



Don't Forget to Set Your Clocks Back One Hour



Activities

HHAAP's AIDS Day Celebration

HHAAP will be celebrating its **Annual World AIDS Day** celebration on December 3, 2016. This is an invite for you to come and learn some important facts about HIV/AIDS and hear some influential speakers share their stories. There will be outside speakers, medical professionals, and entertainment to help us celebrate those fighting the cause and living with this disease. There will be refreshments.

This event will be held on December 3, 2016, at 1:00-3:00 p.m. on the Activities Floor.

If you are incentive level 2 or 3 and would like to celebrate this event with us, please send an inmate communication to HHAAP on the Activities Floor. Place it in the white box at the bottom of the stairs. **Inmate Communications must be received by November 21, 2016.**

/s/ J. Rodriguez, Activities

Miscellaneous

Ways to Workout in Small Spaces

Important note: always start your workout with a 5 to 10 minute warm up. A warm up can be stretches and slow walking in place. Perform the exercises slow and in a

controlled manner. Be sure to stretch upon completion of your workout and remember to breathe while performing exercises. Remember quality over quantity.

Cardiovascular exercises

- Jumping jacks
- Quick feet, high knees
- Marching in place
- Side steps
- Grapevine
- Running in place
- Turn on your favorite music and dance

Strength Training Conditioning –Lower Body

- Squats
- Step ups
- Walking lunges
- Wall Squats
- Calf raises

Strength Training and Conditioning – Upper Body and Abdominal Muscles

- **Pushups** – depending on your fitness level do them feet on the floor facing a wall, on the floor with your knees bent or on the floor with your legs straight and toes touching the ground.
- **Seated Row** - Sitting on the floor with your legs straight, wrap an old t-shirt or exercise band behind the soles of your feet. With one end in each hand squeeze your shoulder blades together by bringing your elbows behind you while stretching the t-shirt or band.
- **Dips** – With your hands on a chair, scoot your rear end of the end of the stool, bend your elbows lowering your body, and then straighten your arm to return to starting position.
- **Shoulder raises, Lateral raises, and Bicep curls** – If you do not have dumbbells, use a book to use as dumbbells.

Always end your exercises with stretching. Daily exercise will make you feel better – physically and emotionally!

Access to Medical/Dental Care

Sick call appointments are available by appointment. If you are not feeling well or have a problem that requires medical/dental attention, you are required to send a request for medical/dental communication form to Medical Services.

Should you become ill or otherwise need medical attention during other times of the day, consult your supervisor or housing unit officer. Your housing unit officer will call Nursing Services and triage your medical concerns awaiting further direction by Nursing staff.

If your Block Officer or Work Place Supervisor does not call Nursing Services, and you arrive in Medical you will be triaged. If your medical needs do not meet urgent requirements you will be directed back to the staff member who sent you to nursing services.

/s/ C. Coffey, Health Services

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 photosection 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 Schedule

SATURDAY, November 5

- 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, November 6

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

MONDAY, November 7

- 1:00 p.m.** Buddhist Discussion Group
Restorative Justice
Baha'i
MacLeod 🚫
Hux 🚫
- 6:00 p.m.** Restorative Justice
Non-Violent Communications Advanced

TUESDAY, November 8

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

WEDNESDAY, November 9

- 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, November 10

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
Spanish Catholic
- 6:00 p.m.** Spanish NVC
Non-Violent Communication
Christian Journaling
Restorative Justice Theory Group
Celebrate Recovery 🚫

FRIDAY, November 11

- 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.