

Volume II, Issue IV

April, 2020 Edition

Notice from ODOC Regarding COVID-19

Our first employee, at the Oregon State Penitentiary, has tested positive for novel coronavirus (COVID-19). With the coronavirus spreading throughout the state of Oregon, we at the Oregon Department of Corrections (DOC) knew this day would come and have been preparing for the last several weeks.

DOC's top priority is the health and safety of everyone in our institutions, and we are fully committed to protecting against the spread of COVID-19. With the first case now reported, we understand concerns about COVID-19 are on everyone's mind, and we want

to continue to share information with you during this challenging time.

In addition to everything listed in our last letter, we want to give you an overview of the additional precautions we are taking to prevent further spread:

- All employees entering an institution are required to go through staff screening stations at facility entrance points. This tool allows us to better identify employees who may have been exposed to COVID-19 and limit the spread inside DOC facilities.
- Beginning April 1, 2020, all Oregon State Penitentiary employees are being asked if their temperature is at or above 100.0 F degrees prior to coming to work.
- DOC is continuing to work with our local public health officials, the Oregon Health Authority, and is following the Centers for Disease Control and Prevention (CDC) recommendations to prevent the spread of COVID-19 in Oregon.

We ask that you take extra care to help prevent the spread of the virus:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

This is a difficult time for everyone. Information changes daily and that can be both stressful and frustrating. Please remember that your health and safety is extremely important to us, and DOC employees around the state are working hard to keep you safe.

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Q: It doesn't seem like many AICs are taking the social distancing guidelines seriously. It angers me to see AICs flagrantly disregard the safety of others by either joking around about exposure or downplaying the dangers of the recent outbreak. What can we do as a community to get people to take this more seriously?

A: Denial is a common reaction when someone is fearful or uneducated about a certain topic. Denying the existence or significance of a threat is one way individuals who feel out of control may attempt to take control of a situation. Unfortunately, in a time such as this denial can have bad consequences.

The current social distancing guidelines were put in place as a first line of defense against Covid-19 outbreaks. By taking first line measures seriously, one can decrease their overall chances of contracting an illness in the first place. Due to the proximity AICs live from one another, efforts to decrease instances of possible exposure may seem futile. But prescribing to a fatalist view will not help the situation, rather it will weaken the health and resilience of AICs as a community.

Information on how to deal with the flu-like illnesses is already widely available through official sources. If you want specific information on how to deal with the crisis I suggest you check out the announcements and official postings on your housing unit bulletin board.

Here are some ways in which you can maintain proper hygiene and cleanliness during any cultural moment:

- 1.) *Wash* your hands frequently, before and after any interaction with community resources.
- 2.) *Avoid* touching your face unnecessarily.
- 3.) *Clean* your cell or bunk area thoroughly with disinfectant sprays on at least a daily basis.
- 4.) *Shower* frequently. Scrub your entire body with soap, use an exfoliate such as a loofa or wash rag to get extra clean.
- 5.) *Wipe* your feet with a rag soaked in disinfectant upon entering your cell or bunk area.
- 6.) *Clean* tablets, kiosks and phones prior to use.
- 7.) *Limit* your contact with others who may not be as hygienic as you. Stay in your cell or bunk area to limit interactions with other AICs.

Staff Writer
Patrick Gazeley-Romney



Responsibility Letter

Responsibility Letters are part of services offered to victims by ODOC. It is one tool that an AIC can use to show the victim what understanding he/she has of the harm that has been caused by the crime and to accept responsibility for that harm.

Every responsibility letter will be reviewed by Victim Services before being filed in the Responsibility Letter Bank.

A responsibility letter should never be used to ask for forgiveness or a pardon, or to make excuses for a crime. Such letters will be returned to the AIC and may be re-submitted after changes have been made.

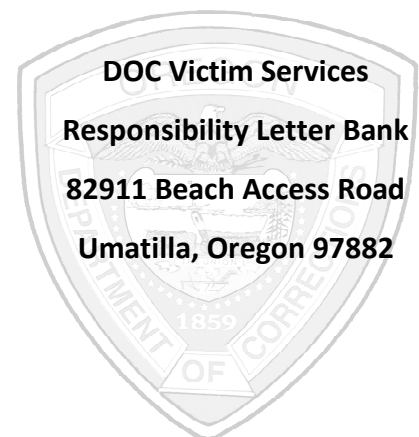
Once a letter has been reviewed and is determined to be appropriate, it is filed in the Responsibility Letter Bank indefinitely.

An AICs letter is forwarded to the victim only if there is a Responsibility Letter Notification Request form on file with the Victim Services Program or if the victim makes a verbal request.

Registered victims who wish to receive a responsibility letter will be contacted when a letter has been filed in the Responsibility Letter Bank.

Victim Services will make arrangements with the victim for how he/she wishes to have the contents of the letter shared.

For further information about the Responsibility Letter Bank or other services offered by the Oregon Department of Corrections' Victim Services Program, please contact in writing:



Reducing Stress in Stressful Times

By Patrick Gazeley-Romney

Living through a crisis can be a stressful time, especially for incarcerated individuals who already experience high levels of stress because of their confinement. Stress may feel amplified to AICs during an emergency due to heightened uncertainty about the future, changes in institutional operations or a feeling of helplessness surrounding the inability to be present to care for family members and loved ones.

If you notice your stress levels are rising, know that you are not alone. It is only natural during a time of crisis that group anxiety should rise. There are several things you can do to bring stress or anxiety levels down and effect a positive change in your environment:

1.) *Communicate* with your family and loved ones so that they know you are okay. You can rest easier knowing that your family isn't worried because they have up-to-date information on your current circumstances. Make sure they know that institution operations and commu-

nity resource use patterns will continue to change as the situation evolves, and that you will update them whenever possible.

2.) *Maintain* your normal day-to-day routine as much as possible. It is easy to stress yourself out during times of constant change or uncertainty. Keeping your personal routine consistent can maintain a semblance of normalcy and decrease overall stress loads.

3.) *Exercise* will benefit you significantly during times of stress. Exercise physically reduces levels of anxiety through the release of endorphins, the natural 'feel good' chemical found in human brains. Since weight equipment is no longer available on east and west compound yards, take advantage of other exercise opportunities such as your scheduled unit activity room or multi time.

4.) *Eat* well to keep your body strong and healthy. Consider swapping one of your regular course

meals at the chow hall for a vegetable tray in order to get more of the good nutrients your body needs to stay strong. A healthy body can deal with high cortisol (stress hormone) levels more efficiently than an unhealthy one. Also, keeping your body strong and healthy can reduce your chances of contracting many sorts of sickness or ailment.

5.) *Positive* thinking can have a major impact on lowering overall stress levels. Make a concerted effort to engage in positive thoughts and conversations with AICs around you. Also, choose not to engage in the institution rumor mill. Make a decision to only acknowledge 'facts' which are given to you by official sources such as the DOC for information pertaining to changes in institutional operations. Rumors are usually only fodder for stress. By choosing not to invest your time in something that may or may not be true and staying grounded in reality, you can diminish your level of anxiety overall.

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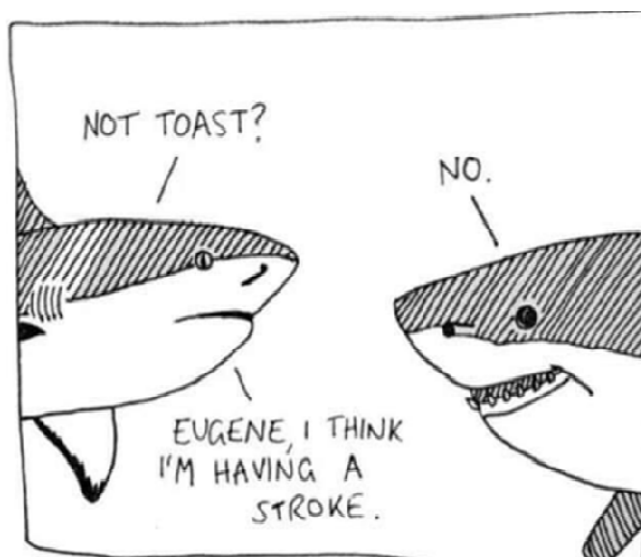
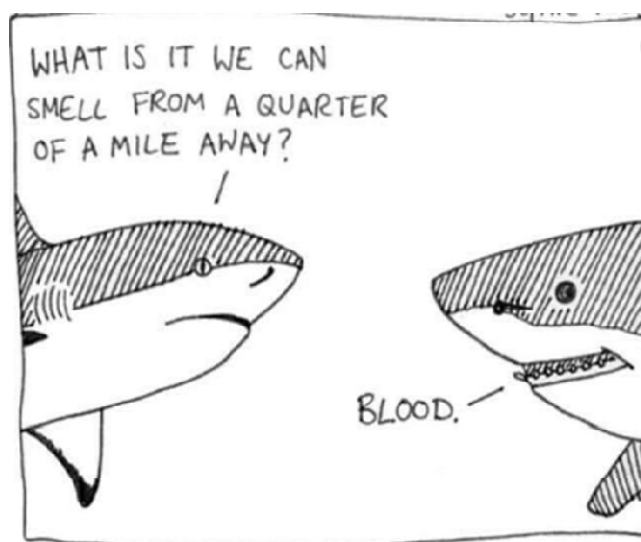
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Good Getting Out

By Robert Kenneth

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Former EOCI resident, Robert Kenneth, wrote the following article. He was released one year ago and this article is part two of two. Topics include employment, health care, food assistance, and information specific to Multnomah County. If you would like to read part one of two, please see the March edition of The Echo.

Employment: Except for retirees and those on disability, having a job is a requirement for most people on parole. There are many government agencies and non-profit groups that offer employment resources to parolees. These range from online job searches, work-preparedness classes, and resume building to free clothing for job interviews and free or subsidized bus passes.

In the State of Oregon, the “ban the box” law makes it illegal for an employer to ask about criminal convictions before the interview stage. [ORS 659A.360] This law can protect you from certain hiring practices that block employment based on your criminal past. State and local laws also prohibit discrimination based on such things as national origin, sexual orientation, age, race, and gender identity. In addition, in Portland, a city ordinance requires employers to wait until they make a conditional job offer before asking about criminal histories. [Portland City Code Chapter 23.10],

Disability Income: Regardless of what you may believe or have heard, disability income is not the

goose that laid the golden egg. And no, time in prison is not considered an eligible disability.

Applying for supplemental income assistance from Social Security, based on a mental or physical impairment, is a long and invasive process. And most first-time applications are denied. Even if you do eventually receive SSI/SSDI income, the monthly amount is often such that many recipients end up taking jobs “under the counter,” which puts them at risk of losing their benefits and facing prosecution.

If you have a legitimate, documented disability, then apply – but if you are able to work, then work.

Healthcare: No Oregonian needs to go without adequate medical, dental, and mental health coverage. Most Oregon AICs are enrolled in the Oregon Health Plan (OHP) just before they release from prison. Watch for the callout, and show up.

When you meet with the OHP enrollment specialist, ask informed questions – especially if you anticipate receiving healthcare coverage through other sources (V.A., SSDI, etc.). Many parolees have temporarily lost state coverage by mistakenly thinking they would receive healthcare through other sources.

In addition, several organizations and agencies in your community offer a wide range of free or low-cost services that are not covered under OHP – including acupuncture, eastern medicine, massage, yoga, naturopathy, etc.

The Oregon Health Authority also ensures, through CARE Assist, that persons with HIV have ready access to medication and treatment.

Food Assistance: After you release, visit your local DHS office (Oregon Department of Human Services) to apply for food assistance. Benefits and amounts are based on need.

Currently, the monthly SNAP benefits are about \$196 for individuals without income or dependents. Most workers who earn about \$1300 or less per month (gross) are also eligible for SNAP benefits. Benefits are placed on an Oregon Trail card and can be used to help pay for food or, in limited cases (disability or dependent children) redeemable in cash.

In addition, the Oregon Food Bank, churches, and other groups provide ample, nutritious food for low income folks in your community.

State I.D.: In Oregon, state I.D.s, like driver’s licenses, are issued through the DMV. The cost for an Oregon State I.D. is \$44.50. Your P.O. or community corrections office might be able to provide financial assistance in obtaining a state I.D.

Free Government Phone: When you get out, you can apply for a free “Obama” cell phone through your P.O. or community corrections office. Note that these now are typically smart phones, not the older-type flip phones – so if your parole restrictions prohibited internet access, you will not be eligible for a free phone.

Good Getting Out

By Robert Kenneth

RELEASING SPECIFICALLY TO MULTNOMAH COUNTY

Most AICs will release to Multnomah County. If you are one of them, you will find many resources designed to make your post-prison transition as successful as possible.

In Multnomah County, during your first P.O. check-in (likely at the Mead Building, 421 S.W. 5th Avenue, downtown Portland), you may receive some Goodwill clothing vouchers (\$30-60) and some free Tri-Met day passes. The Transition Services Unit (TSU), in the Mead Building, can also help with a wide range of services, with P.O. referral.

In Multnomah County, several agencies, organizations, missions, churches, and shelters offer meaningful help with: housing, sobriety, nutrition, hygiene, mental health, case management, health and dental, medications, tattoo removal, job resources, mobility, socialization, and on and on.

In addition to employment and disability resources, Central City Concern and Transitions Projects

Inc. (TPI) are the top two non-governmental organizations that provide transitional and long-term housing for parolees.

SE Works (Work Source Oregon) is another awesome resource, providing job-search help, training, resume building, clothing, case management, and connections with many area businesses that actively hire folks just out of prison. SE Works should be one of the first stops after prison for anyone.

SE Works
7916 SE Foster Road, Suite 104
Portland, OR 97206
503-772-2300

Another great organization is Street Roots, a powerful, non-profit advocate for marginalized folks throughout Portland. The group publishes the regularly-updated *Rose City Resource*, that lists virtually every possible resource in the tri-county.

The Street Roots *Rose City Resource* is free and available everywhere, including at the Mead Building, libraries, clinics, shelters, and food banks,. Ask your institution counselor or the mailroom if a copy of

the booklet is available for AIC use.

Street Roots
Rose City Resource
211 NW Davis St.
Portland, OR 97209

CONCLUSION: Restitution, court costs, supervision fees, treatment costs, polygraphs, reporting in, UAs, curfews, travel restrictions, transitional housing, looking for work, difficulties with family and friends, etc. – these can take all the fun out of getting out of prison. Do not let them. In most cases, the hardships and challenges you face after prison are temporary. And it is still far better than getting (or staying) locked up.

Stay calm when up against hurdles. Use your DBT and mindfulness skills, meditation, prayer, or other positive coping tools to help you avoid escalation. Stay clean, sober, and away from people and situations that could be triggers for you.

Crime is easy, with disastrous results. Going straight and staying clean and sober can be hard, with far happier results that you thought possible.

Birth Certificates

Many already know how important it is to have your birth certificate and social security card, but it's worth repeating and even "kyting" about. Aside from the benefits of having your birth certificate while you're still inside, both pieces of identification are essential to your success after release because they are needed to get a job, open a bank account or cash a check, and apply for state or military benefits.

As you approach release, if the DOC does not have a birth certificate or social security card on file for you and if you may be eligible to receive one provided by the DOC, you will receive a communication form from the institution records office. Those approaching age 65 will also be sent a communication if the DOC does not have a birth certificate on record. The kyte will tell you which piece of identification is missing and

give you the means to start the application process. Just fill in the information, and forward the kyte to your institution records office. It's as simple as that.

NOTE: To eliminate duplications that could delay your application process, please complete and return only one each of the birth certificate and social security card forms.

Notice provided by ODOC

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Healthcare professionals – including physicians, nurses, microbiologists, and paramedics – all know that proper hand washing is the most effective way to stop the spread of diseases, from MRSA and E-coli to the common cold and influenza. But improper washing, or not washing at all, puts you and everyone around you at higher risk for catching preventable diseases.

Here are five easy steps for properly washing your hands:

1. Wet both of your hands thoroughly with warm water. Soap on dry hands is much less

effective than on wet hands. Simply rinsing with water actually leaves more bacteria and viruses exposed on your skin.

2. Use enough soap to cover the surfaces of both hands with a thin layer. When using bar soap, it generally means when the soap starts to form bubbles. For liquid soap, it usually means two to three pumps from the dispenser.
3. Scrub your hands vigorously! It is the scrubbing action that dislodges bacteria and viruses from your skin. Pay special at-

tention to the palms of your hands and the grasping surfaces of your fingers and thumbs, since these are usually what you use to touch things.

4. Scrub for at least 20 seconds. This is about the length of time it takes to sing the “Happy Birthday To You” song two times.
5. Rinse both hands well, continuing to scrub them until all of the soap is removed, along with all the germs, viruses, etc.

When should you wash your hands? You should wash your hands after you visit the bathroom, before you eat, after you cough or sneeze into your hands, and especially after you have had close contact with someone who is sick.

Washing your hands the right way greatly reduces your risk of becoming sick and it reduces the chance of your passing on germs or a virus to someone else.

Skin-Deep Line of Defense

Our skin is our first line of defense against infection-causing bacteria – especially in prison, where hygiene habits can vary dramatically from person to person.



Some ways to keep your “epidermal defenses” in top condition is to avoid cuts and abrasions, excessive sun exposure, wash your hands with soap and water (at least

20 seconds of lather), and drink plenty of water.

When skin is irritated it loses some of its strength as a barrier against infection. Harsh chemicals cause irritation and weaken the skin. Some chemicals can be used to clean the skin such as soap. Others can be used to disinfect the skin safely; these are called antiseptics. Iodine and alcohol are examples of antiseptic.

Hepastat is not an antiseptic and should never be used on the skin as a disinfectant, only on environmental surfaces. Hepastat will damage skin cells and increase infection risk by weakening your skin – your first line of defense.

Doing Time On Hold

By Phillip Luna

Many people find it difficult to find ways to occupy their time when operational activities have been modified or shutdown. Here are a few great time fillers if you find yourself in that situation.

1. Write a letter - tried and true, writing a letter to someone is a great way to occupy some time. And if your interested in making amends with someone, The Responsibility Letter Bank (see page 2) may be an option for you. All this extra time might be the perfect opportunity to get a letter just right.
2. Write a short story, poem, or screen play and enter it into a contest. EOCl has an upcoming contest, and, according to Public Information Officer Mr. Miles, the details will be released soon. Separately, the PEN prison writing program has an annual contest that is free to enter for any incarcerated individual (see below).
3. Complete some artwork! Art is probably one of the most time consuming tasks you can do. There is no better time to catch up on artwork then when your on limited activities.
4. Read a book - The book shelves have not been rotated since the start of modified activities and it may be difficult to find the right book. If you are having trouble finding something to read, try the tablet. The free version of the tablet offers dozens of classic titles as well as some new titles.
5. Complete a workout - Being on limited activities can leave you with a lot of pent up energy. Exercising is a great way to spend some energy! See page eight for some exercise tips.
6. Start learning a new language - You know that Spanish book you bought when you first got here? Yep, the one that has

been sitting on your shelf for the last couple years gathering dust. Well, dust it off, make yourself some flash cards and get to work!

7. And if you're really bored, find something new to watch on television. Try out a new show or check out some of the content on channels 51, 52, or 53.
8. Write an article for *The Echo*! For those of you furloughed, we do accept submissions, although the criteria is stringent. Send a communication form to IWP for the criteria.

Whether you want to read more, exercise more, or write more, take the free time you do have and try and turn it into a good habit! Experts say it takes thirty days of repetition to turn something into a habit.

PEN Writing Contest

Founded in 1971, the PEN Prison Writing Program provides imprisoned writers across the country with free writing resources. The program offers a Handbook for Writers, which teaches elements of writing fiction, non-fiction, and poetry. It is free for any incarcerated individual and can be obtained upon request by writing:

PEN Prison Writing Program
588 Broadway, Suite 303
New York, NY 10012

PEN's annual prison writing contest has five categories (Fiction, essay, memoir, poetry, and drama/screenplay). They receive around 1500 entries per year and the contest ends September 1st, 2020. Entries can be hand written but must be legible.

No application form is necessary. Simply write the PEN Prison Writing Program and request information on their annual writing contest and their Handbook for Writers. PEN gives cash prizes to winners in each

of the five categories and awards an opportunity to be part of the PEN Prison Writing Mentorship Program, which pairs established writers with incarcerated men and women.

Please note the writing contest is not sponsored by the Department of Corrections. PEN is a separate organization that is available to all AICs across the United States. If you are interested please write the PEN Prison Writing Program for more information.

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Fitness in a Pinch

By Phillip Luna

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In one form or another, exercise is a staple part of most AICs daily routine. However, when activities are modified or shutdown, it can be difficult to find ways to get a good workout. Here are some tips and ways to make your workouts count with limited options.

When at yard and the weight pile is closed:

20-1 burpees with a 40 yard sprint after each set: Simply perform 20 burpees and then sprint 40 yards, then 19 burpees and sprint 40 yards, and so on - until you complete one burpee.

20-1 Squat jumps and suicides: This one is straight out of your high school basketball coaches playbook. Perform 20 squat jumps and then run a suicide (*run from the base line to the three point line and back, then to half court and back, then to the opposite three point line and back, then full court and back - touching the ground at each turn*). Repeat the process until you complete 1 rep. Still not enough for you? Try finishing this workout by lunging a lap around the track.

20 rounds of 5 pull ups, 10 push ups, and 15 squats (if you are allowed to do pull ups on your yard). When done quickly and correctly this doubles as a cardio routine.

When at Activities/Multi:

Time in activities or multi is limited and therefore your workouts must be short and sweet. Here are some tips on how to maximize the limited time you will have.

Focus on multi joint exercises: Deadlifts, power cleans, squats, presses, and rows. These are lifts that engage multiple muscles groups and are great ways to maximize your time. Hitting all five of these lifts in one workout should have most of your body covered.

Try super sets: Whether lifting heavy or light, super sets are a efficient way to maximize time. Try pairing opposite lifts together to increase your rest time for each muscle group. Some sample parings are: Fronts squats and incline bench press, deadlifts and dips, or flat bench and bent over rows.

Triple sets: Triple sets are exactly like they sound, three lifts grouped together. They can be very useful if you pair them effectively. Think about exercises in the form of pushing motions, pulling motions, and legs. Pick one from each group as your triple set. Doing this will allow you to move through your workout faster because you are using the rest time for one muscle group to work on another muscle group.

Triple set examples:

- Bench press, pull ups, and deadlifts.
- Squats, rows, and dips.
- Power clean, overhead press, and chin ups.

Cluster sets: Cluster sets are a great trick for getting the most out of each set. A cluster set is when you intermittently take small 3-5 second breaks in order to increase the total number of reps on a single set. For example, when at a weight that is a 10-rep max complete only 6-7 reps and rack the weight. After 3-5 seconds, lift the weight again and

complete 4-6 reps, then rack for 3-5 seconds. Repeat this process as many times as you would like or until failure, but do not allow more than a few seconds of rest. Using this method, you can perform more reps during each set.

When on your only option is on unit workouts:

Ah, the dreaded in-cell workout. The hardest part of in cell exercising is not figuring out what to do or how to do it, it's finding the motivation! Generally we are limited to body weight exercises, which means squats, lunges, burpees, push ups, sit ups, sink dips, and maybe a variation of a body weight row, depending on how your cell is set up. If you are on a dorm, you might have more options.

Three keys to a successful routine:

1) Scheduling: Create a routine and decide when you are going to exercise. Make a plan with the people around you so that you are not conflicting with each other.

2) Goals: Make a goal for yourself. Ladders are really common workouts. Increase your reps weekly.

10-1 = 55 reps

15-1 = 120 reps

20-1 = 210 reps

25-1 = 325 reps

30-1 = 465 reps

3) Accountability: Find a workout partner nearby. Whether it's a cellie or a neighbor across the tier, having a buddy to workout with will keep you accountable and you will be more likely to stick to your plan.

Law Library Reminder

Provided by Ms. Gaskins Library Coordinator



As a reminder: Until further notice the law library will only be open Monday through Wednesday. The Law Library will only be scheduling AICs that provide the Library Coordinator with verified deadlines within the next 60 day (i.e court deadlines specified in writing).

Overdue Library and Law Library materials should be held until after we return to normal operations.

Notary requests should still be made via the Law Library. There will be no book exchange for any of the housing units during this time.

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Pathfinders Update



As you know the COVID-19 pandemic restrictions have had a tremendous impact on The Pathfinder Networks (TPN) ability to provide in-person programming. We ask that you extend grace and patience as TPN works collaboratively with Oregon Department of Corrections to determine the best

way to continue delivering the highest level of programming while keeping everyone as safe as possible. We are working hard to make this happen as soon as possible. More information will be provided to you as the details and processes are worked out. The Pathfinder Network is sending positive vibes and good energy to you all. Below you will find a mindfulness activity straight from our Free Your Mind – CORE curriculum to help you stay grounded and focused as you navigate through your day.

Breathe ON Purpose

1. Pause and **BREATHE**.
 2. **O**bserve your thinking.
 3. **N**ame your feeling.
 4. Consider your **PURPOSE**.
- What do you want NOW and in the FUTURE?
 - What is within your control?
 - What move gets you closer to your purpose/goal?

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Masks Produced in Garment Factory

Mr. Miles,
Public Information Officer



The Department Of Corrections has an important message to share with you as we continue navigating through the COVID-19 crisis.

Masks: In the coming weeks, DOC will be offering each adult in custody two utility masks made of 100% cotton. The mask is designed to reduce the number of droplets expelled from a person’s cough or sneeze. These masks are for barrier and comfort – NOT for medical use. It is important to note these masks will NOT take the place of appropriate personal protective equipment (PPE) for those with, or in close contact with, COVID-19. Distribution of other PPE will be determined by Health Services.

Individuals will be responsible for cleaning their own masks.

Thorough washing with soap and hot water and completely drying is sufficient for personal use of these masks.

For further questions please contact Mr. Miles, Public Information Officer.

Social Distancing and Hygiene

By Phillip Luna

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Social distancing in prison is near impossible. Despite the difficulties being incarcerated presents, there are some “best practices” which can be utilized. It is imperative that everyone take precautions seriously before any illnesses reach our institution.

Social Distancing and Hygiene:

Stop Shaking Hands:

This is just unnecessary contact. Stop shaking hands with people. If you have to, opt for a fist bump or better yet, an elbow bump. Do not be offended when someone doesn't want to shake your hand.

Eat With the Same Group if You Can:

The dining room is currently the most difficult place to practice social distancing. As an AIC, you cannot control the operations of the institution, but you can mitigate your exposure to other people. Try to eat with the same three people everyday. Eating with the same group limits exposure and can help prevent you from picking up, or spreading, germs. And don't share food! It might be tempting to finish your friends pizza, but if you do you are ingesting whatever bacteria or viruses he may or may not have.

Have Patience:

Prison is a crowded place and lines are very common. Whether you're waiting in line at the dining hall or on your way out to yard, it

is normal to want to crowd up and push your way through. Try exercising a little bit of caution here. Allow some separation between yourself and the person in front of you. Don't be afraid of letting a few feet get between the two of you.

Find Your Own Workout Spot:

Whether you are exercising in multi, activities, or at yard, find a spot that is yours and stick with it. That's your spot, with your sweat on it. Stay in that spot to avoid spreading or picking up germs. And when you are looking for a spot to do your burpees, or whatever routine you have, pick a spot that is away from other people. Respect other people's space. When your are working on a weight, don't let other people in on your set. It's just unnecessary. They can have the weight when you're done.

Drink Water, But Don't Share It:

Avoid drinking from water fountains if you can and don't share water pitchers with others. They can bring their own pitcher to yard.

Avoid Touching Surfaces:

Use your sleeve to pull a door open and either your shoulder or your foot to push a door open. For things like opening the ice machine or turning on a faucet, use a paper towel as a barrier between your hand and the object. When climbing stairs, avoid touching the railings.

Stop Spitting on Everything:

Or at the very least, spit in a place where people are not going to walk. Nobody wants to step in your loogie and then track those germs into their cell.

Avoid the Dayroom:

Avoiding the dayroom is the most obvious social distancing practice. Suffice to say, the dayroom is the second worst place to be if you are attempting to maintain any kind social distancing. Avoid spending time here if you can.

Don't Be Afraid to Ask Someone to Keep their Distance!

Sure, conflict is uncomfortable - but not as uncomfortable as an influenza like illness might be. If someone is standing too close to you, or otherwise just in your bubble, don't be afraid to politely let them know. Lots of people are feeling stressed right now so remember to be polite in your approach.

Most importantly, just use common sense. Many of the practices listed here are good for avoiding the regular flu, as well as other diseases and illnesses.

If you have suggestions, you may send a communication form to Mr. Pedro, Assistant Superintendent of Correctional Rehabilitation.

How to Explain Prison to kids

Excerpt from prior newsletter

When a family member, such as a mom or dad, goes to jail or prison, it may be very difficult for everyone involved. For some children, the experience can be emotionally devastating, while for others it is less serious - sometimes it is a relief.

The child’s age, understanding of the situation, and the reactions of others, particularly of family members, all play a part in the overall impact the experience will have on the child.

Children may have different feelings, and sometimes even several feelings at once, or one right after the other. Some children might feel sadness, fear, guilt, disbelief, anxiety, anger, and/or powerlessness. It is important to help children understand and work through their feelings.

Often people don’t talk about having a family member in prison because they are afraid it will upset the child. However, it is better for children to express their feelings to others than to let the emotions stew inside. Children can benefit if adults talk with them openly and honestly about a parent who is incarcerated. These children need to be guided by adults through the experience of talking in an emotionally safe, comforting, and nurturing way.

Notes for Caregivers

Children may experience many mixed emotions from the time the parent’s arrest to well after his or her release. These feelings are most commonly expressed at certain stages: arrest, trial, sen-

tencing, incarceration, and often very strongly during and following visiting. Often, the most stressful time is in the weeks and months after release. It can be difficult for an absent parent to reconnect with a child who has grown accustomed to living without him or her.

Children of incarcerated parents need...

- To know the parent’s incarceration is not their fault.
- To know what is happening to their parent.
- To know if they can have contact with their parent – and if so, when and how.
- To know where and with whom they will be living and going to school.
- To know what will stay the same and what will change while their parent is incarcerated.
- To know it is OK to still love their parent, and it is OK to be angry sometimes too.
- To be encouraged to express, in safe and healthy ways, their feelings about their parent and their parent’s incarceration.
- To visit and maintain contact with the incarcerated parent as much as possible, when permitted and appropriate.
- To have stability and consistency in their living situations and daily routines.

- To realize that people make choices in life that lead to different consequences.
- To feel safe and have fun.

Where can I get help?

Children and families sometimes need more help than family and friends can provide. County information and referrals can help to find further resources, and most libraries have Internet access. Some places to get help or information include:

- County health and mental health departments
- Boys and Girls Clubs
- YWCAs and YMCAs
- ALANON and ALATEEN
- NA and AA (Narcotics Anonymous and Alcoholics Anonymous)
- CURE (Citizens United for Rehabilitation of Errants), 503-287-9258
- Oregon Department of Corrections, www.doc.state.or.us.
- Family and Corrections Network, 804-598-3036

ODOC has a free booklet available entitled “How to Explain Jails and Prisons to Children: A Caregiver’s Guide,” which friends and family members can review and order online at www.oregon.gov/DOC/PUBAFF/oam_booklet.shtml.

Ask PGR:
Responsibility Letter:
Reducing Stress:
Release Information:
Proper Hand Washing:
Health and Well-Being:
Fitness in a Pinch:
ODOC Notices:
Social Distancing:
How To Explain:

A publication of Eastern Oregon
Correctional Institution, Pendleton,
Oregon. Direct questions and
comments to EOIC Institution
Work Programs (IWP).

Friends and family can view

***The Echo*, online, at**

[https://www.oregon.gov/doc/OPS/
PRISON/pages/eoci.aspx](https://www.oregon.gov/doc/OPS/PRISON/pages/eoci.aspx)

*“For to be free is not merely to cast off one’s chains,
but to live in a way that respects and
enhances the freedom of others.”*

– Nelson Mandela

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www.visit.telmate.com

DOC Victim Services

www.CDC.org

SE Works

Street Roots

Webster’s II New Riverside Dictionary

Vocabulary from *The Echo*

Social Distancing:

Staying at least six feet away from
all people. Making an effort to avoid
contact with others.

Virus:

Submicroscopic pathogens able to
replicate only within a living cell.

Bacteria:

Occurring in many forms and existing
either as free-living organisms or as
parasites.

Furloughed:

Laid-off, taken a leave of absence.

Naturopathy:

A system of therapy that relies exclu-
sively on natural remedies.

Important Dates

Full Moon Apr 7th

PRAS Awards Apr 9th

Deadline Garment Factory App. Apr 9th

Good Friday Apr 10th

Easter Apr 12th

National Scrabble Day Apr 13th

Earth Day Apr 22nd

National Batman Day May 1st

Star Wars Day May 4th

PRAS Awards May 7th

Mother’s Day May 10th

Memorial Day May 25th

Flag Day June 14th

Summer Begins June 20th

Father’s Day June 21st

