OREGON DEPARTMENT OF CORRECTIONS

OCTOBER 2022
Volume 1, Issue 1

CRIC & SFFC CURRENTS



GREEN STATUS

I received an email from the AOC this morning moving CRCI into the second phase of masking. What does that mean?

- Masks are **not required** in the following areas:
- Indoor breakrooms within the secured perimeter.
- Congregate areas in which AICs mix from various housing units while indoors. Examples include, but are not limited to:
  - **Areas in which AICs mix from different units, interior recreation areas, gymnasiums.**
  - **Visiting.**
  - **Classrooms.**
  - **Religious Services.**
- Sites where AIC work, but do not reside.

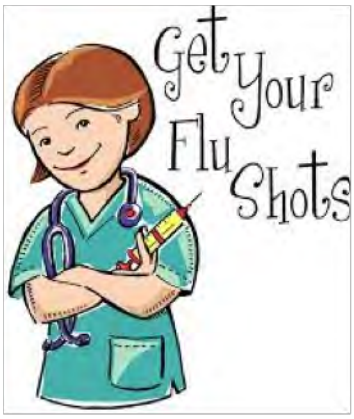


- Other important information:
- AICs and employees may choose to continue wearing masks. DOC will provide masks at no cost.
- Per CDC guidelines, county levels of transmission may impact an institution **GREEN, YELLOW** and **RED** status.
- Masks are still required in Health Services, Program Services, and during treatment hours in Turning Point & New Foundations.

On Thursday CRCI/SFFC EMT will meet to discuss modifications to visiting. I've been communicating with VTS staff and they will be the first to learn of any changes. We will NOT be moving away from scheduled visits, however we

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FLU VACCINATIONS

Can't I wait and get vaccinated when/if flu hits my community? It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu. Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

You need to get a flu vaccine every year. You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year: a) The first reason is because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research indicates may be most common during the upcoming flu season. b) The second reason annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.



Vacunas Contra La Gripe

¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad? Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

Las vacunas contra la gripe no pueden contagiarle la gripe. Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. *Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. * O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. * O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. * Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

Debe vacunarse contra la gripe todos los años. Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.

COMMISSARY NEWS!

Commissary is excited to announce that we will be bring 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.

Snicker-Doodle Crème Pies

$2.59

ICE CREAM PRICE INCREASE

Value Novelty
$1.45

Premium Novelty
$1.95

Value Pint
$3.85

Premium Pint
$4.55

Deluxe Pint
$6.80

2022 FAMILY EVENT PHOTOS

The photos taken at the Family Event, 10/08/2022, are currently under review. Several photos need to be photoshop to meet DOC requirements.

Once photos are approved and updated, AICs will be notified.

Thank you for your patience.

- Rose City Graphix

ART SHOW

Below is information on an art show being coordinated by Defense Fund PDX. If you are interested, please be sure you follow guidelines in Oregon Administrative Rule 119 on Inventions, Manuscripts, and/or Compositions (AIC). You can get a copy in the Law Library. Artwork will be subject to DOC approval.

Please work with the Property Officer on mailing out any large items (larger than standard envelope size). Any DOC artist who wants to sell their art will have all proceeds go to their trust account, or you can donate to Defense Fund PDX. The "Performance Art" is not an option for AICs. Submissions will be accepted in September. Contact Defense Fund PDX at the address below.



REMINDER FROM PROGRAM SERVICES

If you are on call out or paged to Program Services, please make sure you are in pants. You are not allowed to be in program services unless you have pants on.







Remember that Program Services is an unauthorized area.

If you are not on call out or not paged to go to Programs, do not go in there. Don't just stop in to see if you can talk to your Counselor or because you just had a question real quick. You need to send a kyte and you need to be specific in the kyte on what your questions are. Do not kyte, I need to talk to you. Write down what you need to talk to them about. These instructions are also in your A&O manual. Do not come down saying your unit officer sent you, they need to call to programs and let us know if they are sending you. If you have an emergency, you can ask your Unit Officer to call your Counselor.

Ms. Wilks only takes care of the loaner TV program. She does not work for Maintenance so if you need something fixed on your TV, kyte Maintenance. Ms. Wilks also does not work for IWP. She only sends out applications for open/ posted positions and receives them back to give to IWP. She can't help you get a job and can only send you an application for an open/posted job unless it is for Work Crews, that job is always accepting applications. Please read job announcements and be specific on what job you are wanting an application for. Job numbers and titles are posted on them for a reason.

ROAD TO SUCCESS OCTOBER UPDATE

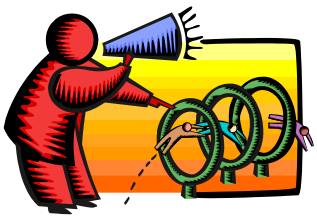
Greetings and happy autumn from RTOS! Have you heard about the services Road to Success (RTOS) offers? Are you wondering how you can sign up for the classes? Here's how it works**: Once you're about six months to release, you will be automatically scheduled for an assessment/Release Class.** That's where you'll receive info about RTOS classes and have the opportunity to sign up. All transition classes are voluntary and held in Classroom 5 (on unit 5). Watch your callouts and when your time comes, sign up for any (or all!) of the classes. Once you finish all five classes you become an RTOS Superstar and mentor to other participants! **Must wear pants, mask, bring pen/pencil, and be on time* J

Road to Success offers the following core classes:

- *Employment* – job skills, résumé building, interview practice (get a flash drive containing various resources to take with you!)
- *Tenant Education* – overcome barriers to housing and learn your rights as a tenant
- *Money Management* – budgeting, financial goals $$$
- *Working Effectively with Your PO* – develop a positive relationship with your PO
- *Your Family, Your Community, Your Release* – reunify with family and friends

October's Road To Success class spotlight is:

Working Effectively with Your P.O.



In this class you will learn how to develop a positive relationship with your Parole Officer and utilize the resources they have to your advantage. Send a kyte for more info.

Highlights of this class:

* Discuss characteristics of a successful re-entry
* Develop and practice positive problem solving skills such as good communication
* Practice gratitude and pro-social relationships
* Create and complete a Transition Plan that you can give to your P.O. upon release

LATES ROAD TO SUCCESS SUPERSTARS

Larry Allen, Calvin Blunt, Brett Cunningham, Tevin Dean, Eric Dillard, Roman Dobbs, Amos Faber, Caleb Gates, Blake Hendrix, Frank Kile, Michael Krantz, Zachary Leahy, Anthony Montoya, Daniel Rachko, Jacob Smith, Joshua Thomas, Corey Thompson, Kevvin Tiefenback, David Venable, Daniel Warren,

South Fork Forest Camp RTOS Info:

What? SFFC folks who are within six months of release are also eligible for Road To Success services! Classes, one-on-one consultation, release resources, etc.

Who? Ms. Gaidosh, the Transition Coordinator from CRCI

When? Third Friday of each month in Administration Office

>>Next SFFC sessions scheduled for October 21 & November 18<<

General Unit 5 Info:

Unit 5 is a transitional unit and is incentive-based. Advantages to being on Unit 5 include: special guest speakers, regular one-on-one support with a Transition Coordinator, exercise time in classroom 5, "late night" on weekends and holidays, a generally quiet environment, the company of others who are working to succeed upon their release, and access to other incentives from time to time. Recently, RTOS has hosted poetry contests, "Dave Ramsey's Financial Peace University" course, several book clubs, and info sessions with Iron Tribe and SE Works.

To be eligible for Unit 5 you must be six months or less to release, sign up for all RTOS classes, & be incentive level two or three. Once on Unit 5 you must maintain good behavior, a clean bunk area, and pro-social behavior. If you receive three bunk-ins, a DR, or don't show up for scheduled classes you will leave the unit.

Resource Room Info:

All AICs may access the Resource Room (located in Classroom 1) when they are *4 months or less to release or living on Unit 5*.

There you can find job postings, county-specific resources, transitional housing info, make phone calls relevant to your success upon release, work on a transition plan, and more…

Open office hours vary and are subject to change so feel free to send a kyte and we will be happy to assist you. Most up-to-date hours are posted on the Resource Room door.

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.

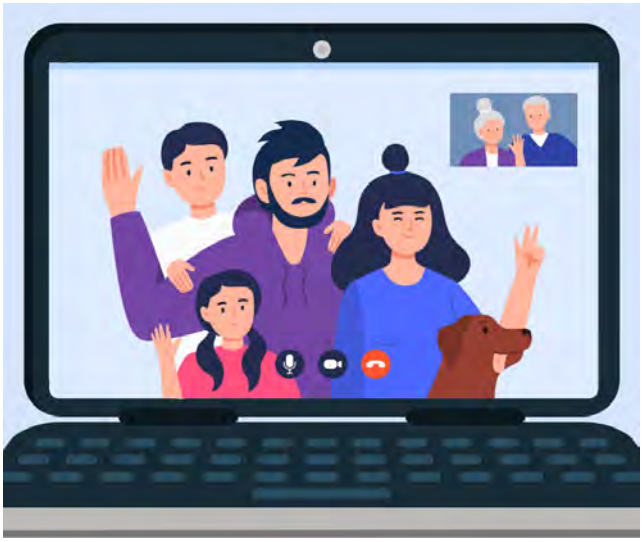
Elena Guevara RD, LD



ICSOLUTIONS PHONE NUMBER VALIDATION MESSAGING

Phone Number Validation - Update Required

Beginning **Monday, October 17, 2022**, friends and family members of adults in custody will no longer be able to receive phone calls until they have set up an account with ICSolutions and complete the phone number validation.



Link to ICSolutions.com to complete the phone number validation.

PLEASE COMPLETE THIS PROCESS AS SOON AS POSSIBLE.

If you have issues validating your number or need any assistance with your ICSolutions account, contact customer support at 1-888-506-8407.

Instructions are available on the website in both English and Spanish.

Please note: DOC staff are **NOT** able to assist with creating an account or validating phone numbers.

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

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**

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

Oregon Health Authority

El Refuerzo del COVID-19 Actualizado

lQue 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 df a que la vacuna contra la gripe.

lPara guien 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.**

lD6nde puede recibirlo?

• **Dos meses** despues de la serie inicial de vacunas.

• **Dos meses** despues del refuerzo anterior.

lD6nde uede encontrarlo?

• Comunfquese con su proveedor.

Oregon Health Authority

ADMINISTRATIVE RULES PROGRAM

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



ADMINISTRATIVE RULES PROGRAM

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 III (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.



COMING SOON—FORK AND SPOON!



In the near future, CRCI and SFFC will be moving away from the durable and versatile orange spork and going to more specialized flatware, specifically a fork and spoon. This state property will be issued to you individually. You will be allowed to bring them to and from the dining room. Each person will be tasked with the safe keeping and care of the utensils. The date, distribution details and replacement costs have yet to be determined as of now. More information will be release as we get closer to making these changes.

Thank you,

Food Services.