



Activities

The Power of Ideas Class

Capital Toastmasters is offering the class **Power of Ideas** to both club members and non-club members on Saturday, February 8, 2020, from 12:30 - 3:00 p.m. on the Activities Floor. The **Power of Ideas** is designed to help participants learn techniques and dynamics of creative thinking, divergent thinking, suspended judgment, and acceptance.

The cost for this class is \$2 to cover refreshments and materials. CD-28s will be collected at the class.

If you wish to participate send an AIC communication to the Capital Toastmasters Club prior to February 2, 2020.

/s/ C. McFadden, Activities

Miscellaneous

Work Order Process for Repairs

If you have a plumbing issue, there is a process in place for addressing that issue. All AICs need to describe the plumbing issue in detail to their block Sergeant/Officer. The Sergeant/Officer will then submit an electronic work order that will be prioritized by Physical Plant and put in the queue for repairs.

Please follow the prescribed process and do not personally come to the plumbing crew.

/s/ M. Yoder, Asst. Supt. General Services

Group Living

If you do not have a pass or are not pre-approved to be in Group Living you are in an unauthorized area and disciplinary actions WILL be taken. If you need to speak with someone in the Group Living Complex please send an AIC communication to Group Living, if it is urgent, please speak with your housing sergeant and he/she will take appropriate action to assist you.

Si no tiene un pase o no está preaprobado para estar en Group Living, se encuentra en un área no autorizada y se tomarán medidas disciplinarias. Si necesita hablar con alguien en las oficinas de Group Living porfavor envíe una comunicado a las oficinas de Group Living si es de bital urgencia hable con su sargento de vivienda, él/ ella tomará las medidas apropiadas para ayudarlo.

Housing

The single cell waitlist is now open; please send an AIC communication to Group Living to be added to the waitlist.

Convenience Moves: To qualify for a convenience move, you are expected to participate in acceptable work/program assignment and demonstrate appropriate acceptable institution conduct. Requests for cell changes must be submitted to the Group Living Captain and all AICs involved must sign the request. All requests will be reviewed and considered for approval. The safety, security and orderly operation of the institution is our first priority and will be considered before an approval is made.

NCI level 1 and 2 are authorized to move every 90 days.

NCI level 3s are authorized to move every 30 days.

You are authorized four moves per year.

When completing a cell assignment request form or an AIC communication form, please make sure to include your full name, SID#, and your current block and cell #. (Example: D-201A **NOT** 201A)

Alojamiento

La lista de espera de celda solitarias ahora está abierta; envíe un comunicado a Group Living para que lo agreguen a la lista de espera.

Movimientos de conveniencia: para calificar para un movimiento de conveniencia, se espera que usted participe en una programa de trabajo / programa aceptable y que demuestre la conducta apropiada de la institución aceptable. Las solicitudes de cambio de

Alojamiento (cont.)

celda deben enviarse al Capitán de Group Living y todos los AIC involucrados deben firmar la solicitud. Todas las solicitudes serán revisadas y consideradas para su aprobación. La seguridad y el funcionamiento apropiado ordenado de la institución es nuestra primera prioridad y se considerará antes de que se realice una aprobación.

Los niveles 1 y 2 del NCI están autorizados a moverse cada 90 días.

I nivel 3 del NCI está autorizado a moverse cada 30 días.

Recuede, que usted está autorizado 4 movimientos por año.

Al completar un formulario de solicitud de asignación de celda o un formulario de comunicación de recluso, asegúrese de incluir su nombre completo, Numero de SID, su bloque y su número de celda actual. (Ejemplo: D-201A)

Safety and Wellness

Sanitation throughout the institution and your personal hygiene determines your health and the health of the general population by reducing pest infestation and the transmission of communicable disease. Practicing sanitation on a daily basis will benefit you for the rest of your life.

Cell sanitation is an important part of good hygienic practice. Your sink, toilet, floor, and all other areas of your cell need to be kept clean at all times, your trash should be emptied daily. These practices will help reduces infestation; fire hazards, and makes for more tolerable living conditions.

Seguridad y Bienestar

El mantenerse limpio en toda la institución y su higiene personal determinan su salud y la salud de la población en general al reducir la infestación de las plagas y la transferencia de enfermedades transmisibles. Practicar el saneamiento a diario lo beneficiará por el resto de su vida.

El mantener limpio su celda es una parte importante de las buenas prácticas de higiene. Su lava mano inodoro, piso y todas las demás áreas de su celda deben mantenerse limpias en todo momento, su basura debe vaciarse diariamente. Estas prácticas ayudarán a reducir la infestación; riesgos de incendio y hace que las condiciones de viviendas sean más tolerables.

/s/ D. Weber, Group Living Corporal

Beat the FLU 2019-2020

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

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!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs will begin in most institutions 10/1/19 and YOUR part will be needed to succeed to Beat the flu in 2019-2020!

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

Know Youe Status?

1-in-3 people inside ODOC has viral hepatitis! More people are living with HIV and sexually transmitted infections than ever before.



If you can say **YES** to the following, you need to know **YOUR** status:

- ✓ Ever Injected drugs?
- ✓ Shared any drug works?
- ✓ Had unprotected sex?
- ✓ Had prison tattoo?

Send an AIC communication to medical and request a test! **It's free and confidential!**

Behavioral Health Services Orderly Position Announcement

Behavioral Health Services is now hiring an orderly for our offices in the Physical Plant building (not to be confused with the Physical Plant. We are looking for a motivated, responsible individual who is available Monday through Friday from 7:30 to 8:30. This is the preferred schedule, but we do have some flexibility with

Behavioral Health Services Orderly Position Announcement (cont.)

the times. Responsibilities will include maintaining cleanliness of our offices, break room, and restroom.

Please submit a job application to Roberta Keuscher, BHS Office Manager at OSP if you are interested. Applications will be accepted until the position is filled. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year.

Call to All Artists

The University of Oregon's Prison Education Program (PEP) invites all interested artists to participate in our 2020 art show. All mediums are welcome: graphite, ink, airbrush, etcetera.

This year we will have two showings of your art. The first showing will be held at OSP January 31, 2020, and the second showing will be in Eugene on the campus of the University of Oregon in the spring, (March through June) of 2020.

The OSP showing will include members from both the communities of professional artists and art scholars from Salem and Eugene, and will be held on the Activities floor from 6:00 – 8:00 p.m. Artists and art enthusiasts are welcome to join us for the show.

Artists have two opportunities for showcasing their work. The first opportunity is to display and show your work here at OSP and only requires that you show up with your work in Activities on Jan. 31, 2020, at 6:00 p.m. The second opportunity is the show on U of O campus and the requirement is the artwork will be donated to the Prison Education Program in order to leave OSP to be showcased at the University of Oregon's Eugene campus.

If you are interested in submitting your work and want more information, please send an AIC communication to 7th Step, c/o "PEP ART SHOW". Place your communication in the white Activities box located at the bottom of the activities stairs and you will be sent more information and put on the turnout for January 31, 2020, at 6:00 p.m.

/s/ P. Lans, Activities

PRAS Posting Schedule

Here is the PRAS posting schedule for 2020. Please share the information with others.

January 9th
 February 6th
 March 5th
 April 9th
 May 7th
 June 4th
 July 9th
 August 6th
 September 10th
 October 8th
 November 5th
 December 10th

ALWAYS REMEMBER: PRAS awards post on the first Thursday of the month, following the first Monday.

Call Passes & Med/Pill Lines

In a move to achieve cost savings and streamline operations, Health Services and Operations are moving away from yellow call passes for Pill Lines and Special Needs. The plan is to create a "job" for pill line and special needs line that will show in the housing units as a turn-out, like a job turn-out or an Education class turn-out. You will still be released at the appropriate time so that you can get your medication, etc.; you will just no longer get a yellow call pass.

Three things are driving this change: 1) Yellow call pass paper is very expensive, 2) Staff time to print, collate and pass out yellow call passes is excessive, and 3) Time to enter, review, delete and change call passes is a staff-oriented process that utilizes excessive time to accomplish. We find that an inordinate number of printed yellow call passes are ONLY for you to attend a single pill/special needs line, which is just not practical nor economical.

We will require a transition period to make this happen. During the transition, you will continue to get a yellow call pass and you will also be listed in the new program for turn-out. As time goes on, we will delete/eliminate the yellow call passes, so you may get a call pass one day but not the next. Please understand, we know this new system will work but that it may require a few tweaks along the way.

We also understand that change can be difficult, especially for some of the older residents that have been at OSP for years and are used to "the way it's always been done". We would ask for some

Call Passes & Med/Pill Lines (cont.)

understanding and patience in this endeavor as we think it will work better in the long run, should save the state some money and should alleviate some duplication issues.

Please be aware, this change will ONLY affect call passes for Pill Line and Special Needs Line. Call passes will continue for all other purposes.

/s/ C. Hinzman, Group Living

Attention all Wordsmiths...Contest - \$100 Prize

Friends, staff, and volunteers of the DOC are excited about a new project. This project is a 501(c)(3) "Foundation," which will allow donations of time, talent, equipment, scholarship funding, etc. for use by "all of those serving time inside, whether by adjudication or career choice."

This Foundation, once established, will accept project funding applications from adults in custody, clubs, special programs, staff projects, and other things as they come up. You will be hearing more about this in the coming months.

What we need now from you is creative brain activity. We need a cool name for the Foundation. Currently, we are using "Oregon Transforms Prisons Foundation" as a working title. We believe you can come up with something more creative and more engaging.

Did we mention a prize? The Winner will receive \$100 on their commissary account. Once we settle on a name, we will have a second contest to create a logo.

If you have an idea or a bunch of ideas, please submit them via an AIC communication made out to **Ms. Kelly Raths, C/O Dome Building, Salem**. If you would like a copy of the initial proposal, please note that on the communication and one of our volunteers will send that off to you. The Deadline is Friday, February 7, 2020.

/s/ J. Black, Communications Manager

Chapel**Zen Buddhist Meditation**

The Zen Buddhist meditation group has been meeting regularly at OSP for about 20 years. We meet on the 1st, 3rd, and 5th Tuesday evenings of every month as well as the 2nd Sunday of every other month (January, March, May, etcetera) for a full day meditation retreat.

Our meetings generally consist of one or more periods of silent meditation, a short service, and discussion on aspects of 2500 years of Buddhist teachings. Private meetings with the teacher are also offered.

Regular meetings will be on January 7, 2020, and the retreat on January 12, 2020. At the January 7, 2020, meeting we'll be discussing plans for the group going forward. It's especially important for long-time participants in the group to come to that meeting. New-comers are always welcome.

If you're not sure you're on the call-out lists for either the Tuesday meetings or the Sunday retreats, please send an AIC communication to Chaplain Thompson.

Worship and Praise Music Night

On Thursday, January 30, 2020, at 6:00 p.m. in the Chapel, we will be having a night of god honoring, Christ centered, spirit glorifying music, accompanied by prayer and testimonies, led by nick, a Calvary Chapel worship leader and our volunteer choir director.

To attend, send an AIC communication to the Chapel. If you attended the music night on October 31, 2019, you are already on the roster.

/s/ A.Y. Perlstein, Chaplain



Chapel Schedule

SATURDAY, January 18

- 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, January 19

- 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
Lutheran
Urantia

MONDAY, January 20

Closed for MLK JR. Day

TUESDAY, January 21

- 1:00 p.m.** Russian Bible
Life Line
Torah Men
Friends
Restorative Justice Ethics Class
- 6:00 p.m.** Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice
Buddhist Service

WEDNESDAY, January 22

- 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, January 23

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

FRIDAY, January 24

- 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.