T.R.C.I.
TUMBLEWEED

October 2022 | VOL 22 | ISSUE 10

Pay Dates: 10/6; 11/10; 12/8

"TRCI Inmates Support Made To Thrive"

Eastern Oregonian News Article

September 8, 2022



Inmates in the Paradigm Shift Club at Two Rivers Correctional Institution, Umatilla, present a check on Aug. 23, 2022, to the Made to Thrive Executive Director Kriss Dammeyer.

Lori A. Smith / Contributed Photo

UMATILLA — A group of inmates who are part of the Paradigm Shift Club at Two Rivers Correctional Institution, Umatilla, recently gave back to the community.

The adults in custody presented a $4,000 check to Made to Thrive Executive Director Kriss Dammeyer. In a press release, Lori A. Smith, executive support specialist to the assistant superintendent of General Services at TRCI, said club members held fundraising efforts within the institution and among their fellow inmates.

The mission and vision statement of the Paradigm Shift Club, Smith said, is to improve the quality of life for those inside and outside of the prison through charitable donations and social events. The social events, she said, promote humanization, normalization and pro-social behavior.

"That made choosing Made to Thrive as one of the charitable organizations to partner with an easy choice," Smith said. "Made to Thrive assists over 300 community members in Umatilla and Morrow counties annually focusing on education and overall wellness of children and families in need."

The Paradigm Shift Club started in 2020 but was halted by the pandemic. When they were able to meet again, the club had diminished in size. However, recruitment efforts commenced and meetings resumed.

The group has raised funds to support local and global initiatives, began peer-to-peer education classes, sports competitions and an outreach program that connects with organizations, celebrities and artists from all over the world — all with the purpose to inspire a new narrative and perception surrounding the prison system. The club is presenting programs, ideas and new concepts to the administration team weekly, and are being met with full support, eagerness and enthusiasm, Smith said.

A Hermiston-based nonprofit organization serving at-risk youths in Umatilla and Morrow counties, Dammeyer founded Made to Thrive in 2014. It facilitates opportunities for targeted youths to engage in sports, music programs, art classes, dance and theater groups, as well as adventure activities and outings.

For more information, contact Kriss Dammeyer at 541-571-6169, kriss@madetothrive.org or visit www.madetothrive.org.

Notes from Recreation & The Paradigm Shift Club

- Recreation and The PSC will be providing a new black binder to all units
- They will include photo sign-up/information, movie schedules, video game sign-up/updates, and all PSC current flyers and information. You can check out the binder via the sally port control point
- ****Please remember to completely fill out all CD-28's with the necessary information, stamps, and signatures prior to submitting****

We want to acknowledge all of our AIC's who contribute to institution fundraisers and positive growth from within. Specifically, the PSC would like to thank all AIC's who were involved with the Made To Thrive Fundraiser. Ms. Dammeyer, with Made To Thrive has shown an enormous amount of support for our club and the ideas our population is trying to achieve. We look forward to working with them on future projects.

Please welcome our new Recreation Specialist J. Garrett. He will be working out of class for a 1-year development position in recreation. Mr. Garrett has worked at TRCI for 22 ½ years and was ready for a change of pace. He is a strong proponent of AIC rehabilitation and pro-social interactions among all of us. He felt his presence at recreation could contribute to the direction TRCI is going. He's a super positive and laid-back guy and we're all extremely fortunate to have his support moving forward.



Quote of the month

"It's okay to not wait until life isn't hard anymore before you decide to be happy" – Nightbirde

Nalgene Bottle Fundraiser for Hustle 2.0

- **Cost: $22 per bottle**
- **Limit 1 per AIC**
- **Incentive Level 3 AIC's Only**
- **Bottle Colors Will Vary**

- **Limited bottles available per month. Bottles will be delivered as we receive them from vendor**
- **Specs:**
  - **32 oz**
  - **Durable Plastic Bottle**

Disclaimer: This is a TRCI/TRCM approved item only. If you transfer, this item may not be approved at other institutions. This item may be subject to being hot trashed at other institutions. Please keep this in mind when ordering.









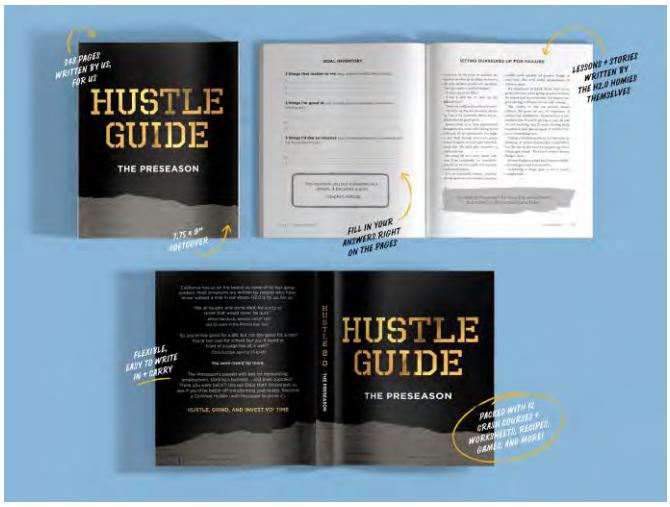
Nalgene Bottle Fundraiser for Hustle 2.0

The Paradigm Shift Club has partnered with CRS to raise funds supporting the Hustle 2.0 book program for TRCI. Hustle 2.0's programs are developed by experts with decades of experience designing rehabilitation programs for people with criminal histories, and H2.0's team – a group of incarcerated co-authors and artists.

MISSION

To maximize the potential of people affected by incarceration, Hustle 2.0 reduces crime, violence, and recidivism through evidence-based, trauma-informed programs that equip incarcerated people with the tools to transform their lives by changing their thoughts and behaviors.

To transform correctional facilities from places of pain and punishment into houses of healing and hope. We're accomplishing this by creating the correctional industry's most comprehensive and effective rehabilitation curriculum. Our goal is for all incarcerated people to have access to Hustle 2.0's programs to step their game up.



PARTICIPANTS SAY…

- THEY GOT MORE VALUE OUT OF HUSTLE 2.0 THAN EXPECTED **93%**
- THEIR CONFIDENCE HAS IMPROVED BECAUSE THEY PARTICIPATED IN HUSTLE 2.0 **85%**
- HUSTLE 2.0 HAS HELPED THEM TO CREATE GOALS THEY'RE PROUD OF **93%**
- HUSTLE 2.0 HAS CONTRIBUTED TO THEIR KNOWLEDGE, SKILLS, AND PERSONAL DEVELOPMENT **92%**

TRI-CITIES Cancer Center

PARADIGM SHIFT

The Paradigm Shift Club is proud to announce that we are conducting a fundraiser for Breast Cancer Awareness Month. The proceeds will go to a local organization; “Tri-Cities Cancer Center”. The Fundraiser is for **ALL Incentive Levels AIC’s** and the flyers are available on your unit. We know that many AIC’s have dealt with cancer in many ways, whether personally with friends or family. Below is a brief bio of the “Tri-Cities Cancer Center”.



Artist: Beetle

Together, the Tri-Cities Cancer (TCCC) and Kadlec are charting a path forward to ensure continuity and growth of well-integrated cancer care services for our region. The TCCC and Kadlec relationship unites cancer care services that have existed at both organizations and will streamline cancer care for patients and their families in our community. Through this integration, we will be enhancing cancer care in our region offering a full continuum of care that includes hematology, medical oncology, radiation oncology, surgical specialties, research, genetics, palliative care, survivorship and support programs. It’s our privilege to provide outstanding cancer care and support to our region and we look forward to sharing additional details as necessary.

10% of these funds will be used to benefit our AIC population

PSC Fitness Challenge Events

THANK YOU to all the participants who competed in our first incentive unit fitness competitions! This event was the first of its kind to take place at TRCI and the response was overwhelmingly positive from both staff and AIC's. Our goal with the on-unit events has always been to unify the population through pro-social, fun and healthy activities. The environment was positive and boosted morale for everyone involved as well as spectators. We've already had many AICs requesting to participate in the next event.

Thanks to previous AIC support of PSC fundraisers, club funds were used provide unique prizes to all winners from the competitions. We will continue to provide prizes that aren't sold on canteen as long as we receive the support. Below is a list of the individuals who went above and beyond and competed in all 5 events; **Burpees, Bench Press, Dips, Pull-Ups, Endurance Circuit.**

Fitness Challenge Full Participant List

U1: Anthony Abraham, Kenny Stillwell, Abraham The Elsworth, Martin Maldonado, Derek Jackson,

U2: Alexander Ortiz, Jose Garcia, Taylor Jackson

U5: Carlos Jackson, Tyler Weaver, Armando Deanda-Moreno, Raylee Lincoln, Edward Lehigh

U10: Tom Kennedy, Jeff Locker, Mike Yann

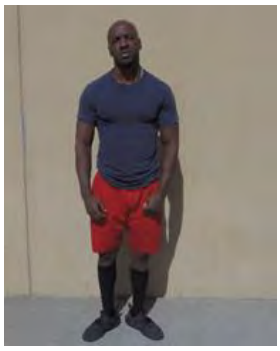
U11: Jason Aitken, Joseph Gustina, Kevin Luna-Gonzales

U12: Fredrick Lincoln, Catrell Rawls, Omar Sanchez-Tixta, Jaime Ramirez-Gonzalez, Victor Gonzalez-Sanchez

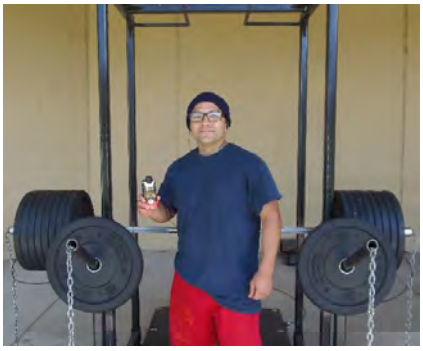
U13: Odilon Rosas-Cabildo, Rocky Stinger, Victor Zamora, Thomas Urvina, Abraham Reed, Juanito Sebastian

U26: Aaron Ponchart, Delbert Shelton, Selvin Fajardo-Landa, Elmer Ovalles

The below individuals participated in all 5 events and were randomly chosen to receive 1 grand prize per unit:



Carlos Jackson (U5)



Alexander Ortiz (U2)



Odilon Rosas-Cabildo (U13)



Joseph Gustina (U11)



Tom Kennedy (U10)



Frederick Lincoln (U12)

TRCI will be offering a Flaggers Certification Program!

The class will be taught by an ODOT Supervisor who has been teaching Offenders and helping with job placement for 25 years.

Cost: $100.00

- You receive a Certification valid for 3 years
- 3 reference Manuals
- Employer contact information Names, Numbers, Addresses, and Emails

To Take the Class you must

- Incentive Level 3 or 2 with Counselor Approval
- Have 2 years or less on your sentence

  or preapproval from MDT/Counselor
- Have class paid in full



When: November 19th, 2022

TIME: 4-5 Hour one-time class

NEED: to have at least 10-15 Maximum of 30

CD28 Cutoff Date is October 28th, 2022

SEND completed CD28s to Counselor Abbott to be added to the class

Class will be held November 19th around 7:00 am

OCTOBER MOVIE SCHEDULE

Week 1	Run Time	October 7th – October 13th	Rating	⇊	Movie Playing Times		⇊
Ch.51	Loop	Eastbound & Down Season 1 Disc 2 (3 eps.) / The Wire Season 2, Disc 4 (3 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch 52	2:17	THE NORTHMAN	R	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Power Season 4 Disc 3, 2:55 (IN CELL VIEWING ONLY) *	TV-MA	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Week 2		**October 14th – October 20th**					
Ch. 51	Loop	Eastbound & Down Season 2 Disc 1 (4 eps.) / The Wire Season 2, Disc 5 (2 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	1:23	SUNDOWN	R	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Ch. 54	Loop	The Last Kingdom Season 3 Disc 4, 1:45 (IN CELL VIEWING ONLY) *	TV-MA	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Week 3		**October 21st - October 27th**		⇵	1:30 & 10:30 Times Repeat		⇵
Ch. 51	Loop	Eastbound & Down Season 2 Disc 2 (3 eps.) / The Wire Season 3, Disc 1 (2 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch. 52	2:27	Jurassic World Dominion	PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	True Blood Season 3 Disc 1 (2 eps.) (IN CELL VIEWING ONLY) *	TV-MA	1:30 PM	6:30 PM	8:30 PM	10:30 PM
Week 4		**October 28th - November 3rd**					
Ch.51	Loop	Eastbound & Down Season 3 Disc 1 (4 eps.) / The Wire Season 3, Disc 2 (2 Eps.) (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Ch.52	2:23	Fantastic Beasts The Secrets of Dumbledorf	PG-13	1:30 PM	6:30 PM		10:30 PM
Ch. 54	Loop	Star Trek Discovery Season 3 Disc 1, 3:27 (IN CELL VIEWING ONLY)	TV-MA	1:30 PM	6:30 PM		10:30 PM
Week 4		**Halloween (October 31st – November 1st)**					
Ch. 52	1:34	FireStarter	R	1:30 PM	6:30 PM	8:30 PM	10:30 PM

* CH.54 IS STRICTLY FOR IN CELL VIEWING ONLY AND IS NOT TO BE SCHEDULED FOR DAYROOM AUDIENCE. SCHEDULING CHANNEL 54 FOR THE DAYROOM IS SUBJECT TO DISCIPLINARY ACTION IF THIS DIRECTIVE IS VIOLATED! *

Closed Caption Schedule:
All Movie Channels will be played in closed caption every other day
All Holiday Movies will be played in closed caption

The updated COVID-19 booster

What to know?

- It's the best way to protect yourself from severe illness and hospitalization
- It protects against the original strain and the Omicron variants BA.4 and BA.5
- It's safe and effective and can be given at the same time as a flu shot

When can you get it?

- Two months after any initial vaccine series
- Two months after a previous booster

Where can you find it?

- Contact your provider

Who is it for?

- The updated Pfizer booster dose is for everyone 12 and older
- The updated Moderna booster dose is for

  everyone 18 and older

Oregon Health Authority

OHA 4320A (09/02/2022)

Musicians List at T.R.C.I

It's been a long two years since the Bands were shut down, but now we have been given the green light to start back up. We have three existing bands that have been reunited and a couple may be looking for new talent. The Recreation Dept. wants to develop a list of musicians who would like to be considered for future possible inclusion in the band program. To qualify, you must be a Level – 3 and have more than a "Beginners" skill set for your musical talent. If you would like to be added to our list, please send us a request and tell us what you play (or sing), what genres are your forte and we will place you on the list for bands to review when looking for talent. Thanks!

Mr. J. Cambell, T.R.C.I. Recreation Dept.

El refuerzo del COVID-19 actualizado

IQue debe saber?

- **Es la mejor forma de estar protegido** contra enfermedades graves y hospitalizaciones.
- **Lo protege** contra la cepa original y las variantes Omicron, BA.4 y BA.5
- **Es seguro** y efectivo y puede recibirlo el mismo dfa que la vacuna contra la gripe.

IPara quien es?

- La dosis de refuerzo de Pfizer actualizada es para todas las personas a partir de los **12 anos de edad en adelante.**
- La dosis de refuerzo de Moderna actualizada es para todas las personas a partir de los **18 anos de edad en adelante.**

ID6nde puede recibirlo?

- **Dos meses** despues de la serie inicial de vacunas.
- **Dos meses** despues del refuerzo anterior.

ID6nde puede encontrarlo?

- Comunfquese con su proveedor.

Oregon Health Authority

OHA 4320A (09/02/2022) SPANISH

IMPORTANT MESSAGE FROM IC SOLUTIONS

Beginning on Monday, October 17, 2022, for your friends and family to continue to receive phone calls from you, they will need to validate their telephone number by setting up an account through IC Solutions. Direct them to icsolutions.com to validate their number. If they have issues validating their number, they will need to call customer support at 888-506-8407. DOC staff are not able to assist friends and family in creating an account or validating their number.

ART CLASS



Have You Ever Wanted to Learn Airbrushing?

Incentive Level 3 AIC's interested in signing up for an "AIR BRUSH PAINTING" class may sign up by sending a KYTE to Paradigm Shift Club.

There is a maximum of 4 students* per class.

Each class will be an hour and a half long and will meet once a week.

Classes will be held on:
Wednesdays from 1:30pm to 3:00pm

Session #1 (4 Weeks)

Begins on October 5th and will go through October 26th

Location: Recreation Area: Room 22-43

Class Facilitated by: John Hermann

We will enter students into classes in the order that we receive the KYTES. If a class is full, you will be put on a waiting list

Learning a Language



LEARN SPANISH

Incentive Level 3 AIC's interested in signing up for an intro to "SPANISH" class may sign up by sending a KYTE to Paradigm Shift Club.

There is a maximum of 6 students* per class.

Each class will be one hour long and will meet once a week.

Classes will be held on:

Tuesdays from 1:30pm to 2:30pm

Session #1 (13 Weeks)

Begins on October 4th, 2022 and will go through December 27th, 2022

Location: Recreation Area: Room 22-43

*We will enter students into classes in the order that we receive the KYTES. If a class is full, you will be put on a waiting list.

New Menu Printout

When the Fall-Winter 2022-2023 menus are released, you will notice that the menus will have a different "look" to them. The ODOC is using a new menu planning computer program for the week-at-a-glance menus, calorie report, and carb report.

You will notice that the way the serving sizes are described has changed. The previous menu planning program used volume-ounces (vol-oz) to describe items served by volume. The new menu planning program does not do that; it uses cups to describe items served by volume.

We will continue to produce 5-week cycle menus which will change twice yearly. You will be able to view all three meals per day for each week of the cycle on the week-at-a-glance menus. The menus will continue to be posted in the dining hall and/or in the living units. Each institution may do this a little differently.

The menu symbols will change to letter codes. Food items that contain high amounts of nutrients which some AICs may want to eat less of will be marked with a 3-letter code instead of a picture symbol. There will be a key at the bottom of the menu printout which describes each code.

The accuracy of the nutrition content of foods and recipes has improved with this new program. You may notice that some of the calorie or carbohydrate content of foods is slightly different on the new reports. The calorie report is available to all AICs. Each institution makes this report available differently. The carbohydrate report is for AICs with diabetes. Talk with your healthcare provider if you need the carb report.

Elena Guevara RD, LD

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 inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate 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.

Community-Based PREA Advocacy (Support) Program

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

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate 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.

Role of an Advocate:
- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:
- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- 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.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

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.

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