German airship Hindenburg the largest dirigible ever built burst into flames

1994 The Queen and France's President Francois Mitterrand formally open the Channel Tunnel during two ceremonies in France and Britain

May 7

1915 A German torpedo sinks the British Ocean liner Lusitania off the Irish coast, killing nearly 1,200 people

1945 1945 Germany signs unconditional surrender at Rheims in France, bringing to an end six years of war in Europe

May 8

1970 Just shortly after the Break Up of the Beatles is announced The Beatles Final original album "Let It Be" is released by Apple Records

2000 The Tate Modern art gallery in a conversion of the former power station on Bankside in London opens its doors to the world's media

May 9

1960 The Food and Drug Administration approved the first pill for contraceptive use in Birth Control

1974 Nixon impeachment hearings begin against President Richard M. Nixon

May 10

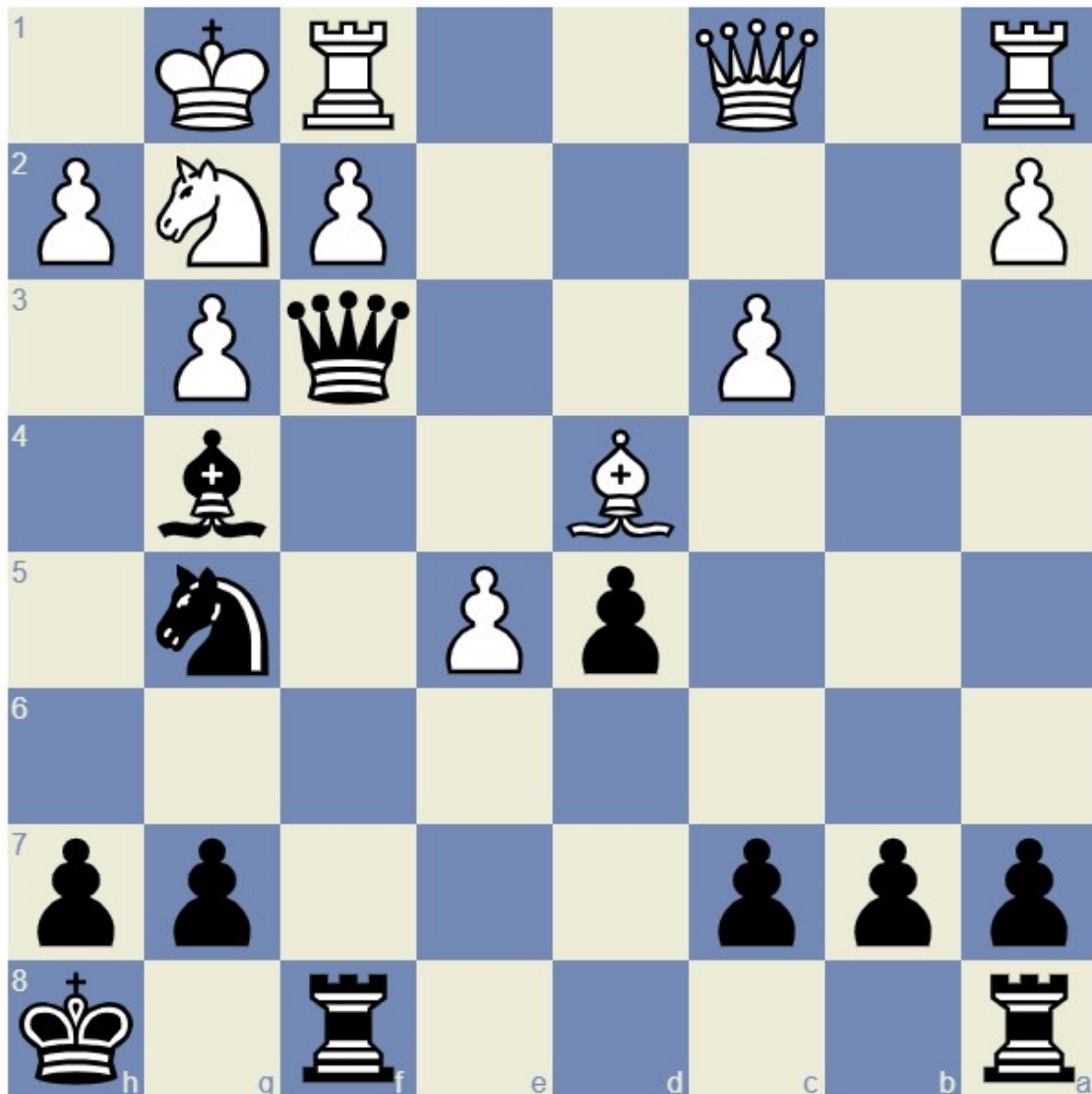
1924 J. Edgar Hoover is appointed by President Calvin Coolidge to be the Sixth director of the Bureau of Investigation (BOI) name changed in 1936 to the FBI

En Passant Chess Club - Weekly Chess Puzzle

Difficulty: Basic

Black to move.

Puzzle 825691: Black to checkmate





Eating a healthy diet is one of many things we can do to improve our overall health. In addition to what we eat, which other actions can we take to be healthy?

- **Maintain a healthy weight.** Eating healthy foods, not snacking too much, and watching how much fat, sugar, and salt we eat will help us maintain a healthy weight. Being at a healthy weight for your height will reduce your risk of getting medical conditions like heart disease, diabetes, and high blood pressure.
- **Be more active.** Both exercise and diet play a part in maintaining a healthy weight. Regular exercise will improve muscle tone, blood flow, balance, and coordination. Being active every day can prevent some diseases. Adults should get at least 2 ½ hours of physical activity every week.
- **Get enough sleep.** There is no perfect number, but most people function best when they get 7 to 9 hours of sleep each night. Getting enough sleep promotes healing, improves brain function, and reduces the risk for chronic diseases.
- **Include mental health in overall health.** A healthy mind can benefit your physical body. Pay attention to your mood. If you have bothersome thoughts that you can't control, or if you feel unusually anxious or on-edge, don't be afraid to ask for help from a mental health professional.
- **Manage stress.** Some of life's stresses are unavoidable. How we deal with stress can affect our mental and physical health. Find strategies to cope with stress that work for you. There are many different options. Ask your doctor for help if stress is affecting you.
- **Don't smoke or vape.**
- **Drink alcohol moderately, or not at all.**

SEASONAL RECRUITMENT Adults in Custody Fire Team



Do you need a job skill? Would you like to work in the forest? Do you want to be trained to fight wildland fires? Then you need to apply to be a part of the DOC's Adults in Custody Fire Team.

To qualify for this exciting opportunity, you:

- Must be a Classification Level 1 Unfenced.
- Your projected **release date** should be after 10/01/24.
- You must be medically approved to work in the forest. You must be reasonably fit to perform the duties of the assignment with no asthma or heart conditions.
- You must be approved by your counselor (**Do not request authorization from your counselor. Please submit application directly to Ms. Pimentel**)

You will be automatically disqualified if you:

- Have been convicted of a sexual offense, including attempts
- Have been designated "predatory" in any State
- Have been convicted of Arson or attempt

NEW: AICs who are in treatment program or will be entering treatment program during the fire season are now eligible to participate in the Fire Crew.

- ✓ Projected release date from treatment program must be after 10/1/24
- ✓ You can be in any treatment phase
- ✓ Must meet criteria and pass DOC staff review.
- ✓ Please note that if approved candidates who are in treatment program will only be out on a fire a maximum of 7 days at the time.

Working as a wild land firefighter is long, hard, strenuous work. The hours can be 10-16 hours a day in inclement weather over uneven terrain, requiring climbing, bending, stooping, digging and lifting up to 50 pounds repetitively. Pre-qualified candidates must pass the Pack Test (walk 3 miles with 45lbs pack in 45 minutes). If you are selected, you will be trained in wild land firefighting and possibly an additional 20 hours of chainsaw training. In addition, your training may include various natural resource topics, First Aid and CPR Certification, and Food Handlers card.

The benefits are priceless – you would be working outdoors in a natural setting as part of a team assisting the Oregon Department of Forestry in maintaining healthy forests and protecting them from wild land fires. You will receive a certificate of program completion and upon release you will have a job skill in the wildland fire fighting field.

Firefighters earn the following:

- PRAS of **14-17 points per day** (Camp Support 14 and Fire Suppression 17), **plus**
- Meritorious award of **\$10 per day** on fire (camp or suppression), **plus**
- Reentry Savings account of **\$10 per day** per fire (camp or suppression)

**If you believe you meet the above criteria and would like to be considered for this work opportunity, please send a complete application form to
Ms. Pimentel, IWP Coordinator.**

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**

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Turn in CD-28s for tickets by Mon @ 9pm	29 Cinnamon Roll Order Deadline @ 7:30am	30	1	2 A&O Class (moved from last week)	3 Coffee, Photo & Activity Tickets Delivery	4
5	6 Turn in CD-28s for tickets by 9pm	7	8 Coffee, Photo & Activity Tickets Delivery	9 A&O Class Cinnamon Roll Orders to be Delivered 	10	11
12	13 Turn in CD-28s for tickets by 9pm	14	15	16	17 Coffee, Photo & Activity Tickets Delivery	18
19	20 Turn in CD-28s for tickets by 9pm	21	22 	23 A&O Class	24 Coffee, Photo & Activity Tickets Delivery	25
26 Turn in CD-28s for tickets by Mon @ 9pm	27 Memorial Day Admin Closed 	28	29	30	31 Coffee, Photo & Activity Tickets Delivery	

Religious Services Schedule

Type	Denomination	Faith Group	Description	Supervision	Location	RM	Day	Weeks	Time
Serv.	RCC	Christian	RCC Mass	Ft. Soreth	MPD	Chapel	Thursday		1 - 2 pm
Serv.	JW	Christian	Bible Study	Larkin	MPD	Whitman	Sunday		1 - 2:30 pm
Serv.	LDS		Bible Study	Exelley	MPD	Elkhorn	Friday		9:30 - 10:30 am
Serv.	Nazarene	Christian	Worship	Nelson	MPD	Chapel	Sunday		9:15 - 10:45 am
Serv.	Nazarene	Christian	Worship Team	Nelson	MPD	Chapel	Monday		8 - 10:45 am
Serv.	SDA	Christian	Bible Study	Smolean	MPD	Chapel	Saturday		7:30 - 9 am
Serv.	Asatru	Pagan	Runa Study	Chaplain	MPD	Whitman	Sunday		9 - 10:30 am
Serv.	Asatru	Pagan	Elot	Chaplain		Asatru Circle	TBD		TBD
Serv.	Jewish	Jewish	Sabat Readings	Chaplain	MPD	Chapel	Thursday		8:30 - 9:30 am
Serv.	Muslim	Islam	Jannah Khatba	Chaplain	MPD	Chapel	Wednesday		9:30 - 10:30 am
Serv.	Native American	Native	Sweet Lodge	Chaplain		NA Grounds	Sundays (1)	1	8:30 - 2:30 pm
Serv.	Native American	Native	Smudge/Talking Circle	Chaplain		NA Grounds	Sundays (3)	3	12 - 1 pm
Serv.	Native American	Native	Drawing/Beading	Chaplain	MPD	Chapel	Sundays (2)	2	12 - 2 pm
M17	Native American	Native	Native Parenting Class	Chaplain	MPD	Chapel	Sundays (4)	4	12 - 2 pm
Act.	Native American	Native	Native Movie/Beading	Chaplain	MPD	Chapel	Wednesday		1:15 - 3:30 pm
Serv.	Wicca	Pagan	Wicca Shabat/Study	Chaplain	MPD	Earth Circle/Chapel	Monday		9 - 10 am
Act.	Baptist	Christian	Bible Study	Vol.	MPD	Whitman	Saturday		6 - 8 pm
Act.	Buddhist	Buddhist	Meditation	Chaplain	MPD	Eagle Cap.	Sunday		9 - 10 am
Act.	BSS	Christian	Celebrate Racov.	Chaplain	MPD	Eagle Cap.	Sunday	2,4	12-1:30 pm
Act.	CCBC	Christian	Bible Study	Wage	MPD	Chapel	Sunday		6 - 7:30 pm
Act.	SDA	Christian	Choir	Nickell	MPD	Chapel	Tues/Thurs.		5:30 - 7:30 pm
Act.	Mennonite	Christian	Bible Study	Vol.	MPD	Whitman	Sunday		2:30 - 3:30 pm
Act.	Music	Secular	Music Practice		MPD	Chapel	Fri/Sat.		6 - 7:45 pm
Act.	SDA	Christian	Creation Chronicles	Smolean	MPD	Chapel	Thursday		7 - 8 pm
Act.	Yoga	Christian	Yoga & Meditation	Douglas	MPD	Whitman	Thur/Sat		6:30 - 7:30 (T) / 1 - 2 pm (S)
M17	BSS	Christian	Anger Management	Chaplain	MPD	Chapel	Monday		1:30 - 2:30 pm
M17	BSS	Christian	Art of Communication	Chaplain	MPD	Chapel	Tuesday		1:30 - 3:30 pm
M17	BSS	Christian	Grief Support	Chaplain	MPD	Chapel	Wednesday		8:30 - 9:30 am
M17	BSS	Christian	Houses of Hope	Chaplain	MPD	Chapel	Thursday		2:00 - 3:30 pm
M17	SDA		Guitar lessons	Chaplain	MPD	Chapel	Mon/Tues		5:30 - 7:30 pm

Contact Officer Corner

Multi-Purpose now has an Activities, Transitions, and Contact Officer bulletin board. Information regarding these programs will now be available for viewing on the applicable boards in the hallway across from the library. Stop by and take a look!

PRCF Contact Officer Program Contact Information:

Ms. Hoopes, Corrections Counselor and Contact Officer Program Manager, 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.



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>	

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.

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)
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.
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, If there is an immediate need please talk with your unit officer.

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