



Security

Single Cell Housing

All requests for **Single Cell Housing** must come through the Group Living Captain.

BHS and medical staff input, as well as facility needs, will be taken into account when deciding who to place into the single cells that become available.

Single cell housing priority will be:

1. Medical concerns
2. BHS concerns
3. Administrative concerns
4. Inmate convenience move requests

Once an inmate is housed in a single cell, if a higher priority placement concern occurs, the inmate may be removed. Issues with inmate conduct may result in removal from a single cell.

/s/ Capt. B. Stephen, Group Living

PRAS Posting Schedule for 2017

January 5th
February 9th
March 9th
April 6th
May 4th
June 8th
July 6th
August 10th
September 7th
October 5th
November 9th
December 7th

/s/ C. Hinzman, Group Living

Activities

Mental Flexibility Class

Capital Toastmasters Club is offering a Mental Flexibility class on Saturday, January 7, 2017, from

12:15 p.m. to 3:00 p.m. to club members and the general population, level 2s and 3s. Mental flexibility can be defined as a way of thinking - an attitude. It's a way of approaching a situation that allows ones' behavior to achieve the best outcome for them. Participants learn to increase their mental flexibility to become better listeners, observers, thinkers, and problem solvers. These are all valuable skills that can be used on a daily basis no matter where a person is or what they are doing. There is a \$2 charge to cover the cost of certificates, manuals, and cinnamon rolls. If you wish to participate in this class and are incentive level two or three, send an inmate communication and a \$2 CD-28 to the Capital Toastmasters Club prior to December 31, 2016. We hope to see you there!

/s/ J. Rodriguez, Activities

Miscellaneous

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. **To decrease your chances of spreading or catching the flu it is also important to wash your hands frequently and disinfect surfaces.**

Signs and Symptoms of the Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Self-Care for the Flu

- Take Acetaminophen or Ibuprofen as directed by manufacture to reduce fever and muscle aches.

What is Influenza (also called Flu)? (cont.)

- Drink clear fluids, such as water, or sports drinks
- Rest and sleep.

Period of Contagiousness & Onset of Symptoms

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. The time from when a person is exposed to flu virus to when symptoms begin is about one to four days, with an average of about two days.

If you have questions, concerns, or feel like you have the flu please send an inmate communication to Sick Call.

/s/ C. Coffey, Health Services

Parenting Class Teacher's Assistant Job opening

Under the direction of the Pathfinders Program, the successful candidate will meet the following minimum qualifications:

1. Is a successful Parenting class graduate who has mastered the Parenting skills and consistently demonstrates the application and transfer of those skills to his daily life.
2. Preference to candidates who are bilingual
3. Is a strong advocate for the Parenting program
4. Has excellent references from prior work assignments within the corrections system
5. Demonstrates excellent organizational skills
6. Is reliable and dependable
7. Is willing to serve as an example to other participants, including a strong commitment to not engaging in activities that will lead to discipline reports or other correction system consequences
8. Recognizes that an assistant is not in an authoritative position over the participants and acts accordingly

If you are interested, please submit an application to Pathfinders by December 23, 2016

/s/ B. Nibler, Pathfinders

OSP Mail Room

- Be sure that you sign your CD-28. A staff will need to stamp this with an authorization stamp and initial this. If any of those three items (your signature,

authorization stamp, and staffs' initials), are missing from the CD-28, staff will not process your request for legal mail postage, or Central Trust check requests and the item will be returned to you. This delays your legal mail or check request. **CD-28's are still only for legal mail through the legal library.**

- Please remember that the scales in the blocks are an approximation. The final weight of an item is determined by the metered postage scale in the Mailroom.
- CD-28s: Be sure that you sign your CD-28. A staff will need to stamp this with an authorization stamp and initial this. If those three items (your signature, authorization stamp, and staffs' initials), are missing from the CD-28, staff will not process your request for postage, or funds, and the item will be returned to you. This delays your mail or package.
- Mail Room staff would like to remind you of the VIP Kiosk usage rules: All photos taken at the VIP kiosks require that the inmate is clothed (must have a shirt on) and not attempting to conceal their identity (no sunglasses, hats, or other appearance changers). No displays of hand signs. You must be alone in the photos, no group photos are approved. You may photograph awards, certificates, other photos, art, or personal property like a book or musical instrument for display in your GALLERY.
- The profile photo section is only to be used for the log in photo taken each time you log into the system. The Gallery section is where you may display the above listed various personal photos.
- If you have any questions about mail or the mail rules please send an inmate communication to OSP Mail Room, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room

Chapel**Bahai Faith Announcement.**

A Bahai faith intro and discussion group will be held on Mondays in the Chapel from 1:00 -3:00 p.m. If you are interested in attending please send an inmate communication to the Chapel.

Latter-Day Saints Christmas Choir

The church of Jesus Christ of Latter-day Saints invites you to our 30th annual OSP Christmas choir program on Saturday morning, December 17, 2016, at 8:00 a.m. in the Chapel. A wonderful group of choir members will come in to sing. There will also be a Christmas Carol sing-along. If you would like to be added to the turnout, please send an inmate communication to the Chapel.

Restorative Justice (RJ)

The afternoon Restorative Justice Group is set to begin their eight-week classes on **Monday, December 18, 2016**. The class meets at 1:00 p.m. to 3:00 p.m. on the Chapel floor. If you would like to be apart of the RJ Afternoon Group send a request to the Chapel to add your name to the roster. If you are already on the waiting list you do not need to send another request.

Singing Christmas Tree

The Singing Christmas Tree will be performing in the Chapel on Monday December 12, 2017, from 6:00 – 8:00 p.m. If you are interested in attending, send an inmate communication to the Chapel. Only 120 people will be allowed to attend so respond quickly.

/s/ K. Thompson, Chaplain

Chapel Schedule

SATURDAY, December 10

- 8:00 a.m.** Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service
- 11:30 a.m.** Native American Ceremony
- 1:00 p.m.** Sunni Muslim Study
Worship Practice
Seventh Day Adventist Service

6:00 p.m. Calvary Chapel

SUNDAY, December 11

- 8:00 a.m.** Spanish Protestant Service
Jehovah's Witness Spanish
Shambala
Wicca

10:00 a.m. Asatru

1:00 p.m. Catholic Mass
Jewish Study

6:00 p.m. Latter Day Saints Study
Urantia
University Fellowship

MONDAY, December 12

1:00 p.m. Buddhist Discussion Group
Restorative Justice

6:00 p.m. Singing Christmas Tree

TUESDAY, December 13

1:00 p.m. Russian Bible
Hare Krishna

6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study

WEDNESDAY, December 14

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support

6:00 p.m. Indigenous Circle ☸
Acting Group

THURSDAY, December 15

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish

1:00 p.m. TUMI ☸
Spanish Catholic

6:00 p.m. Christian Journaling
Celebrate Recovery ☸

FRIDAY, December 16

8:00 a.m. Trauma Transformation Group

1:00 p.m. Nation of Islam
Sunni Jum'ah Prayer
United Pentecostal Study

☸ = Service is full or restricted. Add requests are not being accepted at this time.

☸ = Service has a waiting list. Submit a request to be placed on waiting list.