



Miscellaneous

Orderly Openings

The SMH Building is now accepting applications for an Orderly located in the SMH and Treatment Building. This recruitment will be used to fill one (1) position. A worker holding this position does not need experience in standard custodial and orderly work, but experience will be considered.

The work schedule is Monday through Friday 9:00 a.m. - 4:00 p.m. PRAS points will be determined.

This position involves working mainly with security, and mental health staff, and includes, but is not limited to, the following duties;

- Collecting and disposing of trash from trash receptacles in both buildings
- Cleaning, stocking, and maintaining restroom facilities in both buildings
- Sweeping and mopping in both buildings
- Clearing off and cleaning surfaces and counters

This position is located inside a mental health treatment building and SMH administration areas, even though contact with Adults in Custody is possible, the successful candidate will primarily be responsible for staff and common areas, not housing units.

The successful candidate will also demonstrate the following attributes:

- Positive attitude and truthful interactions with others
- No disciplinary history staff/inmate relationship, theft, or unauthorized area within the last 18 months or more
- Ability to work with limited direction and supervision
- Good judgement and decision making skills
- Reliability
- Ability to follow directions

Please direct all applications to Cpt. T. Tooley, SMH Captain

Flu FAQ

Oregon SB488 requires Oregon Department of Corrections to offer flu vaccine to all AIC on an opt-out basis; meaning everyone will sign a consent form accepting or declining flu vaccine beginning flu season 2019-2020.

Common Myths

Myth: Flu shots make you sick

Fact: The body creates what is called an *innate immune response* anytime a vaccine enters it. The immune system 'feels' the genetic information given by the vaccine and starts a response that can make a person feel ill! This is *NOT* the flu, rather it is a well-recognized vaccine-related immune response that naturally occurs in a healthy immune system. NOTE: the flu shot is not *whole 'dead' flu virus*.

Myth: The flu shot doesn't work – the media told us so last year

Fact: The flu vaccine attempts to cover as many strains of flu that are projected to be 'out' in a given year. A) the vaccine doesn't capture them all; B) the virus might be a slightly different 'strain' than what the vaccine is for.

What it **can do**:

1. It might prevent you from getting the actual flu during the 2019-2020 flu season if the vaccine works well;
2. It definitely can help prevent against bad complications if you do get the flu, like you won't get as sick as someone who doesn't have a *built-in-immune response* to the flu; and
3. There is this weird thing call **immune archiving**. The immune system is like a computer in a way, it keeps data on vaccines that we have received and if a strain of flu comes around that we've been vaccinated against, the immune system will 'remember it' and try to fight it. Remember the big deal about the swine flu in 2009? It was expected to cause a major pandemic, but it didn't really because so many people had been vaccinated against

Flu FAQ (cont.)

that strain of flu earlier in their lives! So the 'old vaccine' saved from the 'new flu'

Myth: Only old people get the flu

Fact: Everyone gets the flu, it is more likely to cause severe illness in or kill older and younger people. But people who live in prison and who have multiple chronic health conditions are likely to get bad complications from flu, so prevention really helps.

Myth: Medical doesn't care if we get the flu or not, they won't do anything why should we bother?

Fact: They **are** taking flu and flu-related complications very seriously. They will try to prevent and then contain an outbreak as much as possible for your health and the health of your visitors.

Myth: Vaccines are bad for you, they cause things like Autism

Fact: There are no studies showing the causal nature of vaccines-in-and-of-themselves to **cause any** chronic or debilitating conditions.

/s/ C. Coffey, Health Services

Chapel**OSP Trauma Recovery Support Group**

This group meets runs from **January 23 to May 28** on the **2nd and 4th Thursdays of each month 1:00 p.m. to 3:00 p.m.**

Few inmates here at OSP have NOT experienced some type of trauma - in childhood, prior to when you fell, or while incarcerated. How is it affecting you? How do you deal with it? Chris Adsit of Reboot Recovery will be leading a faith-based trauma recovery class beginning January 23, meeting twice a month through May. Chris has been coming to OSP to work with the Veteran's Association since early 2012, focusing on combat trauma. This class will be open to any OSP inmate - veteran or not. We will be using "*The Combat Trauma Healing Manual*" as a main resource, but the principles from that manual are applicable regardless of how one has been traumatized.

The approach combines best-practices from the medical and mental health communities with timeless principles from the Bible that address trauma and healing. You don't have to be a believer to attend - all faiths are welcome. We will explore such topics as: the physical/psychological context of your trauma; what are soul wounds and moral injury; why did God allow

my trauma; constructing a healing environment; loss and grief; forgiveness issues; rebuilding identity; and more. This won't be a lecture - there will be plenty of opportunities to discuss, support each other, teach and learn from each other, with a few laughs along the way. Maximum class size: 25 - first come (first AIC communication), first served.

OSP Restorative Justice Ethics Class

This class runs from **January 21, to April 28, 2020 – Tuesdays from 12:00 p.m. to 3:00 p.m.**

Philosophical Ethics (PHIL 235W) is a Willamette University course that will meet at OSP and include 10 OSP students. (OSP students will not receive WU credit for this course.) The course is about ethics, as the title suggests, but also about economics and political economy. Briefly put, ethicists study right and wrong, economists study how humans distribute resources, and political economists study how a people administers its economy through government. Ethics, economics, and political economy are closely related. Economics takes its basic concepts from ethics; political economy considers economics in its wider political context; and considering economics in its wider political context raises fresh ethical questions. We'll use the financial crisis that began in 2008 as a case study, bringing together the various strands of the course.

If you would like to be a part of this class, please send an AIC communication to the Chapel. An interview process will take place in early January.

/s/ K. Thompson, Chapel



Chapel Schedule

SATURDAY, December 21

- 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
Siddha Yoga

SUNDAY, December 22

- 8:00 a.m.** Spanish Protestant Service
Jehovah's Witness Spanish
- 1:00 p.m.** Catholic Mass
Art of Living
- 6:00 p.m.** Latter Day Saints Study
Lutheran Worship
Urantia

MONDAY, December 23

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

TUESDAY, December 24

- 1:00 p.m.** Russian Bible
Trauma Transformation
- 6:00 p.m.** Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice

WEDNESDAY, December 25

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

THURSDAY, December 26

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

FRIDAY, December 27

- 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.

