

Pay Dates: 2/5, 3/5, 4/9, 5/7, 6/4, 7/9, 8/6, 9/10, 10/8, 11/5, 12/10

Upcoming PSC & TRAC Events

- **Bingo Event (February 12th)**
- **Madden Tournament (Tentatively February)**

Celebrating This Month!!!

- *Valentine's Day (Saturday, February 14th)*
- *Presidents' Day (Monday, February 16th)*
- *Black History Month*
- *American Heart Month*



Words to **INSPIRE**
from Garrett
& Cambell



It is not the critic who counts, nor the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows great enthusiasms, great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat.

— *Theodore Roosevelt*

FEBRUARY 2026 MOVIE SCHEDULE

Week 1	Run Time	February 6th - February 12th	Approximate Start Time	Restart Time
CH. 14 New Release	1:48	Death of A Unicorn	FRI 2:00 PM	6:00PM
	1:42	Fight or Flight	1:30 PM	6:00 PM
CH. 16 Throwback	0:44	Battlestar Galactica Season 1, Disc 5 (eps 1)	FRI 2:00 PM	6:00PM
	2:56	Battlestar Galactica Season 2, Disc 1 (eps 4)		
	2:04	Akira	1:30 PM	6:00 PM
CH. 17 New Series	1:28	Dusk Til Dawn Season 1, Disc 3 (eps 2)	FRI 2:00 PM	6:00PM
	3:29	Punisher Season 2, Disc 2 (eps 4)	1:30 PM	6:00 PM
Week 2	February 13th - February 19th			
CH. 14 New Release	1:51	I Know What You Did Last Summer	FRI 2:00 PM	6:00 PM
	1:47	Caught Stealing	1:30 PM	6:00PM
CH. 16 Throwback	2:56	Battlestar Galactica Season 2, Disc 2 (eps 4)	FRI 2:00 PM	6:00 PM
	1:30	Battlestar Galactica Season 2, Disc 3 (eps 2)		
	1:30	Breakin'	1:30 PM	6:00PM
CH. 17 New Series	3:02	Dusk Til Dawn Season 2, Disc 1 (eps 4)	FRI 2:00 PM	6:00 PM
	4:29	Punisher Season 2, Disc 3 (eps 5)	1:30 PM	6:00PM
Week 3	February 20th - February 26th			
CH. 14 New Release	2:15	The Conjuring 4: Last rites	FRI 2:00 PM	6:00PM
	1:52	Relay	1:30 PM	6:00 PM
CH. 16 Throwback	3:09	Battlestar Galactica Season 2.5, Disc 1 (eps 4)	FRI 2:00 PM	6:00PM
	2:56	Battlestar Galactica Season 2.5, Disc 2 (eps 4)		
	1:34	Breakin' 2	1:30 PM	6:00 PM
CH. 17 New Series	3:01	Dusk Til Dawn Season 2, Disc 2 (eps 4)	FRI 2:00 PM	6:00PM
	2:30	The Day of The Jackal Season 1, Disc 1 (eps 4)	1:30 PM	6:00 PM
Week 4	February 27th - March 5th			
CH. 14 New Release	1:35	Bone Lake	FRI 2:00 PM	6:00 PM
	1:36	Him	1:30 PM	6:00PM
CH. 16 Throwback	2:35	Battlestar Galactica Season 2.5, Disc 3 (eps 3)	FRI 2:00 PM	6:00 PM
	2:57	Battlestar Galactica Season 3, Disc 1 (eps 4)		
	1:15	Superman: Doomsday	1:30 PM	6:00PM
CH. 17 New Series	1:28	Dusk Til Dawn Season 1, Disc 3 (eps 2)	FRI 2:00 PM	6:00 PM
	2:24	The Day of The Jackal Season 1, Disc 2 (eps 3)	1:30 PM	6:00PM

MOTIVATIONAL PRESENTATION

Featuring U.S. Army combat veteran,
Shane Thorson



High Desert Toastmasters is hosting their second motivational speaker event at TRAC on February 21st! The club will be introducing a U.S. Army, Purple Heart recipient combat Veteran from outside the Toastmasters community. This Veteran now focuses on service-driven leadership, resilience, faith, and helping others build their purpose, structure and hope through adversity.

DATE: FEBRUARY 21, 2026
TIME: 6:30 PM – 8:30 PM
LOCATION: TRAC

This event is open to the first 60 incentive Level III AICs

To sign up, send a Kyte to Ms. Hunter no later than January 30, 2026

Refreshments of Coffee and Pastry will be provided.





LET'S RAISE SOME DOUGH!

And Raise some dough they did!!!

The Paradigm Shift Club hosted a Fundraiser for Meals on Wheels selling Krispy Kreme Doughnuts. Meals on Wheels is meal delivery program located in Multnomah Village in Portland, OR that helps address the need for meals to the elderly and others who are need of healthy meals. The Paradigm Shift Club would like to give a thanks on behalf of Meals on Wheels to all the AICs who made this fundraiser a success. The Club with your support were able to raise a much needed and appreciated \$1,758 that will help provide meals to those in need. Thank you



ALERT - Visitation is Changing for Monday Holidays at TRCI

Please Inform Your Visitors to TRCI,

Beginning in 2026, Two Rivers Correctional Institution (TRCI) will no longer offer visiting on holidays that fall on a Monday.

Traditionally, TRCI's visiting room has been closed on Mondays and Tuesdays, but we have previously accommodated visits on Monday holidays. Starting next year, we will maintain our standard visiting schedule of **Wednesday through Sunday**, regardless of holidays.

We appreciate your understanding and encourage you to plan visits accordingly. As a friendly reminder, don't forget to have your visitors check the road reports on ODOT's website at Tripcheck.com before heading our direction this winter!

ATTENTION! MEDICAL UPDATE ATTENTION!

Starting in February, Tuberculosis testing will be changing for ODOC. Lab draws will be the initial offer, if that is refused then a skin test will be placed. If both tests are refused then you will be placed on daily TB observation, this part has remained unchanged.

Empezando Febrero, la prueba de la Tuberculosis va cambiar para ODOC. Se les ofrecera inicialmente analisis de sangre, si esto es rechazado entonces se les ofrecera prueba de piel. Si rechazan las dos opciones usted estara anotado para Observacion TB diario, esta parte se mantendra sin cambiar.



Financial Services

Informational Briefing

Adult in Custody (AIC) 2026 Tax Information

The Department of Corrections (DOC) will not provide federal or state tax forms to AICs.

- AICs may write or call the Internal Revenue Service (IRS) or Oregon Department of Revenue to request tax forms.
- AICs may elect to reach out to their friends and family to request they send tax forms in through the mail. All incoming mail is subject to the Departments rule on mail, 291-131-0025.
- DOC staff / legal assistants are not authorized to provide tax advice or status updates on filings to AICs.
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- DOC will only issue 1099 (MISC/INT) to AICs who meet specific IRS minimum requirements.
 - ✓ 1099 MISC issued to AICs who have received \$600 or more in PRAS for the tax year.
 - ✓ 1099 INT issued to AICs who have accrued \$10 or more in interest for the tax year.

State and Federal taxes due date:
April 15th, 2026

AICs will need to use their own pre-addressed postage paid envelope for tax correspondence and filings.

Oregon Department of Treasury Tax Forms Requests	Internal Revenue Service Tax Forms Requests
Department of Revenue P.O. Box 14999 Salem, OR	Department of Treasury Internal Revenue Service Ogden, UT 84201-0002
800-356-4222	800-829-3676

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.oregon.gov.



TRCI MAILROOM NEWS

Tracking Labels

USPS is phasing out the tracking labels we use. As of March 1st, tracking will not be available for outgoing mail. Packages from R&D will not receive tracking numbers via the mail room at TRCI

Kytes

Please remember, when addressing kytes please use Full last name, (First initial if possible), Department, and if applicable, the Institution where the person you are writing is located. Kytes will be returned if name and department are missing.

Please do not assume that everyone knows who you are writing, and where they are located. Thank you 😊 Mail Room Staff



FRUIT OF THE LOOM®

Recently, Fruit of the Loom has had an influx of handwritten letters from individuals preparing for parole, requesting Walmart gift cards and other gift cards. These letters indicate the information is coming from within facilities stating Fruit of the Loom provides such gift cards to parolees.

Unfortunately, this information is **NOT** correct. Fruit of the Loom states they have never offered gift cards to individuals preparing for parole, and they do not have any programs in place that provide this type of assistance.

A Fruit of the Loom spokesperson states, "We truly appreciate the effort and resources these individuals are using to write to us, and we regret that they are doing so under a misunderstanding."

To prevent further confusion and unnecessary correspondence they have asked this information is provided.



1 Wet



2 Get Soap

Hands that look clean can still have icky germs!



3 Scrub



4 Rinse



5 Dry

WASH YOUR HANDS!

www.cdc.gov/handwashing



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC, Foundation, GSK, and Sanofi. HHS/CDC does not endorse commercial products, services, or companies.

CS20794



1 Moja



2 Enjabona

¡Aunque las manos se vean limpias pueden tener microbios asquerosos!



3 Restriega



4 Enjuaga



5 Seca

¡LÁVATE LAS MANOS!

www.cdc.gov/handwashing/esp



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Este material fue elaborado por los CDC. La campaña "La Vida es Mejor con las Manos Limpas" es posible gracias a una asociación entre la Fundación de los CDC, GSK, InVivo y Sanofi. Los CDC y el HHS no respaldan productos, servicios ni empresas comerciales.

CS20794



American
Heart
Association.

ANSWERS
by heart



Cardiovascular Conditions

What Are the Warning Signs of Heart Attack?

Coronary heart disease, which includes heart attack, is the No. 1 cause of death in the United States. But many of those deaths can be prevented.

About every 40 seconds someone in the U.S. will have a heart attack. Minutes matter. It's important to learn the warning signs of a heart attack so you can act fast to save a life – maybe your own.

Some heart attacks are sudden and intense but may start slowly, with mild pain or discomfort. Some signs of a heart attack include:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.



What should I do if I suspect a heart attack?

Even if you're not sure it's a heart attack, immediately call 911 or your local emergency medical services (EMS), such as the fire department or ambulance. EMS staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. People with chest pain who arrive at the hospital by ambulance also usually receive faster treatment.

What else can I do?

Before there's an emergency, find out which hospitals in your area have 24-hour emergency cardiac care. Also, keep a list of emergency phone numbers next to your phone and with you at all times. Take these steps now.

Why don't people act fast enough?

Many people having a heart attack wait more than three hours before seeking help. Some people feel it would be embarrassing to have a "false alarm." Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous.

If you or someone close to you shows signs of a heart attack, call 911 and get help right away!

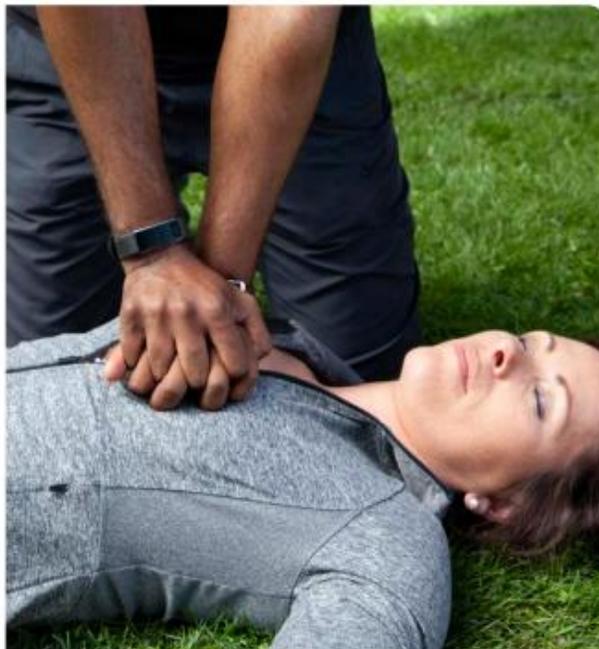
(continued)

What Is Cardiac Arrest?

Cardiac arrest occurs when the heart malfunctions and stops beating on its own. It's caused by an electrical problem in the heart that causes an abnormal heartbeat (arrhythmia). With its pumping action disrupted, the heart can't pump blood to the brain, lungs and other organs.

Seconds later, a person becomes unresponsive, isn't breathing or is only gasping. Death can occur within minutes if the person doesn't receive treatment right away.

More than 350,000 cardiac arrests occur outside of the hospital in the U.S. each year.



Is a heart attack the same as cardiac arrest?

No. While a heart attack may cause cardiac arrest, the two aren't the same.

A heart attack is caused by a circulation problem. Heart attacks are caused by a blockage that stops blood flow to the heart.

Cardiac arrest is caused by an electrical problem in the heart. The heart stops beating properly, and the heart's pumping function is "arrested," or stopped.

Both heart attack and cardiac arrest are medical emergencies and require prompt medical treatment.

What causes a cardiac arrest?

Most cardiac arrests are caused by abnormal heart rhythms called ventricular tachycardia or ventricular fibrillation.

Other factors that increase risk for or can trigger cardiac arrest include:

- Cardiomyopathy (thickened heart muscle)
- Certain medications

- Congenital heart defects
- Coronary heart disease
- Heart valve disease
- Heavy alcohol use
- Heavy blow to the chest (commotio cordis)
- Illicit drug use
- Severe emotional stress

How do I know if someone is having a cardiac arrest?

The signs of cardiac arrest:

- The person collapses suddenly and passes out.
- The person doesn't respond, even if you tap them hard on the shoulders or ask loudly if they're OK. The person doesn't move, speak, blink or react.
- The person isn't breathing or is only gasping for air.
- The person has no pulse.

(continued)



What should I do if someone is having a cardiac arrest?

Anyone who witnesses a cardiac arrest outside the hospital can perform CPR. For adults and adolescents, Hands-Only CPR is easy to learn. It requires only two steps:

- Call 911
- Use both hands to push hard and fast on the center of the person's chest at a rate of 100-120 beats per minute.

It's important to continue CPR until first responders arrive to take over.

If an AED is available, even untrained people should be able to use it by following the prompts.

What happens next?

Once the person is resuscitated, an ambulance will take them to the hospital. There an emergency room doctor will do a physical exam. They also will order tests to assess the person's condition. The test results can help the health care team decide on a treatment plan to reduce the person's risk of long-term problems and death.



Some tests may include:

- Blood tests
- Exercise stress tests
- Imaging tests
- Cardiac catheterization
- Electrophysiology (EP) study

Genetic testing also may be recommended for the patient and their blood relatives. This is done because some unexplained cases of cardiac arrest have been linked to inherited heart problems.

HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](https://www.heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork).

Do you have questions for your doctor or nurse?

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

Where can I get CPR training in my area?

MY QUESTIONS:

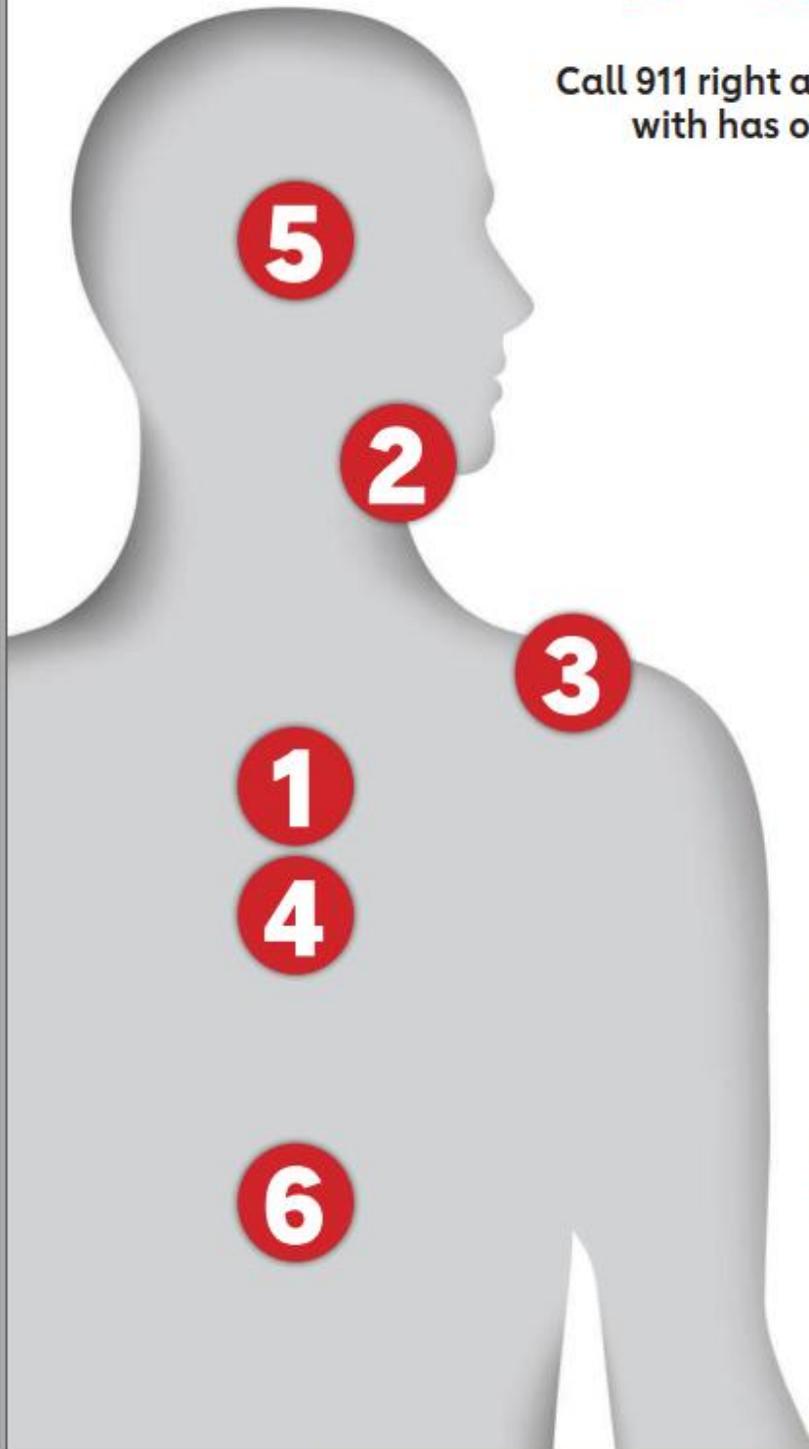
We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://www.heart.org/AnswersByHeart) to learn more.



American
Heart
Association.

Common Heart Attack Warning Symptoms

Call 911 right away if you or someone you are
with has one or more of these symptoms!



-  1 Chest pain or discomfort
-  2 Pain or discomfort in the jaw, neck or back
-  3 Pain or discomfort in the arms or shoulders
-  4 Shortness of breath
-  5 Feeling very tired, lightheaded or faint
-  6 Nausea or vomiting

Learn more at
heart.org/HeartAttack.



¿Cuáles son las señales de aviso del ataque al corazón?

Las enfermedades coronarias, que incluyen los ataques al corazón, son la principal causa de muertes en Estados Unidos. Pero muchas de esas muertes se pueden evitar.

Cada unos 40 segundos alguien en Estados Unidos tendrá un ataque al corazón. Cada minuto cuenta. Es importante que aprendas las señales de advertencia de un ataque al corazón de forma que puedas actuar con rapidez para salvar una vida, quizás la tuya.

Algunos ataques al corazón son repentinos e intensos, pero pueden comenzar lentamente, con dolor o malestar leves. Algunas de las señales de un ataque al corazón incluyen:

- **Molestia en el pecho.** La mayoría de los ataques al corazón presentan una molestia en el centro del pecho que dura más de unos minutos, o que desaparece y luego regresa. Se puede sentir como una presión, compresión, inflamación o dolor incómodos.
- **Molestia en otras áreas de la parte superior del cuerpo.** Los síntomas pueden incluir dolor o molestia en uno o ambos brazos, la espalda, el cuello, la mandíbula o el estómago.
- **Falta de aire.** Esto puede ocurrir con o sin molestia en el pecho.
- **Otras señales:** Estas pueden incluir brotes de sudor frío, náuseas o mareos.

Al igual que en los hombres, el síntoma más común de ataque al corazón en las mujeres es el dolor o la molestia en el pecho. Sin embargo, las mujeres pueden tener otros síntomas que por lo general se relacionan menos con un ataque al corazón, como falta de aire, náuseas y vómitos, y dolor en la espalda o la mandíbula.



¿Qué debo hacer si sospecho que tengo un ataque al corazón?

Incluso si no tienes la seguridad de que sea un ataque al corazón, llama inmediatamente al 911 o a los servicios médicos de emergencia (EMS) como el departamento de bomberos o la ambulancia. El personal de EMS puede comenzar el tratamiento en cuanto llegue, hasta una hora antes que alguien que va al hospital en automóvil. Las personas con dolor en el pecho que llegan al hospital en ambulancia generalmente también reciben tratamiento más rápido.

¿Qué más puedo hacer?

Antes de que ocurra una emergencia, encuentra cuáles hospitales en tu región tienen cuidados coronarios de emergencia las 24 horas. Además, ten una lista de números de emergencia al lado de tu teléfono y lleva una contigo en todo momento. Toma estas medidas ahora.

¿Por qué las personas no actúan con suficiente rapidez?

Muchas personas que tienen un ataque al corazón esperan más de tres horas antes de pedir ayuda. Algunas personas se sentirían avergonzadas de dar una "falsa alarma". Otros tienen tanto miedo de sufrir un ataque al corazón que se dicen a sí mismos que no lo están teniendo. Estos sentimientos son fáciles de entender, pero también son muy peligrosos.

Si tú o alguien cerca de ti muestra señales de ataque al corazón, ¡llama al 911 y pide ayuda enseguida!

(continuado)



American
Heart
Association.

RESPUESTAS
del corazón



Enfermedades Cardiovasculares

¿Qué es un paro cardíaco?

Un paro cardíaco ocurre cuando el corazón funciona mal y deja de latir por sí mismo. Esto es provocado por un problema eléctrico en el corazón que causa un latido cardíaco anormal (arritmia). Cuando su acción de bombeo se interrumpe, el corazón no puede bombear sangre al cerebro, a los pulmones y a otros órganos.

Algunos segundos después, la persona deja de responder, no respira o tan solo boquea. Si la persona no recibe tratamiento inmediatamente, la muerte puede sobrevenir en unos pocos minutos.

En Estados Unidos cada año ocurren más de 350,000 paros cardíacos fuera de los hospitales.



¿Es lo mismo un ataque cardíaco que un paro cardíaco?

No. Aunque un ataque cardíaco puede causar un paro cardíaco, no son lo mismo.

Un ataque cardíaco es causado por un problema circulatorio. Los ataques cardíacos son provocados por un bloqueo que detiene el flujo sanguíneo al corazón.

El paro cardíaco es causado por un problema eléctrico en el corazón. El corazón deja de latir correctamente y la función de bombeo del corazón para.

Tanto el ataque cardíaco como el paro cardíaco son emergencias médicas y requieren tratamiento médico inmediato.

¿Cuál es la causa un paro cardíaco?

La mayoría de los paros cardíacos son causados por ritmos cardíacos anormales llamados taquicardia ventricular o fibrilación ventricular.

Otros factores que pueden aumentar el riesgo de paro cardíaco, o desatarlo, son:

- Cardiomiopatía (músculo cardíaco engrosado)
- Ciertos medicamentos
- Anomalías cardíacas congénitas
- Enfermedad coronaria
- Enfermedad valvular cardíaca
- Abuso del alcohol
- Golpe fuerte en el pecho (conmoción cardíaca o commotio cordis)
- Uso de drogas ilícitas
- Estrés emocional extremo

¿Cómo sé si alguien está teniendo un paro cardíaco?

Las señales del paro cardíaco son:

- La persona colapsa súbitamente y pierde el conocimiento.

(continuado)



American
Heart
Association.

¿Qué es un paro cardíaco?

- La persona no responde, incluso si se le toca firmemente en los hombros o se le pregunta en voz alta si está bien. La persona no se mueve, habla, parpadea o reacciona.
- La persona no respira o sólo boquea en busca de aire.
- La persona no tiene pulso.

¿Qué debo hacer si alguien está sufriendo un paro cardíaco?

Cualquiera que presencie un paro cardíaco fuera de un hospital puede aplicar RCP. Los adultos y los adolescentes pueden aprender fácilmente RCP solo con las manos. Solo requiere dos pasos:

- Llamar al 911
- Usar ambas manos para presionar duro y rápido en el centro del pecho de la persona a razón de 100-120 compresiones por minuto.

Es importante continuar la RCP hasta que los primeros intervinientes lleguen para hacerse cargo.

Si hay un desfibrilador externo automático disponible, hasta las personas sin entrenamiento deben ser capaces de usarlo si siguen las indicaciones.

¿Qué sucede después?

La persona, una vez resucitada, será transportada en ambulancia al hospital. Ahí, un médico de la sala de emergencias hará un examen físico. También indicará otras pruebas para evaluar la condición de la persona. Los resultados de las pruebas pueden ayudar al equipo de atención médica a decidir el plan de tratamiento para reducir el riesgo de problemas a largo plazo y de muerte de dicha persona.

Algunas de las pruebas pueden ser:

- Análisis de sangre
- Pruebas de esfuerzo con ejercicio
- Exámenes con imágenes
- Cateterización cardíaca
- Estudio de electrofisiología

También puede recomendarse la realización de pruebas genéticas al paciente y sus familiares sanguíneos. Esto se hace porque algunos casos inexplicados de paro cardíaco han sido relacionados con problemas cardíacos hereditarios.

¿Dónde puedo obtener más información?

- 1 Llama al 1-800-AHA-USA1 (1-800-242-8721) o visita heart.org para aprender más sobre las enfermedades cardíacas y los derrames cerebrales.
- 2 Suscríbete en HeartInsight.org para recibir nuestro boletín electrónico mensual *Heart Insight*, para pacientes con problemas cardíacos y sus familias.
- 3 Conéctate con otras personas que comparten vidas similares con enfermedades del corazón y derrames cerebrales, uniéndote a nuestra red de apoyo en heart.org/SupportNetwork.

¿Tienes alguna pregunta para tu médico o enfermero?

Dedica unos minutos y escribe tus preguntas para la próxima vez que consultes a tu profesional de atención médica.

Por ejemplo:

¿Dónde puedo recibir capacitación en RCP en mi región?

MIS PREGUNTAS:

Tenemos muchas otras hojas de datos para ayudarte a tomar decisiones más saludables y así reducir tu riesgo de sufrir una enfermedad cardíaca, controlar tu afección o cuidar a un ser querido. Visita heart.org/RespuestasDelCorazon para obtener más información.



American
Heart
Association.

5 Formas de Disminuir tu Riesgo de Sufrir un SEGUNDO Ataque al Corazón

1

TOMA TUS MEDICAMENTOS

Toma los medicamentos solo como te indique el profesional de la salud. Estos medicamentos te ayudan a no sufrir otro ataque al corazón. Infórmate sobre tus medicamentos y tómalos de la forma correcta. No te olvides de tomar una dosis o del reabastecimiento: podría causarte graves problemas de salud.



2

VISITA A TU PROFESIONAL DE LA SALUD

Trabaja con el equipo de cuidados de salud para mejorar. Asegúrate de someterte a una revisión en las seis semanas siguientes al ataque al corazón a fin de comprobar que tu recuperación avanza correctamente.



3

ÚNETE A UN PROGRAMA DE REHABILITACIÓN CARDÍACA

La rehabilitación cardíaca es un programa que te ayuda a mejorar tu salud física y emocional durante la recuperación. Incluye ejercicio, aprendizaje de hábitos saludables y búsqueda de estrategias para controlar el estrés.



4

CONTROLA LOS FACTORES DE RIESGO

Algunas causas aumentan la probabilidad de sufrir otro ataque al corazón, como el tabaquismo, el colesterol alto, la presión arterial alta y la diabetes. Toma los medicamentos, lleva una dieta saludable, mantente activo y no fumes para reducir el riesgo.



5

OBTÉN APOYO

Es habitual sentir preocupación o confusión tras un ataque al corazón. Hablar con familiares, amigos u otras personas que hayan sufrido un ataque al corazón puede ayudarte a que sientas menos ansiedad y soledad.



Toma medidas ahora para prevenir otro ataque al corazón.
Visita [heart.org/heartattack](https://www.heart.org/heartattack) (sitio web en inglés) para obtener más información.

**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 Office of Constituent Services
900 Court Street NE, Suite 160
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