SANTIAM CORRECTIONAL INSTITUTION

OCTOBER EDITION

SCI AIC NEWSLETTER

OCTOBER 7TH 2022 EDITION



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Hearing Notice from the Court

What do I do as an AIC that receives a Hearing Notice?

Unable to contact the court with the phones here
Contact staff here.
The **best way** to be able to proceed:
Contact family/friends and give them the information on the Hearing Notice:
Contact number on the Hearings Notice – SCI is conducting phone calls (at this time)
Give the case number, your full name and SID# to your contact, THEN your contact can call the court. They can give out the SCI staff information in the next step
Give your contact (Family/Friend) the staff contact (Ms. May 503-378-3109) OR DOC website for professional calls (follow prompts under SCI section)

What happens next?

Court contacts S. May to schedule
Call-out is entered & a reminder kyte sent
Complete your call in assigned location (Unit 2 call room)

Do I need to follow-up and send a kyte to staff?

If you receive another Hearings Notice from the courts, the process will need to be repeated.

Sometimes you may need to call/ write your attorney, not staff.



Please take a moment to thank our Physical Plant crew for all the hard work they did this summer creating this new CrossFit workout area for us. Everything is almost completed and ready for use.

New Menu Printout For Food Services

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

News:

This is an exciting new adventure that commissary is proud to offer. Our customers have been asking for ground coffee so we are happy to announce that we will be selling Folgers ground coffee, a drip cone and coffee filters. Look for these new items on your commissary form.



Folgers
Ground Coffee 9.6 OZ
$ 9.30



Drip Cone 1 CT
$6.30



Coffee Filers 100CT
$7.15

Commissary is excited to announce that we will be bringing on the below item:

Please write in the amount you would like on your commissary order form. As the new updated form will be out shortly.

Ice Cream Price Increase

Value Novelty $1.45
Premium Novelty $1.95

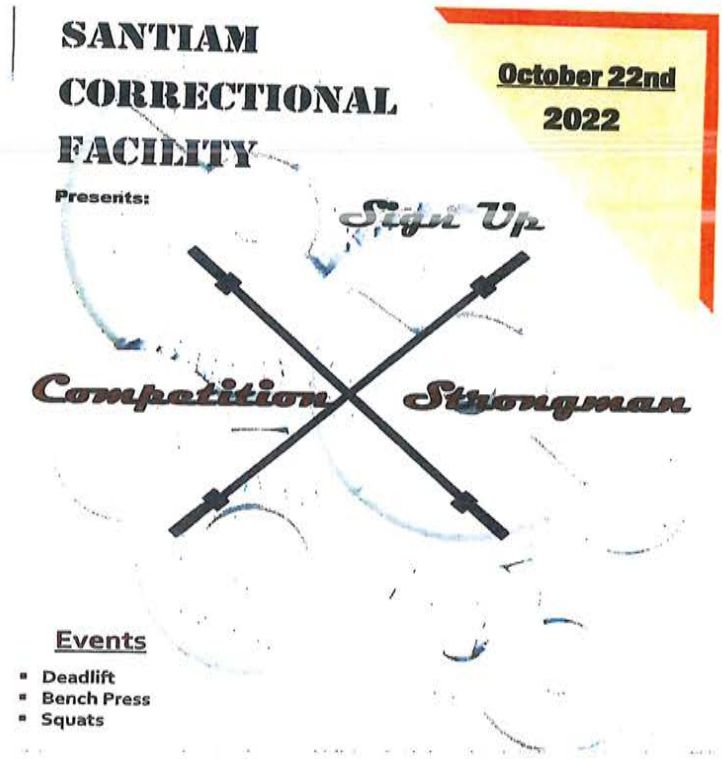
Value Pint $3.85
Premium Pint $4.55
Deluxe Pint $6.80



Snicker-Doodle

Crème Pies

$2.59



Your Competition Weight Classes:

140lb – 160lb

180Ib – 200Ib

200Ib – 220Ib

220Ib – 300Ib & Up

Dead Lift
Warm Up Reps
Three Heaviest Lifts

Bench Press
Warm Up Reps
Three Heaviest Lifts

Squats
Warm Up Reps
Three Heaviest Lifts.

Time: 12pm-3pm Date: October 22, 2022
Awards – First 1st Place Second 2nd Place Third 3rd Place Plaques
Sign-Up Sheets Will Be Posted October 1st Though October 8th
Staff Contacts: Lieutenant L.A. Kiser & Corporal J. Thomas
Focus Group Contacts:

AIC Brian McCrae AIC Aaron Hull
AIC Gray Gauge

If you want pictures of yourself doing lifts, you must purchase a ticket ahead of time, no ticket no picture!

Mailroom Reminders as holidays are coming

TIPS FOR INCOMING GREETING CARDS:
KEEP IT SIMPLE.

NO GLITTER

NO STICKERS.

No Crayon, Gel pens, sticky foam springs or musical cards

DO NOT INCLUDE OTHER ITEMS SUCH AS COINS, CROSSES, ETC.

NO UNUSED POSTAGE STAMPS.

NO BLANK CARDS, ETC.

HOLIDAYS

October 10th	Columbus Day	NO MAIL, CLOSED
NOVEMBER 11th	VETERAN'S DAY	NO MAIL, CLOSED
NOVEMBER 24th	THANKSGIVING	NO MAIL, CLOSED
NOVEMBER 25th	DAY AFTER THANKSGIVING	NO MAIL, CLOSED
DECEMBER 24th	CHRISTMAS EVE	NO MAIL, CLOSED
DECEMBER 25th	CHRISTMAS	NO MAIL, WEEKEND
DECEMBER 31st	NEW YEAR'S EVE	NO MAIL, CLOSED
JANUARY 1st	NEW YEAR'S DAY	NO MAIL, WEEKEND

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)

El refuerzo del COVID-19 actualizado

¿Qué debe saber?

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

¿Para quién es?

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

¿Dónde puede recibirlo?

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

¿Dónde puede encontrarlo?

- Comuníquese con su proveedor.

Oregon Health Authority

OHA 4320A (09/02/2022) SPANISH

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 07/19/2022.

PROPOSED RULES:

291-026 Contracts and Governmental Agreements

Repealed for a rewrite per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).

Last day to provide comments: 11/2/2022 at 5:00 PM

291-031 Community Corrections Programs

Amended to clarify requirements specific to the submission timeframe for the biennial community corrections plan, update definitions of the funded workload as a result of SB497 (2021), replace the term "offender" with the "adult on supervision", and make necessary housekeeping changes as a result of changes in business practices as well as those identified during the DOJ review.

Last day to provide comments: 11/2/2022 at 5:00 PM

291-159 DOC Procurements for Institutions and Administration

- Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.

Last day to provide comments: 11/2/2022 at 5:00 PM

291-160 DOC Procurements for Operational Support and Adult in Custody Programs

- Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.
- Increases purchase limit for some opportunity buys and some institution purchases.

Last day to provide comments: 11/2/2022 at 5:00 PM

291-164 Purchasing

- Repealed for a rewrite per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).

Last day to provide comments: 11/2/2022 at 5:00 PM

PERMANENT RULES:

291-019 Transfer (Community Corrections)

- Amends the rules to update or add business terminology, reorganize to improve comprehension and convenience for reader, and create a rule specific to the transfer of those on leave status.

Effective: 8/8/22

291-073 Mandatory and Desired Criteria for Siting Oregon Correctional Facilities

- Amends the rules reflect current terminology related to Oregon Health Plan and adults in custody, and for minor technical correction.

Effective: 8/16/22

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amended to clarify the definition of Sexual Activity, to clarify language for Staff Assault I, and to add exceptions around DSU sanctions for AICs designated as Seriously Mentally Ill (SMI) and acts of self-harm.

Effective: 9/6/2022

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division and topic per communication. Do not include multiple divisions and topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.

To: All Adults in Custody

Subject: Flu Vaccinations

The Department of Corrections would like to remind all AICs that getting the flu vaccine is safe and easy—and the best way to protect ourselves and others from the flu. The vaccine is especially important this year, with COVID-19 making more people sick.

The flu is a serious illness. By getting your annual flu vaccine, you are doing your part to keep yourself and those around you healthy—especially older people, people in congregate care, and those with chronic diseases.

The flu vaccine is available to all AICs, takes only a few minutes to get, and is safe and effective. It cannot give you the flu. DOC Health Services will provide the vaccine to any AIC interested in receiving it. Each AIC will be called out and asked to accept or decline the shot.

It's also important to get the vaccine every year because the flu virus changes from year to year. Each year, the vaccine is updated to target the strains of the virus that are most likely to get us sick. You can also get the flu vaccine at the same time as a COVID-19 vaccine or booster.

Para: Todos los adultos bajo custodia

Asunto: Vacunas contra la gripe

El Departamento Correccional desea recordar a todos los AIC que vacunarse contra la influenza es seguro y fácil, y la mejor manera de protegernos a nosotros mismos y a los demás de la influenza. La vacuna es especialmente importante este año, ya que el COVID-19 está enfermando a más personas.

La gripe es una enfermedad grave. Al recibir su vacuna anual contra la influenza, está haciendo su parte para mantenerse saludable y mantener saludables a quienes lo rodean, especialmente a las personas mayores, las personas en cuidado colectivo y las personas con enfermedades crónicas.

La vacuna contra la influenza está disponible para todos los AIC, toma solo unos minutos y es segura y efectiva. No puede darte la gripe. DOC Health Services proporcionará la vacuna a cualquier AIC interesado en recibirla. Se llamará a cada AIC y se le pedirá que acepte o rechace el tiro.

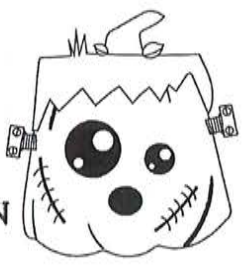
También es importante vacunarse todos los años porque el virus de la gripe cambia de un año a otro. Cada año, la vacuna se actualiza para atacar las cepas del virus que tienen más probabilidades de enfermarnos. También puede recibir la vacuna contra la influenza al mismo tiempo que una vacuna o un refuerzo contra el COVID-19.

HALLOWEEN WORD SEARCH

Find all the words!

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

GHOST
TREAT
BATS
SPOOKY
COFFIN
SKELETON
WEB



TRICK
COSTUME
PUMPKINS
BROOMSTICK
BLACK
SCARECROW
WEREWOLF



CANDY
VAMPIRE
STRAW
WITCH
CAT
SPIDER



Have a fantastic Month

