



## **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 19<sup>th</sup>                      C-Block
- \*Friday April 26<sup>th</sup>                      E-Block

\*Scheduled rotation is subject to change

/s/      L. Warrens, Clothing Room

## **Activities**

### **Financial Responsibility and Management Class**

The 7<sup>th</sup> 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 7<sup>th</sup> Step and place it in the white activities box at the bottom of the stairs.

### **I/M Photo Department Frequently Asked Questions**

- **Price of photos?** \$1.00 for a 4x6 single print  
\$2.50 for a 5x7 single print  
\$6.00 for a 8x12 single print
- **Account Number?** 2649

- **Do I need to submit an inmate communication with my cd/28?** No you do not. Just submit your cd/28 into the white activities box filled out completely with your photo numbers written on the back. Also, if you are ordering multiple photos and or from multiple events you should only submit one cd-28.
- **My money was taken, when will I get my Photos?** We submit our cd-28s to the business office once a week. The money must come off your account before we can order which lands the average photo processing time at about four to six weeks.
- **When are photos shown, is there a schedule?** **I/M Photo** covers a lot of different events including the yard photos. For most activities evens we try to show them on 1.1 within a couple days of the event. Yard photos are shown on Tuesday and/or Friday depending on scheduling availability and amount of photos taken.
- **How are yard photos processed?** The same as Activities has always been done. All the regular rules that are in your inmate handbook apply.
  - **Four AIC max in a single photo**
  - **No towers or security staff in photos**
  - **No blatant display of tattoos**
  - **No gang related/STM tattoos visible**
- **How long are photos kept?** Yard photos are stored for six months. Activities photos are stored for two years. After these dates photos will be deleted.
- **Can I get my photos with boarders and or in Black & White?** Our system is different than Commissary had. We are working on something for special order photos later this year, keep watch for more on that. For Black & White, just write **B&W** next to whichever photo you wish to be printed as so.
- **Are Felix photos ordered through the same process?** No, **I/M Photo** has nothing to do with that program.

/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

## Preventing Dehydration (Information from WebMD)

Dehydration happens when the body eliminates more fluids than it absorbs. Drinking inadequate amounts of hydrating fluids during exercise, hot weather, or daily activities can cause the body to use up its stored water. To prevent dehydration, watch the amount of fluid you drink, listen to your body, and drink more liquids during exercise and hot weather.

- Drink plenty of water before, while, and after you are active. This is very important when it's hot out and when you do intense exercise.
- Drink plenty of water before, during, and after exercise.
- Take a container of water with you when you exercise, and try to drink at least every 15 to 20 minutes.
- Use a sports drink if you will be exercising for longer than one hour.
- Avoid high-protein diets. If you are on a high-protein diet, make sure that you drink at least 8 to 12 glasses of water each day.
- Do not take salt tablets. Most people get plenty of salt in their diets. Use a sports drink if you are worried about replacing minerals lost through sweating.

Maintaining good health is very important. It's your responsibility to take control of your health. There are many key parts to this including eating a healthy diet, maintaining a healthy body weight, and getting regular aerobic exercise.

Your Health Services Team can help you maintain health and wellness while you are "inside" through health screening. Did you know that most men should have a blood pressure check once a year, or that routine cholesterol screening can be done every five

years even if you feel well? Sometimes, you may find small problems before they actually affect your good health.

These services are available to you here. ODOC Health Services follow national guidelines on health screening. Please send an inmate communication to Health Services if you are interested in looking into this part of keeping yourself healthy. You are in charge of your health!

## Access to Health Services Change

Effective May 6, 2019, OSP will be changing our communication process for services related to Medical/Dental. Placing an inmate communication in the Medical/Dental box on the Control Floor will **no longer** be the primary process used to access health care services. **Instead**, Nursing Services will be on the Control Floor from 6:00 to 8:00 a.m. (during morning chow) to discuss your health care concerns with you. To access this service, you will need to bring an inmate communication identifying your health care concerns, as you have in the past; however, this will be submitted directly to the nurse instead to the Medical/Dental inmate communication (kyte) box. The triage nurse will review your written concerns with you, and determine the necessary follow-up (which may include a sick call appointment to be scheduled at a separate time). To promote confidentiality, those waiting to speak with the nurse will line up on the bench closest to the window in the "fishbowl."

For those in special housing the following process will transpire:

Unit	Process
ICH	<ul style="list-style-type: none"> <li>• Patient's in ICH will bring an inmate communication to the AM medication line and provide it to the nurse.</li> <li>• After the medication line the nurse will review and advise the patient of the necessary actions and the next steps</li> <li>• If a patient is on cell-in status, the nurse will go by the cell to determine if a patient needs to be triaged.</li> </ul>
BHU DR DSU MHI	When nursing conducts health access checks or AM medication line (whichever transpires daily) each patient can submit an inmate communication to the nurse. The nurse will consult with the patient at cell front and determine the necessary follow-up.

**Access to Health Services Change** (cont.)

Please be assured that the triage process will not replace any necessary sick call appointments. The goal of this change is to provide a more timely access to care for any medical needs you may have.

/s/ C. Coffey, Health Services

**Visiting Room**

Beginning in 2015, the Oregon State Penitentiary began researching how to enhance and increase visiting. Adults in custody and their visitors were asked what improvements would make their visiting experience more enjoyable. The top three responses to enhance visiting involved decreasing the volume in the area, increasing healthier options in the vending machines and changing the chairs and the height of the tables. As many have noticed, the chairs have finally been updated and the table's height is in the process of being modified. These changes were approved to expand the versatility of the space and make it a more usable, sanitary area for the families at OSP. The chairs are also the same chairs that are used in the other Department of Corrections facilities across the state.

A special thank you to the OSP Physical Plant for their expertise in modifying the tables and to the Lifers Club for taking on the challenge by offering their support and time to help raise money for the project. The upgrades have been made possible through the generous contributions and participation in fundraisers from the OSP community.

/s/ C. Lenex, Correctional Rehabilitation

**Chapel Schedule****SATURDAY, April 20**

- 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.** Sunni Muslim Study  
Worship Practice
- 6:00 p.m.** Calvary Chapel  
Siddha Yoga

**SUNDAY, April 21**

- 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, April 22**

- 1:00 p.m.** Buddhist Discussion Group
- 6:00 p.m.** Restorative Justice  
Non-Violent Communication

**TUESDAY, April 23**

- 1:00 p.m.** Russian Bible  
Hare Krishna
- 6:00 p.m.** Prison Fellowship Discipleship  
Catholic Study  
Buddhist Service  
Non-Violent Communication

**WEDNESDAY, April 24**

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

**THURSDAY, April 25**

- 8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI ☹
- 6:00 p.m.** Gospel Worship  
Celebrate Recovery ☹

**FRIDAY, April 26**

- 8:00 a.m.** Trauma Transformation Group ☹
- 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.