



Commissary

Commissary News

Last year commissary sent out notification that our vendors may be raising prices due to rising freight costs, domestic and international economic production increases and commodity crop market fluctuations. The good news is, a majority of our vendors did not increase their prices last year as anticipated.

Unfortunately, this year, with the renewal of our contracts, we will see those price increases from the majority of our vendors. The price increases are expected to be from 2.5 – 5 percent across the board. We expect to see these price increases take effect almost immediately.

Please note, commissary will keep the order forms updated to reflect the price increases and do what we can to ensure you have the most current forms; however, prices are subject to change without notification.

We appreciate your support of ODOC Commissaries.

/s/ S. Jackson, Commissary

Miscellaneous

HVAC Shop Position Available

The HVAC shop has an opening for anyone interested in the HVAC trade. The successful applicant will work in the HVAC shop and be evaluated to see if they have the aptitude and skills to be placed in our HVAC apprentice program.

Those applying must have a minimum of seven years left on your sentence and be a level 3 in order to be considered. They must also be able to lift 75 pounds, work in confined spaces, on ladders or scaffolding, and in extreme temperatures. Another must is the ability to work well with others, and give and receive constructive criticism.

You must have a GED or high school transcript showing graduation, and showing one year of algebra with a “C” or better.

We will not accept applications after September 6, 2019.

/s/ P. Willette/J. Noland, Physical Plant

ICH Unit Peer Companions Announcement

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for Peer Companion positions on the Intermediate Care Housing (ICH) unit. Individuals selected for these positions will report to the ICH for their shift. We are looking for motivated, responsible individuals who have a willingness to work with both elderly and special needs populations.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified inmates housed on the ICH are getting their basic and daily needs met.

Duties may also include guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room or out to the ICH yard. This may include actually engaging the assigned inmate in these activities.

Please submit an application to Christine Estrada BHS ICH Manager if you are interested. Application will be accepted until all positions are full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year.

Employment Opportunity

The Inmate Management Floor (IMF) is accepting applications for an orderly position. The working hours are Monday through Friday, 7:15 a.m. to 10:15 a.m. and 11:30 a.m. to 3:30 p.m. and earns 12 PRAS points. The selected candidate must meet the following requirements:

- Willingness to take direction
- Ability to maintain positive interactions with staff and other AICs
- Reliable and able to maintain regular attendance
- Ability to lift 50+ pounds frequently up and down stairs.
- Experience with floor care is preferred but not required
- Incentive level 3

Please send a completed work application to IMF for consideration.

/s/ C. Lenex, Correctional Rehabilitation Mgr.

Where's the Fiber!



Did you know that the average American consumes only about half the recommended amount of dietary fiber each day? High-fiber foods support a healthy digestive tract and may

guard against cancer, heart disease, diverticulosis, obesity and diabetes. Fiber only occurs in fruits, vegetables, beans and legumes, grains and nuts and seeds. There are two main types of fiber; Soluble and Insoluble. Soluble fiber dissolves in water and can help lower blood glucose and cholesterol. **Oatmeal, nuts, dried beans, lentils, apples and berries are good sources.** Insoluble fiber does not dissolve in water and helps move food through your digestive system, preventing constipation and reducing risk of developing hemorrhoids, diverticulosis and colon cancer. Foods with insoluble fiber include **whole wheat products, brown rice, legumes, fruits with skins and a variety of vegetables.** How much fiber do I need? On the average, most adult men need approximately 35 g daily and women 25 g.

You may have noticed, beginning with the Spring/Summer Menu cycle, the increased number of servings of whole wheat bread products, brown rice, beans and legumes. ODOC is working to meet USDA

fiber recommendations. This is an ongoing process and will continue with the winter menu cycle.

/s/ B. Hansen, RDN

Hemorrhoids 101

Hemorrhoids are a common condition among the adult population of the U.S. Signs and symptoms include rectal itching, rectal pain, and bright red blood on toilet paper or in the toilet bowl after passing stool. Hemorrhoids occur when the rectum is subjected to great stress from "bearing down" of the abdominal wall muscles. This often occurs with excessive lifting on the weight-pile, and especially when straining on the toilet when constipated. Rectal veins are forced to the surface by this straining and wiping, or other abrasion can cause them to bleed.

Hemorrhoids are the most likely cause of rectal bleeding, and this is rarely an emergency. Hemorrhoids can be resolved with lifestyle changes and by adhering to a few simple rules:

1. Drink more water. This keeps things loose and flowing.
2. Eat more fiber. This keeps things soft and spongy. Fiber supplement from canteen is a wonder fiber supplement.
3. Don't lift excessive weights. In the long run, flexibility is healthier than brute strength.
5. If you are prone to bleeding, do not wipe abrasively, pat yourself clean.
6. A well placed ice-pack can help with itching. Never scratch down there.

Hemorrhoids are rarely an urgent matter, we will evaluate your signs and symptoms providing you treatment options as necessary.

/s/ C. Coffey, Health Services

Call Center Recruitment

Do you have a desire to learn new skills that you can take to the community and use in everyday life? Do you want to earn money and increase your savings? Do you want to work in a professional environment? The

OSP Contact Center is currently looking for new agents. NO PRIOR EXPERIENCE IS REQUIRED. Call Center agents start at 14 points with a double meritorious award **and** the ability to earn up to an additional \$110 each month! Also included are monthly bonus points and a center-wide goal reward program.

Call Center Recruitment (cont.)

The Call Center requirements include;

- **NO** ID theft convictions or forgery **convictions** on your record.
- At least six months clear conduct.
- At least 12 months remaining on your sentence.
- Must complete A & O before applying

If you meet all of these qualifications you can send a job application to: B. Potts, OSP Contact Center. You will be placed on call pass to interview after processing. We look forward to hearing from you!

/s/ B. Potts, Call Center

Caseload Reset

Correctional Counselors' caseloads have been rearranged in order to better serve those most in need. These changes are necessary if the Oregon Department of Corrections (DOC) is to provide quality case management services to the adults in custody (AIC) most likely to reoffend as determined by their Automated Criminal Risk Score (ACRS).

ACRS is a statistical calculation developed by the DOC Research Unit to predict your risk of reoffending within three years of release. Your score is automatically calculated at Coffee Creek Intake Center (CCIC) and is based upon the following: age, earned time, revocations, sentence length, custody number, thefts committed, prior incarcerations, and person to person crimes. The score is recalculated whenever any of these items change. Another way to understand ACRS is to look at it from a percentage standpoint. The scores range from .01 to .99. If your ACRS is .15, then you have an estimated 15% chance of reoffending within three years of your release.

If DOC had the resources it needed, Institution Counselors would provide cognitive interventions through case management to all AICs who need it. Because DOC does not have the capacity to provide case management services to everyone, Counselors' caseloads have been adjusted to provide cognitive interventions to AICs most likely to reoffend.

To make caseload sizes more manageable, DOC had to significantly adjust the ACRS cutoff score. Due to resource discrepancy across the institutions, the cutoff scores won't be consistent and are as follows:

SRCI, OSP, TRCI, EOCI

- .01 - .24 ACRS = Low Supervision
- .25 - ACRS and higher = High/Medium Supervision

OSCI

- .01 - .34 = Low Supervision
 - .35 ACRS and higher = High/Medium Supervision
- CRCI, DRCI, PRCF, SCCI, SCI, SRCI Minimum, TRCI**

Minimum

- .01 - .34 = Low Supervision
- .35 ACRS and higher = High/Medium Supervision

WCCF

- .01 - .39 = Low Supervision
- .40 ACRS and higher = High/Medium Supervision

MCCF, SFFC

- .01 - .49 = Low Supervision
- .50 ACRS and higher = High/Medium Supervision

CCCF, CCCM

- .01 - .19 = Low Supervision
- .20 ACRS and higher = High/Medium Supervision

Low Supervision:

If you are placed on a Low Supervision caseload (as determined by your institution), you will not meet with your Institution Counselor on a regular basis and will only be seen for emergencies or unusual circumstances. Any reporting will be through written communication. If you need an in-person meeting, you will need to provide specific details in your request.

Although you will not have regular contact with your Institution Counselor, your eligibility to attend programming offered by Pathfinders (group cognitive classes and parenting classes) and participate in our alcohol and drug treatment programs will not be impacted. Eligibility and placement into these programs remain the same.

High/Medium Supervision

If you are placed on a High/Medium Supervision caseload (as determined by your institution), you will meet with your Institution Counselor on a regular basis, working on your customized Behavior Change Plan and receive cognitive interventions from your counselor.

Each time you are transferred from one institution to another, you will receive an Intake Information Sheet and Contact/Resource List that provides information specific to that facility. You will also have the opportunity to ask questions at your institution's

Admission and Orientation program for new arrivals to help you manage your affairs during your incarceration.

These changes will be implemented June 1, 2019, for male institutions and July 1, 2019, for women at CCCF.

/s/ CCM Central Office

Chapel Schedule

SATURDAY, August 24

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. Worship Practice
Seventh Day Adventist
Sunni Muslim Study

6:00 p.m. Calvary Chapel
Siddha Yoga

SUNDAY, August 25

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
Urantia
University Fellowship

MONDAY, August 26

1:00 p.m. Spanish Catholic
Restorative Justice

6:00 p.m. Non-Violent Communication
Hospice Meeting

TUESDAY, August 27

1:00 p.m. Trauma Transformation Group
Restoration Justice Writing

6:00 p.m. Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice

WEDNESDAY, August 28

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support

6:00 p.m. Celebrate Recovery

THURSDAY, August 29

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

1:00 p.m. TUMI ☹
Grief Group

6:00 p.m. Spanish Non-Violent Communication
Celebrate Recovery ☹

FRIDAY, August 30

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.