



Security

Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **April 2019**. All blankets will be collected at the **5:15 A.M.** wake-up bell and returned after the **4:00 P.M.** count clears on the same day. Clothing room staff will supervise clothing room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.**

Schedule will be as follows:

(Starting the first week of April 2019)

*Friday April 12 th	D-Block
*Friday April 19 th	C-Block
*Friday April 26 th	E-Block

*Scheduled rotation is subject to change

/s/ L. Warrens, Clothing Room

Visiting Room Reminders

In order to keep the Visiting Room running efficiently it is key to follow Visiting Room rules. Please review some of the key rules below. Failure to follow these rules will result in progressive discipline (cell-ins, misconduct reports as appropriate, and/or termination of your visit for the day).

- Single visits are to sit in single visit spots, double visits are to utilize double visiting spots, and visits with three to four (3-4) visitors may use the "family" sections. You may be asked to move to more appropriate seating at staff discretion*
- **DO NOT** move the furniture. This includes both tables and chairs.
- A **brief** embrace at the beginning and at the end of the visit is allowed. You are able to hold hands across the table during your visit. Excessive touching throughout the visit will not be tolerated.
- Upon arrival to your visit, check in with the Visiting Room Sergeant.

- When your visit is over you may **not** walk your visitor to the door.

Please remind your visitors to review the clothing rule as this helps to process them through faster and will lead to more time to visit. Remind visitors that all clothing items worn into the Visiting Room must remain on throughout the visit.* Some common errors that may delay visitor processing are:

- Wearing blue denim, including denim jackets, or SOLID BLUE clothing of any kind.
- Clothing items that set off the metal detector. Buttons, underwire bras, etcetera.
- Clothing items that are see through, excessively revealing, or if too much skin is exposed.

Visiting staff are not allowed to share your visiting information with your visitors. Your approved visiting list and the amount of points you have are not public information therefor cannot be disclosed. If you have questions about your visiting information, you may ask visiting staff or send an inmate communication to your counselor. Visiting staff does not have the authority to add visiting points should you run out for the month. Additional visiting points are approved on a case by case basis through your counselor, please do not ask security staff to add them.

/s/ S. Garcia, Security

Activities

Financial Responsibility and Management Class

The 7th Step club has partnered with volunteers to present an eight-week course on Financial Responsibility and Management. This program uses faith-based materials from Dave Ramsey's Financial Peace University course. Classes will begin Wednesdays from 1-3:00 p.m. on the Education floor. Open to NCI levels 2 and 3 without a work schedule conflict. If you want to participate, class size is limited, send your request to 7th Step and place it in the white activities box at the bottom of the stairs.

/s/ J. Rodriguez, Activities

Commissary

Commissary News

Update:

Our vendor is currently out of stock of the **Mighty Bright Book Lights**. Notification will be sent out when they become available.

We in Commissary are sorry for the inconvenience. Thank you for your understanding,

/s/ S. Jackson, Commissary

Miscellaneous

OCE Clerk Support CADD Department

OCE is now accepting applications for a **Costing Clerk** located currently in the CADD and Costing Department at Oregon State Penitentiary (OSP). This recruitment will be used to fill one open position. Worker holding this position must have experience using Microsoft Office software and performing standard clerical duties. Specific qualifications would include experience in material takeoff and estimating of wood and metal materials, hardware and supplies. Knowledge in the construction or fabrication industries are preferred.

The work schedule is Monday – Friday, 6:00 a.m. to 2:00 p.m. This position awards 12 PRAS Points starting; with the opportunity to earn a matching Team Goal Award as well.

All applicants must meet the following qualifications:

- **Must have a valid social security number or equivalent.**
- Microsoft Office experience with a preference in Excel/Access and typing speed at 35 WPM minimum.
- Have at least 60 months remaining on sentence
- Have six months clear conduct
- Possess a high school diploma or GED certificate, or be in the process of obtaining a GED certificate within a specified period of time (verified by DOC Education)
- Have no program failures in the past six months
- Be able to work efficiently and professionally at all times as a member of a team in an office environment

All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Submittal Process

If you are interested in applying, please submit a completed DOC Inmate Work Application referencing OSP CADD Clerk Support as the position applied for and submit to:

Josh Turner/Zach Parker
C/O OCE inside Sales (Dorm)
2605 State St
Salem, Or 97301

Applications must be received by Friday, April 12, 2019.

Take the Time to Complete an Advance Directive

It is important for family members and health care providers to know what kind of medical care a patient wants at the end of life. Advance directives are legal documents that record the patient's wishes for end-of-life care.

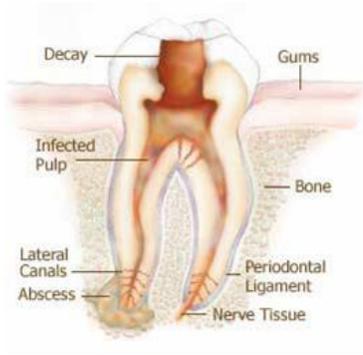
Advance directives should be filled out while people are still **healthy**, because doing so gives you time to think about the end-of-life care that you would choose if you were unable to communicate your own wishes. It also allows time to discuss these wishes with loved ones.

Everyone has the right to make decisions about their own treatment. Filling out advance directives gives you a way to do so. Choices about end-of-life care can be difficult to make even when you are healthy, but if you are already seriously ill such decisions can seem overwhelming.

If you would like more information on completing an Advanced Directive, please send an inmate communication to Sick Call. We will send you a hand out to help you better understand the process and what it means to you.

To obtain Advance Directive forms, please send an inmate communication to Medical Services. Legal Library can also provide assistance, you can schedule an appointment for Legal Library to witness your forms.

Plaque Attack!



Tooth decay and gum disease are primarily caused by plaque, which is a sticky combination of bacteria and food. The bacteria in plaque produce acid that can break down tooth enamel. Plaque begins accumulating

on your teeth within minutes of eating, but can be removed through brushing and flossing twice a day. If plaque is not removed thoroughly each day, it hardens into tartar, which can only be removed by a dental care professional. Plaque and tartar lead to a number of problems:

- **Cavities:** Holes that damage the structure of teeth. A common problem (second only to the common cold in prevalence), tooth decay affects 25% of kids aged 2-5, 50% of those aged 12-15, and 90% of adults over 40.
- **Gingivitis:** Swollen, inflamed, or bleeding gums; may be reversible with good oral hygiene and regular dental visits.
- **Periodontitis:** Infected gums and destruction of ligaments and bone supporting teeth, often leading to tooth loss if left untreated. Requires professional treatment. Currently, 25% of adults over age 65 have lost all their teeth, primarily because of periodontitis.
- **Bad breath (halitosis):** Food particles between teeth can rot and lead to bacterial growth.
- **Abscesses, pain, and inability to use teeth:** Loss of use can lead to nutritional deficiencies.
- **Health problems outside the mouth:** Gum disease has been linked to everything from heart disease, high cholesterol, diabetes and osteoporosis, to complications in pregnancy like premature births and low birth weight babies.

Remember to brush and floss your teeth twice a day, it helps keep the dentist away!

/s/ C. Coffey, Health Services

Chapel Schedule

SATURDAY, April 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, April 14

8:00 a.m. Spanish Protestant Service
Jehovah's Witness Spanish
Russian Baptist
1:00 p.m. Catholic Mass
Jewish Study
Wicca Outside
2:00 p.m. Asatru Outside
6:00 p.m. Latter Day Saints Study
Lutheran
Urantia

MONDAY, April 15

1:00 p.m. Buddhist Discussion Group
Restorative Justice
6:00 p.m. Restorative Justice

TUESDAY, April 16

8:00 a.m. Universal Unitarian
1:00 p.m. Russian Bible
Lifeline
Quaker Friends
Torah Men
6:00 p.m. Prison Fellowship Discipleship
Catholic Study
Buddhist Service
Non-Violent Communication

WEDNESDAY, April 17

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

THURSDAY, April 18

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

FRIDAY, April 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.