



State of Oregon
Department of Corrections Commissary



Date: Feb 1st, 2019
To: Adults in Custody
From: Anita Nelson, Statewide Commissary Operations
Manager

Updates:

Happy New Year. Now that the holidays have come and gone, ALL holiday items have been marked down 25% beginning Friday (1/25/19). The sale is limited to items on hand and will only be available while supplies last.

The sale prices will be listed at the commissary windows. Thank you for shopping at your local commissary.

2019 PRAS Points

PRAS points are for the run to be on the 1st Thursday of the month, following the 1st Monday. Here are the 2019 dates for your reference.

1/10/2019	7/04/2019
2/07/2019	8/08/2019
3/07/2019	9/05/2019
4/04/2019	10/10/2019
5/09/2019	11/07/2019
6/06/2019	12/05/2019

Health Services Work Opportunity

TRCI Health Services is recruiting an orderly assigned to the dental department. The current schedule is Monday-Friday, 7:00a.m. – 3:30 p.m. and 13 – 16 PRAS points awarded. The selected orderly must be motivated, maintain confidentiality and able to maintain a professional attitude at all times.

Position summary:

- Empty garbage and hot trash
- Clean/sanitize dental operatories (removing tooth debris, clean blood spills, etc.)
- Develop and mount radiographs
- Sweep/mop
- Buff/wax floors
- Change dental traps
- Maintenance of radiograph processor and sterilizers
- Read and write lists, forms and instructions
- Be available to assist in Health Service department with other duties when needed

All applicants must meet the following qualifications:

- Successfully completed Blood and Body Fluid Course
- Able to work efficiently and professionally at all times
- Able to observe patient confidentiality at all times
- No major misconduct sanctions in the last 6 months
- No program fails in last 6 months
- Able to effectively communicate in English
- Be able to follow instructions at all times
- Display good work habits
- Able to bend, stoop and/or squat

If you are interested in applying, please complete a DOC Inmate Work Application, referencing Health Services Dental Orderly as the position applied for and submit to Health Services.

**State of Oregon
Department of Corrections Commissary**

Date: Tuesday, February 26, 2019

To: Adults in Custody

From: Anita Nelson, Statewide Commissary Operations Manager

Subject: Commissary News, Updates and Reminders



Price Changes:

Our vendor has raised the price of Raisin Bran cereal. It is now \$3.00 for a 15 ounce box. The United States Postal Service has also raised their prices. Please refer to the chart below for the new prices.

Item #	Description	Price	Item#	Description	Price
1035	#10 Standard Envelope	\$0.64	1075	Priority Mail	\$7.85
1069	Domestic 6.5 X 9.5	\$1.34	1080	Small Flat Rate Box	\$8.40
1072	Domestic 10 X 13	\$1.87	1081	Medium Flat Rate Box	\$14.85
1076	9X12 International/Domestic	\$3.41 C. America/USA	1082	Large Flat Rate Box	\$20.45
			1083	Tube/Triangle Flat Rate Box	\$9.80

New Product:

Commissary is pleased to announce that we now have remotes for the 9 inch televisions. The cost is \$8.59.

The Salty Six

Did you know that many common foods are loaded with sodium? Sodium is used as a preservative and flavor enhancer for food. Most Americans consume too much salt. In fact, you only need 1 tsp. per day, which is equivalent to 2300 mg. Too much sodium can increase blood pressure, which can lead to heart disease. Excessive sodium also puts you at risk for stroke, osteoporosis, stomach cancer, kidney disease and kidney stones. These six food categories contain large amounts of sodium, some of them over half of your daily requirements.

1. Cold cuts & cured meats
2. Pizza
3. Soups (unless made from scratch with lower sodium broth)
4. Breads/rolls (adds up, due to the # of servings per day)
5. Chicken/turkey (processed)
6. Sandwiches

The 2015 -2020 Dietary guidelines for Americans advise limiting sodium to less than 2300mg per day. ODOC has been working to reduce the salt in the menus as well. We have been reformulating recipes and purchasing items that contain less salt as well as reducing the amounts of processed meats. This is an ongoing process.

Stay tuned for “Reading a nutrition label for sodium content”



Betty Hansen, RDN

ALL RELIGIOUS-BASED PROPERTY MUST BE ORDERED THROUGH RELIGIOUS SERVICES ONLY.

1. SUBMIT A KYTE TO RELIGIOUS SERVICES TO REQUEST A CALL OUT TO ORDER RELIGIOUS PROPERTY.
2. THE CHAPLAIN WILL SCHEDULE A CALL OUT.

ALL PACKAGE AUTHORIZATION FORMS MUST BE SIGNED BY CHAPLAIN.

BEFORE GOING TO CAPTAIN TO BE AUTHORIZED.

We will scheduled you for 30 minutes, and if you're late you will only have the remainder of the scheduled time left to browse and complete all forms, and you will be assisted by a Religious Service Clerk.

PROPERTY YOU MAY BRING TO YOUR CALL-OUT:

- IF YOU NEED GLASSES TO READ, PLEASE BRING THEM.
- CANTEEN PURCHASED ENVELOPE, BRING MULTIPLE ENVELOPE'S FOR MORE THAN ONE VENDOR.
- YOU CAN ORDER FROM AN APPROVED VENDOR THROUGH THE RELIGIOUS SERVICES PROPERTY CATALOG ONLY!

RELIGIOUS SERVICES WILL PROVIDE YOU WITH:

- Order form
- Package Authorization form
- CD-28
- All forms must be filled out at Religious Services.

*From the desk of
Administrative Rules*

PROPOSED RULES:

291-127 DOC Visiting Program

- Amends the rules to update language to provide clearer instructions related to the visiting process to assist inmates, prospective visitors, and staff.
- Last day to submit comments extended to: 03/04/2019

DOC rules are available for review and copies in the inmate legal library.

March Movie Schedule

Week 1	CH	March 1st to 7th	Movie Playing Schedule/Times			
Channel	52	The Oath	1:30 PM "CC"	6:30 PM	8:30 PM "CC"	10:30 PM
Channel	54	Goosebumps 2	1:30 PM	6:30 PM "CC"	8:30 PM	10:30 PM "CC"
Week 2	CH	March 8th to 14th	Movie Playing Schedule/Times			
Channel	52	Johnny English: Strikes Again	1:30 PM "CC"	6:30 PM	8:30 PM "CC"	10:30 PM
Channel	54	Breath	1:30 PM	6:30 PM "CC"	8:30 PM	10:30 PM "CC"
Week 3	CH	March 15th to 21st	Movie Playing Schedule/Times			
Channel	52	A Hunters Killer	1:30 PM "CC"	6:30 PM		10:30 PM "CC"
Channel	54	First Man	1:30 PM	6:30 PM "CC"		10:30 PM
Week 4	CH	March 22nd to 28th	Movie Playing Schedule/Times			
Channel	52	The Last Race	1:30 PM "CC"	6:30 PM	8:30 PM "CC"	10:30 PM
Channel	54	The Nutcracker and the Four Realms	1:30 PM	6:30 PM "CC"	8:30 PM	10:30 PM "CC"

*Time Slots with "CC" will be playing in Close Caption

*Movies will be played on CLOSE CAPTION "CC" on FRIDAY and SATURDAY on DAYROOM TV's

* Movie Description / Schedule will also be available to check out in officer's station

Measles – What You Need to Know:

You may have read or heard a lot about the Clark County (Vancouver area), WA and Multnomah County, OR measles outbreak.

The facts from the Washington and Oregon Public Health Departments and the Centers for Disease Control and Prevention (CDC) are:

- Measles is a **vaccine-preventable** yet highly contagious airborne virus that can cause potentially serious illness, mostly among:
 - Children 12 months and younger;
 - People with weakened immune systems; and
 - Pregnant women.
- MOST Oregonians have been vaccinated against the measles!
- If you or loved ones have not been vaccinated that can be resolved.
- Vaccine *For You*~ contact medical!
- Vaccine *For loved ones*, they can contact their local health departments often for *free* vaccine.
- Living inside prison puts you at **no higher risk** than living anywhere else, in-fact the opposite may be true because exposure sources are limited;
- **The main way you may be exposed to measles is through visiting!**
- Take responsibility to keep yourself and your community safe. Communicate clearly with your visitors, ensure they are aware of their risks, their potential exposure and ensure everyone is healthy before each visit!



YOU are the Key to Good Health While You are Incarcerated!

For more information Kyte your *Health Promotion Program Contractor*
or *Medical* at your institution!

THE RECREATION DEPT IS ACCEPTING APPLICATIONS FOR:

RECREATION CLERK (12 PRAS Points)

MONDAY-FRIDAY 8:30-11:00 A.M. & 1:00-4:00 P.M.
YOU WILL ALSO WORK SPECIAL EVENTS AND WEEKENDS AS NECESSARY.

REQUIREMENTS:

- * MUST BE INCENTIVE LEVEL 3 With G.E.D. AND OUTSIDE EVENTS CLEARANCE.
- * MUST BE ABLE TO ENTER ANY HOUSING UNIT.
- *MUST HAVE EXPERIENCE USING OFFICE APPS- EXCEL & WORD.
- * MUST HAVE GOOD ATTITUDE, NEAT APPEARANCE AND WORK WELL WITH OTHERS AND PUBLIC.
- * MUST READ AND WRITE FLUENT ENGLISH WITH GOOD PENMANSHIP
- *COLLECTING, SORTING AND ACCURATELY ENTERING DATA OF REC. DEPT. BUSINESS. (EXCEL PROFICIENT)
- * SET UP FOR CONCERTS, FUNDRAISERS AND ALL OTHER EVENTS AS NEEDED

IF YOU ARE INTERESTED IN THIS POSITION, SEND A FULLY COMPLETED, SIGNED AND LEGIBLE WORK APPLICATION TO:

Rec Specialists: MR. EMERICK- MR. CABELL

THE RECREATION DEPT IS ACCEPTING APPLICATIONS FOR:

PHOTOGRAPHER (12 PRAS Points)

MONDAY-FRIDAY 8:30-11:00 A.M. & 1:00-4:00 P.M.
YOU WILL ALSO WORK SPECIAL EVENTS AND WEEKENDS AS NECESSARY.

REQUIREMENTS:

- * MUST BE INCENTIVE LEVEL 3 With G.E.D. AND OUTSIDE EVENTS CLEARANCE.
- * MUST BE ABLE TO ENTER ANY HOUSING UNIT.
- * KNOWLEDGE OF CAMERAS A PLUS
- * MUST HAVE GOOD ATTITUDE, NEAT APPEARANCE AND WORK WELL WITH OTHERS AND PUBLIC.
- * MUST READ AND WRITE FLUENT ENGLISH WITH GOOD PENMANSHIP
- * ACCURATE DOCUMENTATION OF PHOTO LOGS: TICKET SEQUENCE/PHOTO NUMBERS/OPTIONS WHEN REQUESTED
- * WORKING SPECIAL EVENTS: WEDDINGS/GRADUATIONS/PICNICS, ETC.

IF YOU ARE INTERESTED IN THIS POSITION, SEND A FULLY COMPLETED, SIGNED AND LEGIBLE WORK APPLICATION TO:

Rec Specialists: MR. EMERICK- MR. CABELL