



Security

TV Loaners

There is not a "Loaner TV" program at the Oregon State Penitentiary. In the past, there have been loaner programs attempted by



Security through the Operations office and the Group Living office, as well as a program by Behavioral Staff Services. Each time, the program became unmanageable and became impossible to control. Televisions are available for purchase through the Commissary as long as you meet incentive level criteria.

/s/ B. Stephan, Security

Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2016**. All blankets will be collected at the **5:15 a.m.** wake-up bell and returned after the **4:00 p.m.** count clears on the same day. Clothing Room staff and block staff will supervise Clothing Room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.** The schedule will be as follows:

(Starting the first week of October 2016)

- *Friday Oct. 7th A-3, A-Block
- *Friday Oct. 14th D-Block
- *Friday Oct. 21st C-Block
- *Friday Oct. 28th E-Block

*Scheduled rotation is subject to change

Calendario para el Cambio de Cobijas Semianual

El Cuarto de Ropa estará llevando a cabo el lavado de cobijas semianual mandatorio durante el mes de abril. Todas las cobijas serán recogidas a las **5:15 a.m.**

(cuando suene la campana) y serán regresadas a las **4:00 p.m.** (después que se aclare la cuenta) del mismo día. El personal del Cuarto de Ropa y los oficiales de las unidades estarán supervisando a los trabajadores del Cuarto de la Ropa y a los orderlies durante la colección y distribución de las cobijas. Todas las celdas serán registradas por cobijas o sábanas extra. Usted recibirá cobijas de lana a menos que usted tenga autorización por escrito para obtener cobijas de algodón.

El cambio será durante las siguientes fechas:

- *viernes.....5 de abril.....Unidad- A y Dormitorio
- *viernes.....12 de abril.....Unidad- C
- *viernes.....19 de abril.....Unidad- E
- *viernes.....26 de abril.....Unidad- D

La rotación del calendario está sujeta a cambio sin previo aviso.

/s/ R. Wassermann, Clothing Room

Activities

7 th. Step "Hygiene Donations Box" Located on the Control Floor

On October 17 - 19, 2016, from 5:00 – 7:00 p.m. the 7th Step Foundation of OSP will be manning a "Hygiene Donation Box" on the Control Floor during chow line movement to accept hygiene products from the general population. Please donate whatever hygiene products you can afford (soap, shampoo, deodorant, tooth paste, sock, shorts, etcetera).

Donations will go to Marion County Runaway and Homeless Youth Project to help support teens aged 11 – 17 (18 if still in school). All monitory contribution will also go towards preventing youth homelessness and provide positive intervention to youth living without a stable place to call home.

From these donations we have been able to provide considerable monetary assistance as well as hygiene products and sleeping bags. Many of you have donated in years past on the yard and on the Control Floor. The 7th Step Club would like to thank you for your generous

7 th. Step “Hygiene Donations Box” Located on the Control Floor (cont.)

donations in the past. Without your selfless contribution there would be no such support for this worthy cause.

All hygiene products and monetary donations (CD-28s) will be processed and forwarded to “HOME” Youth and Resource Center in Salem.

/s/ C. McFadden, Activities

Poetry Share

Uhuru Sasa will be hosting its annual Poetry Share on October 29, 2016, at 1:00 p.m., on the Activities Floor. This event is open to all Uhuru Sasa members and to NCI level 2 and 3 from the general population.

If you are not a Uhuru Sasa member and would like to attend this event or share your poetry, please send your communications to Uhuru Sasa no later than October 20, 2016. If you have a question, please submit them before October 18, 2016.

/s/ P. Lans, Activities

Commissary

Commissary News, Updates and Reminders

November Holiday Schedule

North Warehouse Commissary will be closed the following days, Friday, November 11, Veteran’s Day, Thursday, and Friday, November 24, and 25, 2016, for Thanksgiving and the day after.

October 31 through November 4, 2016 are the normal spending limits.

November 7 through 11, 2016, Spending Limits are doubled for the following institutions: CCCF, CRCI, DRCI, MCCF, OSCI, OSP, SCI, SCCI SFFC, and WCCF.

SCI distribution will occur on Thursday, November 10, 2016.

There will be normal Commissary processing and distribution the week of November 14 through 18, 2016.

No Commissary **Distribution** the week of November 21 through 25 for NWC Staffs. **All Commissary slips need to be turned in to NWC this week and MUST have the holiday list attached for processing on Monday, November 28, 2016.**

Monday, November 28, 2016, Holiday Buying Period Starts.

Holiday buying period runs from Monday, November 28, 2016, through Friday, December 30, 2016.

If you have any questions or concerns, please send an inmate communication to North Warehouse Commissary.

Discontinued Items

Sweet Obsession Milk Chocolate and Dark Chocolate candy bars have been discontinued.

New Items:

We are pleased to announce that we have a new incentive watch to replace the discontinued Timex Expedition watch. Casio G Shock Watch \$80.

Soda Tickets:

The following guidelines will be put in place November 1, 2016, for the return of soda tickets for credit. Soda tickets will only be credited if an inmate has been transferred to a different facility.

The inmate has 30 days from the date of transfer to submit an inmate communication requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Commissary Reminders:

When submitting an inmate communication or a suggestion form to Commissary, please write legibly and include your full name, SID #, and institution. Forms with missing information will not be accepted.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions/requests Commissary receives we cannot respond to each request individually. Please watch your newsletters for periodic updates regarding items being added or discontinued. If a product is approved you will see it added to the Commissary list. We strive to keep updated quality products and to remove unpopular items from Commissary. Please continue to submit your suggestions and requests.

/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

Envelopes

Inmates are to immediately mark their SID# (in ink) on their envelopes within the first hour of purchase. Inmates found with unmarked envelopes, or envelopes marked with somebody else's SID #, may face disciplinary action. All unmarked envelopes found

by staff will be considered "contraband." All contraband will be confiscated and disposed of in accordance with (Division 117) "Personal Property (Inmate)."

/s/ B. Stephen, Group Living Captain

Help Us Help You With a Smooth Parole Transition

If you are receiving prescribed medication you could be eligible for parole medications. Please send an inmate communication to medical one month prior to your release advising us of your release date and that you are in need for review of release medications. By doing this will ensure your medications are ordered in a timely manner.

In your inmate communication please, also, clarify any questions you may have regarding your health status and medications. This will help us provide you with the education you need regarding the medications you are to be taking and why you need to take them. At the same time, we need to make sure that you understand about any disease processes you may have, the reason why your medication is necessary, and the risks of not taking them.

Please take a proactive approach to getting the most you can from Health Services. We do not want you heading back to the community with many unanswered questions about your health or a missing prescription. With reasonable notice, all of your needs can be addressed, and we hope that this will be a very positive experience for you. Remember on the date of release as you are being processed out of R&D request your release medications and turn in your blister packs. Thank you in advance for your understanding and cooperation.

/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

OSP Mail Room (cont.)

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**Quaker Worship**

The Quakers, also known as the Society of Friends, came to this country in the 1650s. From the beginning, Quakers opposed all wars. Many of them worked for rights for people of color. More than half of the early leaders of the women's movement were Quakers. Friends have silent Worship, sitting in a circle, with no priest. They believe that God can speak through every person—each of us has an Inner Light. Come experience this way to be with others and with God! If you are interested in attending the group meetings on the third Tuesday of each month from 1-3 p.m., send an inmate communication to the Chapel. The next meeting is on **October 18, 2016**.

Strong Man of God Rally

On **Saturday, October 15, 2016**, we will be hosting Rev. Robert Kelley and the "Strong Man of God" rally from **1-3 p.m.** at the Activities floor. There will be some great Gospel music, sharing time, and a message from the Bible from Rev. Kelley. The goal

of this ministry is to reach incarcerated men with the gospel, and help them break free from addictions and other limitation, and also find hope. This ministry has performed at other institutions around Oregon, and has been highly recommended. If you are interested in attending this event, send an inmate communication to the Chapel.

We have some devotional guides from Rev. Kelley up at the Chapel cabinet if you are interested in learning more about this.

Vedanta

Will be meeting On Thursday, October 20, 2016, 6:00 p.m. - 8:30 p.m.

Trauma Transformation Group

Are you interested in exploring the topic of trauma from a perspective of intrinsic health and resiliency? The Trauma Transformation Group is a group that will explore the sensory experiences of trauma while developing skills to self-regulate and manage the effects of trauma registered in the body during a seven section course that consist of over a year long study and practice of trauma informed education and therapies.

This is a group process that requires a willingness to be open to exploring matters of personal trauma histories, as well as, family trauma histories. Participants will be challenged to find resilient tendencies in some of their most difficult experiences.

Beginning **Friday, October 14, 2016**, the group will meet **Friday mornings from 8:00 - 10:00 a.m.** If you are interested in attending this group please send an inmate communication to the Chapel.

/s/ A. Perlstein, Chapel

Chapel Schedule

SATURDAY, October 8

- 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.** Seventh Day Adventist Service
Sunni Muslim Study
Worship Practice
- 6:00 p.m.** Calvary Chapel

SUNDAY, October 9

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

MONDAY, October 10

- 1:00 p.m.** Buddhist Discussion Group
- 6:00 p.m.** Non-Violent Communications Advanced

TUESDAY, October 11

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

WEDNESDAY, October 12

- 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, October 13

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

FRIDAY, October 14

- 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.