



Administration

Prison Closures

"Adults in Custody,

We need to update you on some breaking news regarding the Department of Corrections (DOC) budget. As you may have heard, Oregon is expecting the state's 2019-21 budget to come up short by about \$1 billion due to COVID-19's impact on the economy. Yesterday, we were told that two prisons may be closed to help re-balance the budget: Shutter Creek Correctional Institution (SCCI) and Warner Creek Correctional Facility (WCCF). SCCI would close before June 30, 2021 and WCCF would close during the 2021-23 biennium. This decision requires a vote, so please keep in mind there will be no changes until after a vote makes things official. We will update you when we know more.

In good health",

/s/ Colette S. Peters, Director

Miscellaneous

Face Covering Facts

FACT: Cloth masks don't increase your risk of infection.

When used properly, cloth masks don't increase your risk of infection. Proper use includes washing your hands before and after touching your mask and washing cloth masks daily.



For more information visit healthoregon.org/coronavirus or call 211



ICH Unit Peer Companion Position 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 Companions for several positions on the Intermediate Care Housing (ICH) unit. Individuals selected for these positions will report to the ICH unit, yard, or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all institution rules.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on the ICH are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Face Covering Facts

FACT: Wearing a face covering does not cause the virus to "reactivate".

Once you have a viral infection, wearing a face covering does not make it worse or make it last longer. Wearing a face covering does keep you from spreading it to other people



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ICH Unit Peer Companion Position Announcement
(cont.)

Duties may also include escorting 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, treatment lounge, or out for ICH yard time.

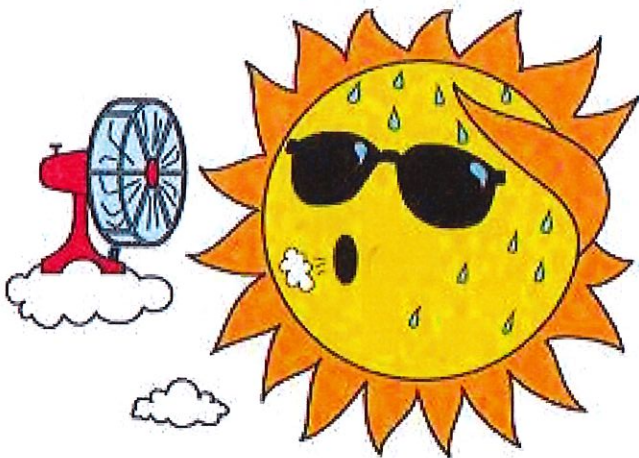
Please submit an application kyte to Shela Hartley, ICH QMHP if you are interested. Applications will be accepted until all positions are full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year, it is preferred that you have one years left on your sentence.

/s/ Shela Hartley, ICH

Weekly Quote

What seems to us as bitter trials are often blessings in disguise

Oscar Wilde



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

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD

MONDAY 7/27/2020	TUESDAY 7/28/2020	WEDNESDAY 7/29/2020	THURSDAY 7/30/2020	FRIDAY 7/31/2020	SATURDAY 8/1/2020	SUNDAY 8/2/2020
Food Item - Calories Oatmeal - 138 Fruit Drink - 0 Pancakes - 524 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Dry Cereal - 119 Canned Fruit - 60 Breakfast Burrito: Scrambled Eggs - 86 Refried Beans - 121 Flour Tortilla - 163 Salsa - 13 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories 9 Grain Cereal - 102 Fruit Drink - 0 French Toast - 529 or Texas Toast Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Dry Cereal - 119 Canned Fruit - 60 DOC Breakfast Muffin: *Ham - 115 Cheese - 50 English Muffin - 286 Fried Potatoes - 165 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories 9 Grain Cereal - 102 Fruit Drink - 0 Sausage Gravy - 299 Fried Potatoes - 165 Biscuit (large) - 296 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Oatmeal - 138 Fresh Fruit - 88 Scrambled Eggs - 115 Breakfast Pastry - 412 Skim Milk - 169 Sugar - 22 Coffee - 0	Food Item - Calories Fruit Drink - 0 Scrambled Eggs - 115 * Bacon (2 thick) - 325 Fried Potatoes - 165 Wheat Toast - 171 Jelly - 80 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0
8 oz 8 fl oz 3 ea 2 fl oz 0.5 oz 16 fl oz 2 pkt s/s	8 oz bowl 4 oz 1 ea 2 oz 1.5L 1 ea 0.5 oz 16 fl oz 2 pkt s/s	8 oz 8 fl oz 4 SL 2 SL 2 fl oz 0.5 oz 16 fl oz 2 pkt s/s	8 oz bowl 4 oz 1 ea 3 oz 1 SL 1.5L 1 ea 0.5 oz 16 fl oz 2 pkt s/s	8 oz 8 fl oz 1 ea 3 oz 6 oz 2 SL 0.5 oz 16 fl oz 2 pkt s/s	8 oz 1 ea 3 oz 16 fl oz 2 pkt s/s	8 fl oz 3 oz 1 svg 2 SL 1 ea 0.5 oz 16 fl oz 2 pkt s/s
Vegetable Soup - 60 Tuna Salad - 160 Shredded Lettuce - 3 Wheat Hoagie Bun - 318 Carrots - 63 Tortilla Chips - 140 Fresh Fruit - 88 Tea - 0	Cabbage Salad - 148 Chicken Stir-Fry - 213 Stir-Fry Vegetables - 102 Brown Rice - 167 Wheat Tortilla - 157 Fresh Fruit - 88 Tea - 0	*Soup of the Day - 144 Turkey & Chs Sandwich: 1 ea Turkey - 94 Cheese - 50 Shredded Lettuce - 3 Onions & Pickles - 8 Multi-Grain Bread - 156 Peas - 133 Chips - 120 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0	Potato Salad - 253 Deli Sandwich: *Deli Meat - 135 Cheese - 50 Shredded Lettuce - 3 Onions - 6 Wheat Hoagie Bun - 318 Blended Vegetables - 102 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0	Cowboy Salad - 120 *Jambalaya - 437 Blended Vegetables - 102 Multi-Grain Bread - 156 Margarine - 80 Fresh Fruit - 88 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Nachos: Taco Meat - 170 Refried Beans - 181 Cheese Sauce - 101 Tortilla Chips - 280 Salsa - 26 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Macaroni Salad - 187 BBQ Chicken Burger: 1 ea Chicken Pattie - 180 BBQ Sauce - 33 Wheat Hamburger Bun - 244 Peas & Carrots - 98 Fresh Fruit - 88 Tea - 0
10 fl oz 4 oz 1 svg 1 ea 6 oz 1 oz 1 ea s/s	6 oz 4 oz 6 oz 1 ea 1/2 oz 1 ea 1 oz 16 fl oz 2 pkt s/s	6 oz 1 ea 3 oz 1 SL 1 svg 2 SL 1 ea 0.5 oz 1 ea 0.5 oz 1 ea s/s	6 oz 3 oz 10 oz bowl 1 svg 1 ea 2 fl oz 6 oz 1 ea 1 ea s/s	6 oz 10 fl oz 6 oz 2 SL 0.5 oz 1 ea s/s	10 oz bowl 1 fl oz 3 oz 1.5L 33 4 oz 318 1 ea 157 6 oz 258 1 ea 258 1 svg 258 6 oz 258 2 oz s/s	10 oz bowl 1 fl oz 1 ea 1 fl oz 1 ea 1 ea 1 ea 1 ea s/s

* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. MAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice. Last Revision: 3/30/2020

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