



Commissary

TAG System Updates

"Due to TAG system updates, there will be some changes to the processing / delivery schedule for January 2018, at OSP.

- Tuesday January 2nd – Pick up Commissary slips (normal spending)
- Thursday January 4th – Deliver Commissary
- Tuesday January 9th – Slips picked up will be double spending
- Thursday January 11th – Deliver double spending Commissary orders
- Tuesday January 16th – No slip pick up
- Thursday January 18th – No Commissary delivery
- Tuesday January 23rd – Pick up slips (normal spending)
- Thursday January 25 – Deliver Commissary"

/s/ M. Yoder, Asst. Supt. Gen. Services

Miscellaneous

Physical Plant Paint Shop Position

The Physical Plant Paint Shop is currently accepting applications for one worker position. A construction background is preferred. Must be a hard worker who is able to work well with others and receive constructive criticism.

Applicants should be able to lift 50 pounds, work off of scaffolding or ladders, and must have a minimum of one year clear conduct. Schedule is 6:30 a.m. to 2:00 p.m, Send your inmate work application to the Physical Plant Paint Shop.

/s/ J. Trevino, Physical Plant

High blood pressure (taken from Mayo Clinic)

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

High blood pressure typically develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

High blood pressure has many risk factors. Some you can't control. High blood pressure risk factors include:

- **Age.** The risk of high blood pressure increases as you age. Through early middle age, high blood pressure is more common in men. Women are more likely to develop high blood pressure after menopause.
- **Race.** High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites. Serious complications, such as stroke and heart attack, also are more common in blacks.
- **Family history.** High blood pressure tends to run in families.

Other risk factors for high blood pressure are within your control.

- **Being overweight or obese.**
- **Not being physically active.**
- **Using tobacco.**
- **Too much salt (sodium) in your diet.**
- **Drinking too much alcohol.**
- **Stress**
- **Certain chronic conditions.,** including high cholesterol, diabetes, kidney disease, and sleep apnea.

The excessive pressure on your artery walls caused by high blood pressure can damage your blood vessels, as well as organs in your body. The higher your blood pressure and the longer it goes uncontrolled, the greater the damage.

Uncontrolled high blood pressure can lead to:

- **Damage to your arteries.**
- **Aneurysm.**
- **Heart failure.**
- **A blocked or ruptured blood vessel in your brain.**
- **Weakened and narrowed blood vessels in your kidneys.**

High blood pressure (taken from Mayo Clinic)
(cont.)

- **Thickened, narrowed or torn blood vessels in the eyes.**
- **Metabolic syndrome.**
- **Trouble with memory or understanding.**

Blood pressure treatment goals*	
140/90 mm Hg or lower	If you are a healthy adult
130/80 mm Hg or lower	If you have chronic kidney disease, diabetes or coronary artery disease or are at high risk of coronary artery disease
120/80 mm Hg or lower	If your heart isn't pumping as well as it should (left ventricular dysfunction or heart failure) or you have severe chronic kidney disease

Lifestyle changes can help you control and prevent high blood pressure — even if you're taking blood pressure medication. Here's what you can do:

- **Eat healthy foods.**
- **Decrease the salt in your diet.**
- **Maintain a healthy weight.**
- **Increase physical activity.**
- **Limit alcohol.**
- **Don't smoke.**
- **Manage stress.**
- **Monitor your blood pressure at home.**
- **Practice relaxation or slow, deep breathing.**

High blood pressure isn't a problem that you can treat and then ignore. It's a condition you need to manage for the rest of your life. To keep your blood pressure under control:

- **Take your medications properly.**
- **Schedule regular doctor visits.**
- **Adopt healthy habits.**
- **Manage stress.**

Sticking to lifestyle changes can be difficult — especially if you don't see or feel any symptoms of high blood pressure. If you need motivation, remember the risks associated with uncontrolled high blood pressure. It may help to enlist the support of your family and friends as well.

For further information on high blood pressure, please contact Medical Services.

/s/ C.Coffey, Health Services

Chapel Schedule

SATURDAY, January 13

- 8:00 a.m.** Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service
- 11:30 a.m.** Native American Ceremony
- 6:00 p.m.** Calvary Chapel

SUNDAY, January 14

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

MONDAY, January 15

- 1:00 p.m.** Buddhist Discussion Group
Restorative Justice
- 6:00 p.m.** Restorative Justice
Non-Violent Communication

TUESDAY, January 16

- 8:00 a.m.** Universal Unitarian
- 1:00 p.m.** Russian Bible
Life Line
Torah Men
- 6:00 p.m.** Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice

WEDNESDAY, January 17

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

THURSDAY, January 18

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI ☹
- 6:00 p.m.** Spanish Catholic
Christian Journaling
Spanish Non-Violent Communication
Non-Violent Communication
Shambala

FRIDAY, January 19.

- 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.