

# DEER RIDGE PRINTS

September 6, 2018

## 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. Brabb

## SECURITY

### \*Reminder\*

Per the inmate handbook, inmates are prohibited from having liquids when coming to and from the unit. This includes going to or from recreation, lower yard, or any destination that requires you to enter the corridor. Water pitchers and cups may be carried in the corridor so long as they are empty. For further information refer to page 16 item 6.b. of the inmate handbook.

## HEALTH SERVICES

### Cold and Flu Season is Coming!

#### A little self-care goes a long ways in staying healthy.

- Good and frequent hand washing with soap and water, especially before meals and after using the bathroom, is the first line of defense against pesky cold and flu.
- Avoid touching your eyes, nose, and mouth with your fingers, as much as possible.
- Avoid sharing cups, plates or other personal items that can harbor viruses/bacteria.
- Keep your skin hydrated by drinking plenty of fluid.
- Clean tables, sinks and other public areas with soap, water, and elbow grease.

#### What can I do to feel better?

There's no cure for a cold or the flu. All you can do to feel better is to treat your symptoms while your body fights off the virus.

- Rest.
- Don't smoke.
- Drink plenty of fluids like water and fruit juices. Fluids will help loosen mucus. Fluids are also important if you have a fever because fever can dry up your body's fluids, which can lead to dehydration.
- Drink hot tea to soothe a sore throat and help loosen the mucus in your nose. Eating chicken soup can also help loosen the mucus.
- Don't drink alcohol.
- Gargle with warm salt water a few times a day to relieve a sore throat.
- Suck on hard candy to quiet a cough.

#### If you do come down with a cold, be considerate of others

- Cover your cough or sneeze with your elbow or hand then wash your hands well, using soap, water, and friction.
- Keep your immune system strong by getting plenty of rest, eating plenty of healthy foods, and drinking lots of water.

## Should I take medicine for my cold or the flu?

Although Americans spend more than \$1.9 billion a year on over-the-counter cold remedies, none of these products can cure a cold or make it end sooner. In fact, some of the side effects from the medicine could make you feel worse. The Oregon Department of Corrections Health Services does not provide cold pills for the common cold. You can take Tylenol (acetaminophen or non-aspirin) or ibuprofen for fever and discomfort available on your unit.

Know that with time and good self-care, you will feel better. If you have persistent symptoms or concerns, access medical through sick call.

Get a flu shot. Flu shots will be available soon, notify Health Services via inmate communication to request one.

## COMMISSARY

### **Correction to the New Shoe Catalog**

Item # 82000 Under Armour Zone 3 is listed incorrectly in the new shoe catalog as: **White, Grey and Black Shoe /White & Black Sole.**

This shoe is actually: **Black with a White & Black Sole**

## JOBS FOR LIFE

### **Jobs for Life Class**

New class starting Wednesday, September 12<sup>th</sup> from 6-8 pm. Jobs for Life helps those in need find dignity and purpose through meaningful work by applying biblically-based training and mentoring. It is a 16-week class that costs \$15 to purchase the book. Send a CD-28 for \$15 to Mrs. Wilson, Transitions, by Monday, September 10<sup>th</sup> to sign up!

## KITCHEN

**For your information:** Once again we are having issues with some inmates loosening the salt and pepper so that when it is tipped over it pours all over. This may seem funny but it is quite expensive and salt and pepper is not a requirement for the menu it is a privilege. We will be removing salt and pepper from the table until further notice.

ODOC **does not** recognize food allergies it is up to you to self-select your food or choose the meat alternative tray. When serving Pork as the main entrée if there is gravy on the menu it will most likely be made with pork. If you do not eat pork a meat alternative option is available. Menus are subject to change if product is not available, we will make every effort to note the changes on the menu board in the dining room. When menu changes are made we do our best to match items as closely as possible however, the calories may be more or less than stated on the menu due to the change.

**Kitchen work:** If you are interested in working in the kitchen please send a kyte to IWP and request to be added to the kitchen waitlist. If you work in the kitchen you are limited on items that you can bring to work with you, **ONLY** the following items are allowed:

1. Watch
2. Comb
3. Hair Tie
4. Chap stick
5. Handkerchief
6. Authorized Wedding Band
7. Authorized Religious Medallion on a Neck Chain
8. 1 Pair of Prescription Glasses
9. Medication as Authorized by Health Services

If you work in the kitchen and do not have a valid food handler card you will be required to get one, you will be added to the list for food handlers automatically if you do not have a valid card.

**Food Handler Cards:** Oregon Department of Corrections offers Food Handler cards free of charge to all inmates. If you are interested in getting your card please send a kyte to Ms. Pineda or Ms. Peel and we will add you to the list. Your card is good for 3 years and valid in every County in the State of Oregon. If you are within 6 months of release or planning on working in the kitchen you may want to consider getting your card.

**A Few Rules to Remember:**

- Special diets are available on B side of serving line.
- Veggie trays are available on both A and B sides.
- Once you have gone through the line you will not be allowed to go back through, so please make sure you get all the items you want the first time through.
- Please do not argue with the servers they are just doing their jobs.
- Please do not eat in line, it is unsanitary.

PRO-SOCIAL

