

## Activities

### Results for January 27, 2019, Pioneer Basketball Tournament

Shout-out to the Pioneers for holding down home court in last month's basketball tournament! Last month's award winners were....

- MVP – Sir Gorgio Clardy
- Top Gun- Orlando Pouncey
- Steals Leader- Orlando Pouncey
- Chairman of the Boards-Outside Guest
- Assist Leader- Outside Guest
- All Around Baller-Outside Guest

The Athletic Club wants to Thank You, for it's continued support, of our club and these men, as we compete against our talented outside guest.

/s/ J. Rodriguez, Activities

### Characteristics of Effective Leaders Class

Capital Toastmasters is offering the class **Characteristics of Effective Leaders** to both club members and non-club members on Saturday, March 2, 2019, from 12:30-3:00 p.m. on the Activities Floor. **Characteristics of Effective Leaders** is designed to help participants study the qualities of leadership, leadership gap, and leadership styles that help determine a persons' leadership profile. This valuable knowledge will help improve their leadership skills.

If you wish to participate send an inmate communication to the Capital Toastmasters Club prior to February 26, 2019. Open to incentive levels two, three, and the first three level one AIC's from whom we receive an inmate communication. If you have a work/schedule conflict, you'll need to have your boss sign your communication in order to attend.

/s/ Capital Toastmasters Club

## Miscellaneous

### 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 one 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 and cured meats
2. Pizza
3. Soups (unless made from scratch with lower sodium broth)
4. Breads/rolls (adds up, due to the number 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"

/s/ B. Hansen, RDN

## Hemorrhoids

Hemorrhoids are swollen veins around the rectum. Straining to pass hard, compacted stools, or frequent loose stools will sometimes cause enough irritation to these veins to cause pain, swelling and sometimes blood on toilet paper or in the toilet.

### **Prevention**

- A good fluid intake. You should drink at least eight glasses of fluid a day. This does not include coffee, cola, or regular teas.
- Choose more fiber in your diet: Vegetables, fruit, bran cereals, and whole wheat breads.
- Do not hold your breath or strain during bowel movements.

### **Home Treatment**

- Keep the area clean, avoid rubbing, dry off gently.
- Apply a non-perfumed lotion or ointment to the area after drying to protect against further irritation.
- The Commissary stocks a hemorrhoidal ointment for use, which can help.
- *Avoid laxatives if possible, unless ordered by your health care provider.*
- *If needed, the Commissary stocks a natural fiber that you can take. Be sure and take with a lot of fluid, or it can constipate you more.*

### **When to contact Health Services**

- If pain is severe or lasts longer than one week.
- If bleeding continues or is heavy or blood is dark in color.

## Measles Update for IM Newsletters



### **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 send an inmate communication to your *Health Promotion Program Contractor* or *Medical* at your institution!

/s/ C. Coffey, Health Services

## VT Auto Openings

OSP's renowned Auto program is now accepting applications for the Associate of Applied Science in Automotive Technology, two year program.

### **Admissions Criteria**

- A High School Diploma or GED (verified)
- Enough time remaining on sentence to graduate from the program
- One year clear conduct from incarceration date or major DR
- Minimum CASAS scores in math (236) and reading (242)
- No other work-based education certificates or college degrees
- At least two and not more than about five years left on your sentence
- Have completed A & O
- Driver's license

Interested AICs should send an inmate communication to William Gastoni at OSP.  
[William.J.Gastoni@contractor.doc.state.or.us](mailto:William.J.Gastoni@contractor.doc.state.or.us)

# Chapel

---

## Writing Workshop

Bestselling author and international educator, Lauren Kessler is offering a one-day writing workshop for writers looking to increase their skill. The workshop will be on February 20, 2019, from 1:00-3:00 p.m. The course will be designed to benefit people who write regularly. If you are interested in attending please send an inmate communication to the Chapel. Only 25 spots are available those who include examples of their writings will be considered first.

/s/ K. Thompson, Chapel

## Chapel Schedule

### SATURDAY, February 23

**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.** Suni Muslim Study  
Worship Practice

**6:00 p.m.** Calvary Chapel  
Siddha Yoga

### SUNDAY, February 24

**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  
University Fellowship  
Urantia

### MONDAY, February 25

**1:00 p.m.** Buddhist Discussion Group  
Restorative Justice

**6:00 p.m.** Restorative Justice  
Non-Violent Communication

### TUESDAY, February 26

**1:00 p.m.** Russian Bible  
Hare Krishna

**6:00 p.m.** Prison Fellowship Discipleship  
Catholic Study  
Buddhist Service

### WEDNESDAY, February 27

**8:00 a.m.** OSP Choir Practice

**1:00 p.m.** Seventh Day Adventist Study  
Life Support  
Orthodox Christianity  
Lifeline

**6:00 p.m.** Celebrate Recovery  
Indigenous Circle ☹

### THURSDAY, February 28

**8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish

**1:00 p.m.** TUMI ☹

**6:00 p.m.** Spanish Non-violent Communication  
Gospel Worship

### FRIDAY, March 1

**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.