



Administration

Healthy Changes to Mainline Menus



Recently the US Dept. of Health and Human Services and the USDA published the 2015-2020 Dietary Guidelines for Americans. This edition outlines how people can improve their overall dietary eating patterns. The key recommendations include consuming less than 10% of calories per day from added sugars; consuming less than 10% of calories per day from saturated fats and consuming less than 2300 mg per day of sodium.

ODOC can come close to these goals by making a few changes to our mainline menus. In March with the new Spring/Summer menu cycle, we will be reducing desserts to four days per week. Not only will the reduction in desserts decrease the sugar in our menus, but fat and calories will decrease as well. An excess of sugar and fat in the diet contributes to weight gain and obesity; potentially leading to diabetes, hypertension and heart disease. The calorie count for the mainline menu will average approx. 2800 calories a day which is closer to the USDA recommendations of 2400-2600 cals per day for a light to moderately active adult male. The calorie count for each meal will continue to be posted in the units.

/s/ B. Hansen, RDN, Food Service Administration

Security

Toenail Clippers Use Changes

For those of you who have been sending inmate communications to medical services to use the toenail clippers, because you are unable to cut your toenails with the fingernail clippers sold from Commissary – Starting February 27, 2017, you will need to send your inmate communications requesting use of toenail clippers to: **“Group Living/Toenail clippers”**; and you will be sent a call-pass.

Anyone with a stair restriction, however, will still need to send an inmate communication to medical services to use the toenail clippers there.

/s/ Group Living Captain

Activities

Spring Term Inside-Out U of O Classes

Classes begins April 3rd – June 8th on the Chapel/ Education Floor.

First Class:

Course Title: FHS 410 / Liberating Education -CRN 36907, 3 credits

Instructor: Professor Deanna Belcher

Class Day and Time: Mondays, 6:00 p.m. - 8:50 p.m.

In the course, both inside and outside students will thoughtfully examine our deeply held, even cherished, notions of the role of education in our lives, democracy, and society. What do we believe about public education and what is the source of that belief? Second, we will critically question the actual role of our system of public education in our society today, and how it has evolved over time. Final projects will ask students to envision an ideal public education system, one that is liberated from its historical assumptions and is able to provide liberation, rather than schooling, to all people.

Spring Term Inside-Out U of O Classes (cont.)**Second Class:**

Course Title: SOC 410 / Race, Gender, and Poverty in the US -CRN 36908, 4 credits

Instructor: Professor Ellen Scott

Class Day and Time: Tuesdays, 6:00 p.m. - 8:50 p.m. In this course, we will we will consider the intersections of race, gender and class and how they are experienced in, and how they shape institutions, such as the labor market, social welfare system, education, family life and parenting, and the criminal justice system, for example. We will read 4-5 ethnographies to examine the politics of race, class and gender in the United States. The class will be entirely discussion-based, with the possible use of an occasional short film to highlight the themes in the texts read for the week. We will conclude by employing the concepts from the course to examine our own lives through the lens of the institutional structures studied (work/economy, education, family, criminal justice system). This will constitute the core of the final essay for the course.

For both of these classes, to qualify you must not have any convictions for sex offences, must not have any inmate to staff relationship disciplinary violations, must be incentive Level 3, and have a GED. If you are interested please send your Inmate communication to Ms. Lans in Activities by March 17, 2017, indicating which class you would like to take.

Mandatory attendance is required.

/s/ P. Lans Activities

Presidents Meeting Minutes From January 24, 2017**Prior Meeting Action Item Log Update**

1. If a person orders a book and doesn't get it, the mailroom may have violated it. If it is on the list of books that are not allowed, it will be unopened, returned to sender, and a mail violation will not be issued. If the book is opened and deemed not allowed, it will be returned to sender, and then a mail violation will be issued.
2. Money orders sent to the mailroom cannot be forwarded to Central Trust. This eliminates the mailroom from liability for any funds that are mailed to the incorrect address and potentially lost.

3. The administration will follow up with Mr. Yoder about the A-3 and Activities ceiling leaks since he was unable to attend the President's meeting.
4. Captains have been made aware to train new staff about the proper procedures for searching medicine bags.

New topics:

1. Mr. Laney and Mr. Kelly will work on getting the birds removed from the chow hall.
2. There was discussion regarding several complaints about food quality in the chow hall. Mr. Davis asked that people send him kytes when there is an issue so he can address it. Culinary is going to purchase new hot boxes so they can do a better job of keeping food hot until served.
3. Mr. Laney is going to talk to Mr. Yancey about STM's that meet the criteria being allowed to move to A-Block as some have been prevented from doing so.
4. Mr. Kelly will look at getting the handball gate left open during afternoon runner's so the half-mile running loop is available.
5. Mr. Kelly will talk to the dayshift OIC about AM runner's being allowed off the yard at 9:00 since the last release time is 8:45. The reasoning is that in the winter when yard isn't ran until around 8:15, that doesn't allow much time for a run.
6. The new visiting procedures have been reviewed. The new procedure eliminated issues visitors had regarding who checked in first but then left and came back. There was some issue with staff waiting for 10 people to arrive before people were brought into the visiting room. Mr. Laney rectified that so now when visitors arrive, they are processed and escorted to the visiting room.
7. There has been some concern regarding how staff has been applying the rules for photos in the visiting room. Mr. Laney will take care of this and ensure that the proper rules for visiting photos are being applied.

/s/ J. Rodriguez, Activities

Presidents Meeting Minutes with Telmate and Access Corrections on January 24th

Topics Discussed:

1. Recently the VIP kiosk in A-Block was frequently out of order? The program that runs the kiosk had some issues that Telmate addressed and rectified.
2. When there is an issue with a video visit, where a refund is appropriate, inmates have not been able to make the request when they were the one that paid for the video visit. The automated message has been telling the inmate that their visitors need to make the request. When the inmate is the one that paid, they should be able to make the request. This will be rectified and made possible.
3. In the blocks, the Access Corrections kiosks have been down frequently. If this happens, send Ms. Elisara a kyte to let her know. Electronic help request A/C help.
4. In February, Ms. Honeywell is having a meeting with Access Corrections to address the many issues people have been addressing.
5. Tablet Program:
 - a. The tablet pilot program has four phases. We are currently in phase 2.
 - i. The first phase was issuing a small sampling of tablets in OSP and some of the minimums.
 - ii. The second phase was to issue tablets at all minimums.
 - iii. The third phase is to issue tablets in general population at the rest of the mediums, OSP dorm, OSP SMH, and OSP ICH.
 - iv. The fourth phase is to provide tablets to the rest of general population at OSP.
 - b. The initial check out policy when using a tablet was that the inmate needed to provide their ID card and sign out the tablet on a paper form. The technology is there for staff to know who had which tablet at which time, so there is not a need to sign out the tablets on a piece of paper.
 - c. DOC does not have any intent on selling tablets. The current system will continue where tablets will be checked out at with a per minute charge that varies depending on what the tablet is being used for.
 - d. It was suggested that the movies be moved to the promotion section of 3 cents per minute rather than in the section that charges 5 cents per minute. Completed.
 - e. Some of the apps are not working. Telmate is aware and working on fixing this. Use the Tablet Help Icon.
 - f. It was suggested that some of the apps that charge 5 cents per minute be moved to the promotional 3 cents per minute section.
6. When people in the community make a deposit to Telmate for an inmates phone account that they can spend on any phone number, the inmate is not being notified of whom the deposit was from. This makes it difficult to determine who to thank or to know whose deposits were completed. Telmate will fix this. Telmate and ODOC will need to explore how to address this.
7. It was asked if discount priced packages of minutes could be sold for tablets rather than just a per minute charge. This is not an option until after the pilot program is over.
8. DOC is dissatisfied with Access Corrections service to inmates. The complaints to the help desk have been forwarded to the Department of Justice. DOC is looking to see if there are better products available.
9. Music artist availability and censorship issues are subject to DOC approvals.
10. If a person has issues or concerns, continue to use the VIP kiosk and/or tablet for help desk issues.
 - a. If your complaint/concern has too much information, or includes supporting documents, then send a kyte through the mail system to Ms. Elisara.

Commissary

Commissary News, Updates and Reminders

Updates:

Changes in the Photo Shop

The cost of DOC photo tickets has not risen since the photo program began in 2005, despite increases in operating costs such as hardware, ink and photo paper.

In order to keep up with the costs of running the Photo Shop, we are implementing the following changes beginning March 6, 2017:

Commissary News, Updates and Reminders (cont.)

- The price of photo tickets will increase by \$0.50. The new prices are:
 - 4 X 6 - \$2.00
 - 5 X 7 - \$2.75
 - 8 X 10 - \$4.50
- To help minimize the price increase we will begin charging for borders, but we are also adding new border options. The new prices are:
 - Standard Borders: \$0.15
 - Deluxe Borders: \$0.25

In the next week you will be receiving the new 2017 calendars and border options.

- We are also excited to announce the new option of ordering 2x3 wallet prints. The wallet prints will come in a set of four on a 4x6 sheet at the price of \$2.00.

/s/ A. Nelson, Commissary

Miscellaneous

Your Best Defense

Your skin is your best defense against infection and disease. Sometimes your skin can be invaded by tiny bacteria that causes a skin infection. Taking care of it just makes sense, especially living in close quarters.

A skin infection is spread from person to person by touching someone who has a break in their skin or who shares objects like towels. The infection looks like a pimple, a boil or a spider bite. The sore is red and won't heal. It gets worse quickly. It fills with pus. Don't squeeze it! This will just spread the germs. Sign up for sick call right away if you think you have a skin infection. Most skin infections are treatable with the right self-care or antibiotics.

In the Meantime ...

- Keep all cuts and scrapes clean and dry until healed.
- Avoid skin-to-skin touching with others who have skin infections or a break in skin.
- Disinfect weight machines and high usage surfaces on a regular basis.
- Don't share personal items.
- And most important...WASH YOUR HANDS FREQUENTLY!

If I have a skin infection how can I keep from spreading it to others?

- Advise those around you to wash their hands frequently.
- Do not share personal items, or other items that may have had contact with the infected wound or wound drainage.
- Disinfect all non-clothing items that might come in contact with the wound (i.e. exercise equipment).
- Avoid participating in contact sports or other skin-to-skin contact until your infection has healed.
- Be sure to follow all instructions from your healthcare provider and if prescribed antibiotics, take all your pills, even when you start to notice improvement in symptoms.

/s/ C. Coffey, Health Services

OSP Mail Room

- 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 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.**
- When mailing an item out of the institution please be sure to select the appropriate size envelope, priority envelope or flat rate box: Standard envelope up to one ounce, international gold envelope up to one ounce, 6.5x9.5 envelope up to two ounces, 10x13 envelope up to three ounces, 12.5x18.5 envelope up to three ounces, Priority envelope if it fits it ships no limit on weight, Small flat rate box no limit, two medium flat rate boxes 50 pound weight limit, two large flat rate boxes 50 pound weight limit, Triangle tube for artwork up to 15 ounces. Note that all Priority envelopes, Triangle Tube and Flat rate boxes utilize tracking and are insured up to \$50 if lost or damaged through the US Postal Service.
- Oversized items such as Guitars and Keyboards need to be mailed out through the Property Cpl. Make sure you speak with the Property Cpl. and follow the instructions given.
- Please remember that the scales in the blocks are an approximation. The final weight of an

OSP Mail Room

item is determined by the metered postage scale in the Mailroom.

- If you have any questions about mail or the mail rules please send an inmate communication to OSP Mailroom, 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 2-3:00 p.m. If you are interested in attending please send an inmate communication to the Chapel.

Restorative Justice

Williamte University and The Restorative Justice Discussion Group will be offering a 15-week course exploring the impact of incarceration on people's lives. The class will be writing centered with assignments due weekly. This course is available for those who have previously participated in a RJ class or group. Only 15 participants will be selected after an interview process conducted by the Professor and Rabbi Perlstein. The class will meet on **Monday evenings from 6-8:00 p.m. beginning January 23, 2017.** If you are interested in attending please send an inmate communication to the Chapel.

/s/ A. Perlstein, Chapel

Chapel Schedule**SATURDAY, March 4**

- 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
Wicca

SUNDAY, March 5

- 8:00 a.m.** Spanish Protestant Service
Jehovah's Witness Spanish
- 1:00 p.m.** Catholic Mass
- 6:00 p.m.** Latter Day Saints Study
Urantia
Lutheran

MONDAY, March 6

- 1:00 p.m.** Buddhist Discussion Group
Restorative Justice
Baha'i
MacLeod 🚫
Hux 🚫

- 6:00 p.m.** Restorative Justice

TUESDAY, March 7

- 1:00 p.m.** Russian Bible
Lifeline
Torah Men
- 6:00 p.m.** Buddhist Service
Prison Fellowship Discipleship
Catholic Study

WEDNESDAY, March 8

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study
Life Support
- 6:00 p.m.** Indigenous Circle 🚫

THURSDAY, March 9

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
- 6:00 p.m.** Gospel Worship
Celebrate Recovery
Restorative Justice 🚫

FRIDAY, March 10

- 8:00 a.m.** Trauma Transformation 🚫
- 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.