

DEER RIDGE PRINTS

March 8, 2019

WHO'S WHO AT DRCI

Superintendent – Mr. Causey
 Asst. Supt. Security – Mr. Jorgensen
 Asst. Supt. General Services – Mr. Ackley
 Business Services – Ms. Bryan
 Education Director – Ms. Narum
 Mailroom Supervisor- Ms. Simmelink-Rask
 Food Service Manager – Ms. Peel

Grievance/Diversity Coordinator - Ms. Geils
 Health Services Manager – Ms. Carter
 Hearings Officer – Mr. Sturdevant
 Inmate Work Programs –Mr. Chapman
 Library Coordinator - Ms. Jordet
 Mental Health Services Manager – Mr. Quaid
 Pathfinders – Ms. Bauman and Ms. Choin

Physical Plant Manager – Mr. Fritz
 Religious Services – Chaplain Ball
 OCE- Mr. Wright
 Transition Coordinator – Ms. Wilson and Ms. Madden
 Transitional Services Manager – Mr. Boyer
 Warehouse/Commissary Manager – Mr. Bra

Nutrition Article

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 lower sodium broth)
4. Breads/rolls (adds up, servings per day)
5. Chicken/turkey
6. Sandwiches

from scratch with

due to the # of

(processed)

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.

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

Betty Hansen, RDN
 2/13/19

DRCM Medical

Progressive Muscle Relaxation teaches you how to relax your muscles through a two-step process. First, you systematically tense particular muscle groups in your body, such as your neck and shoulders. Next, you release the tension and notice how your muscles feel when you relax them. This exercise will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomachaches and headaches, as well as improve your sleep.

People with anxiety difficulties and chronic pain are often so tense throughout the day that they don't even recognize what being relaxed feels like. Through practice you can learn to distinguish between the feelings of a tensed muscle and a completely relaxed muscle. Then, you can begin to “cue” this relaxed state at the first sign of the muscle tension that accompanies your feelings of anxiety. By tensing and releasing, you learn not only what relaxation feels like, but also to recognize when you are starting to get tense during the day.

DRCM Medical

- Find a quiet, non-distracting place to relax, either lying down or in a comfortable chair
- Tense your right hand and forearm
- Relax your right hand and forearm
- Tense your right upper arm
- Relax your right upper arm
- Tense your left hand and forearm
- Relax your left hand and forearm
- Tense your left upper arm
- Relax your left upper arm
- Tense your forehead
- Relax your forehead
- Tense your eyes and
- Relax your eyes and cheeks
- Tense your mouth and jaw
- Relax your mouth and jaw
- Tense your neck
- Relax your neck
- Tense your shoulder
- Relax your shoulder
- Tense your shoulder blades and back
- Relax your shoulder blades and back
- Tense your chest and stomach
- Relax your chest and stomach
- Tense your hips and

cheeks

buttocks

The schedule for meal times is as follows, however start times may be delayed due to unforeseen circumstances: Breakfast: 6:00 a.m. Lunch 11:00 a.m. Dinner: 5:00 p.m.

Personal Property

As a reminder, it is your responsibility to ensure your personal property is secured at all times. Additionally, if you have purchased boxer briefs or shoes through canteen, it is your responsibility to make sure your name and SID

Number are affixed to these items. If you have purchased these items off of canteen, but do not have your name and SID# attached please send an inmate communication form to the R& D Sergeant. You will be placed on a call out and required to bring these items to R&D along with your copy of proof of Purchase to have your name and SID # attached. Personal boxer briefs and shoes that do not have your name and SID # attached will be considered contraband and subject to progressive disciplinary action up to and including confiscation

DRCM Law LIBRARY

DRCM Law Library currently has a position open for a Legal Assistant. If you are interested and feel you meet the minimum qualifications; please send a kyte to the facility Librarian Ms Jordet. See below for the basic duties and description. For complete description see your inmate Job Notebook on your unit. Kyte Ms. Jordett with any further questions.

1. Complete DRCI Admission & Orientation process.
2. No major misconduct sanctions for one year to qualify.
3. No program fails in last 6 months.
4. GED or High School Diploma
5. Must be able to converse and read English, able to work as a team member.
6. Legible handwriting, basic math and filing abilities.
7. Typing skills (40 WPM+).
8. Computer abilities (Word Processing, Folio, Shepard searching).
9. Must possess knowledge of legal system and legal writing skills.

Preferred Qualifications and skills

1. Completed legal assistant training at Snake River CI or Blackstone
2. Have an understanding of issues of incarceration.
3. Have the ability to prepare legal documents.
4. Understanding how to file Direct Appeal
5. Understanding how to file Post-Conviction.
6. Understanding how to file a Post-Conviction appeal.
7. Understanding how to file Habeas Corpus.
8. Understanding how to file a Habeas Corpus appeal

Work Description

1. Advise and assist inmates in pursuing legal relief.
2. Fulfill duties as defined in DOC Rule #139, Legal Affairs.
3. Other duties as assigned by Library Coordinator.
4. Maintain a clear conduct record

Working hours vary 7:30 to 3:30 pm

Reading a Nutrition Label for Sodium Content

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 200mg
45%	Iron 6mg
5%	Potassium 235mg

* Percent Daily Values (DV) and calories reference to be inserted here.

How can I reduce the salt in my diet? **READ LABELS!** Unfortunately, many items in our commissary are very high in sodium, as they are highly processed and need to be shelf stable. Top Ramen packs a whopping 1800 mg of sodium in one package. That is nearly an adult's recommended daily allowance of 2300 mg! Processed meats such as beef jerky, lunch meats, salted nuts, snack foods, desserts and condiments also contain large amounts of sodium. Dried fruits and unsalted nuts are good choices for snacks without high amounts of sodium.

An easy way to tell if the sodium content is acceptable is to look for food items with the same or less sodium as calories per serving. For example, in this label, you can see that the sodium (160 mg) is less than the calories (230 cals). This product would be a good choice. If it is more, than you should look for something else. The 2015-2020 Dietary guidelines for Americans advise limiting sodium to less than 2300mg per day. DOC is working to reduce the salt in the menus as well.

Betty Hansen, RDN