



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

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 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.

Flu FAQ (cont.)

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

OCE Position Update

Back in November OCE initiated a state-wide recruitment for AIC positions at OSP Contact Center, Laundry, and OSCI DMV.

Here is an update on the progress:

OSP Contact Center - Getting close to the point of conducting interviews

OSP Laundry - Getting close to the point of conducting interviews

OSCI DMV - This recruitment has been postponed. DMV has decided they will not be conducting a new training class until this spring or summer. When the DMV is ready for the next training class we will use the applications already received.

/s/ S. Thomas, AIC Workforce Coordinator

Health Services (HS) Job Opportunity

Health Services is looking for a list of interested candidates for ADL workers on ICH. Duties may include taking individuals to callouts, helping with cell sanitation, helping with activities of daily living (ADLs), and more. This is a job we in HS value greatly and the work done is of great benefit for those residing in ICH. If you feel this is an area you could make a positive difference in please send an application to Dave Brown at OSP HS.

Chapel Schedule

SATURDAY, January 25

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

SUNDAY, January 26

- 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, January 27

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

TUESDAY, January 28

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

WEDNESDAY, January 29

- 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 30

- 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
- Worship and Praise Music

FRIDAY, January 31

- 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.