



Administration

Will I be asked to self-quarantine upon release?

In the interest of keeping your friends, family, and fellow Oregonians safe during the COVID-19 crisis, your county's **Public Health Authority** may ask that you self-quarantine for 14-days upon release. Currently **many Oregonians are on self-quarantine status** in the community in order to limit the spread of COVID-19.

Quarantine means you stay away from other people for a time when you may become sick with an infection, even if you have no symptoms.

The **Oregon Health Authority** recommends self-quarantine for many people who return from communities where COVID-19 is widespread and for people who have been in close, prolonged contact with someone ill with COVID-19.

Your county's Public Health Authority will work with you to **make a plan** that keeps you, your family, and the public safe.

This plan includes doing the following for the **14 days** after your release:

- *Check your **temperature** twice a day.*
- *Avoid places where many **people gather**, including stores, workplaces, and schools.*
- *Stay off **public transportation** like planes, trains, and buses.*
- *Call your **healthcare provider** promptly if fever, cough, or trouble breathing develop.*

FOR MORE INFORMATION SPEAK WITH YOUR COUNTY PUBLIC HEALTH TEAM

/s/ D. Wilson, Asst. Supt. of Correctional Serv.

Activities

Announcement

All fundraisers besides "food items" have been halted for the time being. If you would like to help the Weight Program continue to succeed. Please send your donations in the form of a CD-28 to the Weight Equip Dept. Acct. #2549 "General Donation" The Weight Equip. Dept. will be needing to make some much needed expenditures for things like, Cable, Cable Hardware, Quick Links, Accessory Handles, etcetera. So, your help with this will ensure that these things happen for all of us in the community.

/s/ J. Rodriguez, Activities

Road to Success

The TRANSITION PROGRAM (Road to Success) often receives requests for various resources and/or services. While our main focus is to provide helpful Classes for AICs that are six months or less to release, we do have a limited amount of information that is specific to each county. Unfortunately, due to the COVID-19 situation some information pertaining to resources may need re-verification. We intend to update our packets once things get back to normal. In the mean time, keep in mind that it is always best to be proactive in your own RELEASE, so please feel free to send a request for any specific resource you may need, and we will do what we can to help.

We do have, as a resource, Driver's Manuals, in both English and Spanish, brochures for job placement companies, and info on how to get your credit report. Other information such as getting Social Security card and Birth Certificate replacement copies and getting signed up for OHP (Oregon Health Plan) are automatically sent to you as you near release, so there is no need to be concerned about these items as they will be addressed prior to your release.

/s/ C. Syhabout, Transition Coordinator

Intramural Sports

Due to further notice all sporting events are cancelled until further notice. As more areas of the institution start opening up we will look at starting up intramural sports again. Thanks for your patience and understanding from your Athletic club.

AA Announcement

Those of us from the Mill Creek AA Group would like to say to all of you that are Fathers: "Happy Fathers' Day!"

AA Covid-19

The members of the Mill Creek AA Group would like to extend our condolences to anyone that has lost a love one and or friend to the Covid-19 Virus.

We would also like you to know that if you have any friend or family member going through treatment of Covid-19 they are in our thoughts and prayers.

/s/ J. Rodriguiz, Activities

Commissary

Updates NCI Level 3

Due to vendor availability the Statewide Commissaries will not be offering the NCI Level 3 Art Supplies any longer. The vendor has been struggling to keep up with the amount of product that we need. We in commissary are making every attempt to fill orders that have been processed. Sorry for any inconvenience this might have caused.

News

HOT BUY
Colgate Toothpaste Total Clean 3.3 oz. \$2.65
While Supplies Last!

/s/ S. Jackson, Commissary

Miscellaneous

Notice from Group Living

Hi, Group Living can do moves within the same block the only exceptions is A-3 Low side. We are still holding the single cells in Delta and Echo for COVID-19 Returns.



Contact your supervisor with any questions.



BHS Changes

General population behavioral health services are relocating to the Activities Floor on June 12, 2020. Call outs will reflect the change in location starting June 13, 2020, please watch for the location change on your call passes.

/s/ Tyann Etzel, MA, QMHP, BHS

Housing/ Viviendas

The Single Cell and Alpha Block waitlists are currently closed please do not send request as they will be denied.

Las celdas solitarias y el bloque A, actualmente estan CERRADOS. Toda las solicitudes enviadas seran negadas.

/s/ Captain Borden, Group Living Captain



Quote of the Week

To be kind is good. To be kind without expecting anything in return is better.

Tariq Ramadan

OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Calorie Report Menu (Week 2)

Kent Fanger, Food Service Administrator

MONDAY 6/15/2020	TUESDAY 6/16/2020	WEDNESDAY 6/17/2020	THURSDAY 6/18/2020	FRIDAY 6/19/2020	SATURDAY 6/20/2020	SUNDAY 6/21/2020
<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz Oatmeal - 138 8 fl oz Fruit Drink - 0 3 ea Pancakes - 524 2 fl oz Syrup - 168 0.5 oz Margarine - 80 16 fl oz Skim Milk - 169 2 pkt Sugar - 22 s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz bowl Dry Cereal - 119 4 oz Canned Fruit - 60 1 ea Breakfast Burrito: 202 2 SL Refried Beans - 121 4 oz Cheese - 40 1/2 oz Flour Tortilla - 163 1 ea Salsa - 13 1 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz 9 Grain Cereal - 102 8 fl oz Fruit Drink - 0 4 oz DOC Breakfast Muffin: 299 2 SL *Ham - 115 2 fl oz Syrup - 168 0.5 oz Margarine - 80 16 fl oz Skim Milk - 169 2 pkt Sugar - 22 s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz bowl Dry Cereal - 119 4 oz Canned Fruit - 60 1 ea DOC Breakfast Muffin: 299 2 SL *Ham - 115 2 fl oz Syrup - 168 0.5 oz Margarine - 80 16 fl oz Skim Milk - 169 2 pkt Sugar - 22 s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz 9 Grain Cereal - 102 8 fl oz Fruit Drink - 0 4 oz Sausage Gravy - 299 6 oz Fried Potatoes - 165 6 oz Biscuit (large) - 295 1 ea Margarine - 80 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 oz Oatmeal - 138 1 ea Fresh Fruit - 88 3 oz Scrambled Eggs - 115 3 oz Breakfast Pastry - 412 1 ea Skim Milk - 169 2 pkt Sugar - 22 s/s Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 8 fl oz Fruit Drink - 0 3 oz Scrambled Eggs - 115 * Bacon (2 thick 3 thin) - 325 6 oz Fried Potatoes - 165 2 SL Wheat Toast - 171 1 ea Jelly - 80 0.5 oz Margarine - 80 16 fl oz Skim Milk - 169 2 pkt Sugar - 22 s/s Coffee - 0
<p>Food Item - Calories</p> <ul style="list-style-type: none"> 10 fl oz Vegetable Soup - 60 4 oz Tuna Salad - 148 6 oz Chicken Str-Fry - 213 1 s/vg Str-Fry Vegetables - 102 6 oz Brown Rice - 167 1 ea Wheat Tortilla - 157 1 ea Fresh Fruit - 88 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 10 oz bowl Tossed Salad - 12 1 fl oz Salad Dressing - 102 6 oz Meat Sauce - 227 6 oz Spaghetti - 202 6 oz Broccoli - 48 1 s/vg French Bread - 178 1 s/vg Garlic Margarine - 80 0.5 oz Fruit Crisp - 316 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 10 oz bowl Tossed Salad - 12 1 fl oz Salad Dressing - 102 10 fl oz White Chicken Chili - 359 6 oz Brown Rice - 167 6 oz Green Beans - 56 1 ea Cornbread - 211 1 ea Margarine - 80 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 6 oz Potato Salad - 253 1 ea Deli Sandwich: 135 3 oz Cheese - 50 1 SL Shredded Lettuce - 3 1 s/vg Onions & Pickles - 8 1 s/vg Multi-Grain Bread - 156 2 SL Peas - 133 1 ea Chips - 120 1 bag Mayonnaise - 50 0.5 oz Mustard - 9 1 ea Fresh Fruit - 88 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 1.5 oz Meat Sub: Peanut Butter - 239 10 fl oz Split Pea Soup - 208 10 fl oz Chicken over Lettuce Salad: 437 3 oz Grilled Chicken - 148 10 oz bowl Lettuce - 12 1 s/vg Onions - 6 1 s/vg Shredded Cheese - 80 1 oz Salad Dressing - 204 2 fl oz Broccoli/Cauliflower - 40 6 oz Bread Stick - 168 1 ea Fresh Fruit - 88 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 6 oz Cowboy Salad - 120 10 fl oz *Jambalaya - 437 10 fl oz Blended Vegetables - 102 6 oz Multi Grain Bread - 156 2 SL Margarine - 80 1 ea Fresh Fruit - 88 s/s Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 1.5 oz Meat Sub: Peanut Butter - 239 12 Tossed Salad - 12 6 oz Salad Dressing - 102 1 fl oz Roast Turkey - 106 3 oz Mashed Potatoes - 142 6 oz Gravy - 26 2 fl oz Green Beans - 56 6 oz Bread Stick - 168 1 ea Ice Cream - 137 s/s Tea - 0

* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. This menu can help AICs reduce their calorie intake at each meal by showing how many calories each food item contains. Values listed are best estimates based on current foods purchased.

Healthy Choice Items
 High Fat/Cholesterol
 High Sugar
 High Fat/Chol & Sugar
 High Sodium
 High Fat/Chol & Sodium

Menu subject to change without notice. Last Revision: 3/30/2020