



## **Administration**

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### **Checks and Money Orders**

REMINDER – If by chance a check or money order slips through the mail to you by mistake, please make sure it is enclosed in the original envelope and taken to Control Center, with an inmate communication attached and addressed to the OSP Mailroom. Control will forward it to the mailroom for processing. Please make sure the envelope is included with the check/money order, because without it, the item cannot be processed.

Please also remind your family and friends that all checks and money orders need to be sent to **DOC Accounting Unit, PO Box 14400, Salem, OR 97309-5077**. All checks/money orders sent to the physical address of the institution will be violated and returned to the sender per the mail rule OAR 219-131.

/s/ T. Gushard, Supervising Executive Assistant

## **Security**

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### **Home-made / Unauthorized Lanyards**

Please note that only lanyards you may use are the ones sold through the Activities Section. All other homemade or otherwise obtained lanyards are subject to confiscation.

/s/ C. A. Borden, Group Living

## **Miscellaneous**

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### **Alzheimer's Care**

*Taken from "How to Manage the Alzheimer's Patients in Our Prisons" by Jaime Todd, MBA, LNHA.*

As our population ages we need to recognize how to help those that suffer with Dementia and Alzheimer. Those that suffer could be our friend, cellie or family member.

The start of Alzheimer's or dementia is slow. Signs and symptoms start with confusion and forgetfulness. But as the disease gets worse they become unable to perform routine daily activities like bathing, and dressing. They can experience behavior changes like agitation and anger. Good clear communication by others is the key to helping these individuals with Alzheimer's or dementia avoid frustration and achieve comfort. Speaking to them with R-E-S-P-E-C-T not only helps them but you.

#### **R=Reassure**

With constant reassurance, they will feel safer and can pay better attention. Address by name and introduce self as often as needed in a soft tone.

#### **E=Environment**

Create and maintain a relaxing setting to reduce the disruption. One way to do this is to turn off any radios and/or televisions. This will help to keep the patient relaxed throughout the day.

#### **S=Specify**

Using small simple words and sentences will decrease confusion. Asking yes/no questions will help them to better understand. If they do not understand then repeat the question.

#### **P=Prepare**

Often they will resist activities of daily living (changing cloths, brushing teeth, eating). Give one step instructions to complete before beginning the next job.

#### **E=Encourage**

Listen closely and give your undivided attention to what is being said or asked. Make sure to smile often. Confusion can add to their problems with communicating.

#### **C=Check yourself**

Ask, offer, suggest and encourage their participation in decision making regardless of how confused they may be.

#### **T=Thank**

If you treat them with respect you will have a better bond. This will help them to become more comfortable with you and help them gain confidence and trust in you

When others help to make effective communication a priority, they create an environment that lets the

**Alzheimer's Care** (cont.)

individual be more independent, less agitated and more comfortable. this allows improved effort, ability, and desire to communicate.

**Beat the FLU 2019-2020!**

SB488 mandates that all AICs within ODOC sign a consent indicating if they would like their flu shot or not. This means you will be offered the shot and need to accept or decline.

Why get YOUR flu shot?

- ◆ It decreases the chance of you getting flu and flu-related complications!
- ◆ It decreases your chance of getting FUTURE flu due to your immune systems 'memory' of the vaccine!
- ◆ It decreases the chance you will give the flu to someone you care about!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs began in most institutions October 1, 2019, and YOUR part will be needed to succeed to ***Beat the flu in 2019-2020!***

**Influenza Vaccine Clarification**

Medical Services has received feedback through the influenza (flu) vaccination clinics that many AICs are upset due to the mandatory call-outs which were scheduled to obtain consent or refusal of the flu vaccination. In many cases, it was communicated that AICs refused the flu vaccination because they felt like the State was forcing the vaccination on them. We would like to clarify why the call-outs for the flu vaccination were scheduled as a mandatory call-out.

The Oregon Senate passed a bill (SB488) stating that all AICs would be offered the flu vaccination and that it would be the responsibility of ODOC to ensure every AIC either accepted or decline the flu vaccination through a consent or refusal form. Due to the layout of OSP, the most efficient and effective way to accomplish an encounter for over 2100 AICs was to schedule a call-out. To ensure the attendance of the call-out, the call-out was scheduled as mandatory.

I would like to personally apologize if the mandatory status of the call-out upset anyone or gave the perception that the flu vaccination was mandatory. Although, as a health care professional, I feel the flu vaccination is an essential measure for preventative care, I also firmly believe every patient has the right to refuse or consent to medical services provided to

them. That is why I felt it was necessary to clarify why we used the mandatory call-out process.

Considering this information, if you would like a flu vaccination, please send an inmate communication to Medical Services ATTN: Flu Vaccinations. Flu vaccinations will be available throughout the 2019-2020 flu season.

A big thank you to everyone that attended their call-out. We greatly appreciated your time and cooperation!

/s/ C. Coffey, Health Services

**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 Peer Companion positions on the Intermediate Care Housing (ICH) unit. Individuals selected for these positions will report to the ICH unit for their shift. We are looking for motivated, responsible individuals who have willingness to work with both elderly and our special needs population.

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 escort individuals to appointments, assisting individuals in groups, 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 Shela Hartley, ICH QMHP if you are interested. Applications 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 1 year and meet the require.

/s/ S. Hartley, ICH

**ABE/GED Tutor Positions**

Would you like a job with meaning and purpose? Do you enjoy helping others succeed? If so we have a job for you!

The Education Department is hiring ABE/ GED tutors. You must meet the following criteria.

1. One year clear conduct, and at least one year left at OSP.
2. Must not have frequent call outs, programs, or activities that would conflict with a M-F, 7:15 a.m.-3:15 p.m. work schedule.
3. High School Diploma or GED, with GED level skills in reading, writing and math.
4. Comfortable working with students one-on-one as well as working with groups.

We are looking for individuals who are self-motivated, enjoy helping others succeed, like working in a team environment, have a positive attitude, and who are confident in their abilities. Bi-lingual in Spanish is a plus.

If you are interested in being a part of our team, and meet the requirements send an application to the Education Department.

/s/ S. Aguinaga, Education

*Chapel Schedule*

**SATURDAY, November 9**

- 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.** Seventh Day Adventist Service  
Sunni Muslim Study  
Worship Practice
- 6:00 p.m.** Calvary Chapel

**SUNDAY, November 10**

- 8:00 a.m.** Spanish Protestant Service  
Jehovah's Witness Spanish  
Zen Retreat
- 12:00 p.m.** Wicca
- 1:00 p.m.** Catholic Mass  
Jewish Study

- 2:00** Asatru
- 6:00 p.m.** Latter Day Saints Study  
Urantia  
University Fellowship

**MONDAY, November 11**

- 1:00 a.m.** Restorative Justice
- 6:00 p.m.** Restorative Justice  
Non-Violent Communication

**TUESDAY, November 12**

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

**WEDNESDAY, November 13**

- 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  
Indigenous Circle ☹

**THURSDAY, November 14**

- 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  
Gospel Worship

**FRIDAY, November 15**

- 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.