



Security

ID Cards

You are responsible for your ID Card. If it is lost or damaged, replacement will cost \$5. If you have had your ID for at least two years, I can replace it free of charge (if not lost).

I will wait seven days before making a replacement card in order to give you a chance to find the lost one.

If you find your card in that time, send an AIC communication to R&D to Cpl. Parker telling me you found it, and I will cancel your request (and save you \$5). Once a new ID Card has been made, you will be charged for it.

/s/ S. Lane, Superintendent's Office

Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2020**. All blankets will be collected at the **5:15 A.M.** wake-up bell and returned after the **4:00 P.M.** count clears on the same day. Clothing Room staff will supervise clothing room workers and housing unit orderlies in the collection and distribution of blankets.

The Blanket Wash schedule will be as follows:

(Starting the first week of October 2020)

*Friday October 9 th	C-Block
*Friday October 16 th	D-Block
*Friday October 23 rd	E-Block

ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.

***Scheduled rotation is subject to change**

/s/ M. Richards, Clothing Room

Miscellaneous

CenturyLink – Correctional Communications Systems (CCM)

To all Adults in Custody,

My name is Jim Clack, replacing Mr. Toombs. I will be assisting with issues here at the Oregon State Penitentiary regarding CenturyLink issues. I am sure many of you know me from my years in security. Please feel free to ask me any questions when you see me around the facility. I am always happy to assist.

If you are having problems with Century Link. The first step you need to take before contacting anyone else, is to dial 4 on the phone system. Leave a message explaining your problem. Give them some time to respond. If a week goes by and they have not responded to you, please feel free to send me an AIC communication. I will try to be quick in my response back to you.

Many of you are having problems with registration. This is due to us discontinuing the enrollment process. From here out, I will need to be present. I will be sending call outs for people to come up to activities or calling blocks and asking for specific individuals to come up. I will then assist you with registration.

Those individuals who continue to keep tablets in cell. Be aware, I can see who has what tablets. If you are caught hoarding tablets, you will be removed from their use for two days for the first offense. I am letting you know because here very shortly I will be looking into this. I want you all to have the chance to rectify this situation. I am getting some complaints that people are not able to transfer money because they are unable to get access to a tablet.

Again, I am happy to be back at the Penitentiary. I look forward to assisting you all. Thank you for your time.

/s/ J. Clack (CCM)

Flu Season

It's almost that time of year again, flu and cold season. Again, the Department of Corrections Health Services will be doing an "OPT in /OPT out" program for the flu clinic. What this means is that everyone will need to come to the call out, HS VAC CNTRLFLR, on the Control Floor and either sign a consent form for the flu vaccine or sign a refusal form to not have the flu vaccine. Flu vaccines will be administered first to those with chronic conditions named as priorities by the CDC (Diabetes, HTN, Asthma, etcetera). Once these have been administered we will offer the vaccine to the rest of the population. The first of the clinics will start to run in October, 2019.

The best way to decrease your chance of catching the flu and cold virus are to wash your hands before you eat or touch your face. If you end up becoming sick with the flu or cold virus please be sure to cover your mouth when you cough or sneeze and wash, wash, your hands. Since the cold and the flu are viruses antibiotics **WILL NOT** work.

/s/ D. Brown, Health Services

Weekly Quote

The secret of getting ahead is getting started.

– **Mark Twain**





OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #43

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of September 29, DOC statewide has:

- 76 AICs who currently have COVID-19

The table below shows total numbers since the pandemic began in March:

	Positive Tests	Recoveries	Negative Tests	Deaths
Staff	259	234		
AICs	974	871	5,499	9

Employees who have tested positive are not reporting to work. All adults in custody who have tested positive are being medically isolated at a facility that provides 24-hour medical care.

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #43

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 29 de Septiembre, el departamento en todo el estado tiene:

76 presos que actualmente tienen COVID-19

La siguiente tabla muestra las cifras totales desde que comenzó la pandemia en Marzo:

	Pruebas Positivas	Recuperaciones	Pruebas Negativas	Muertes
Personal	259	234		
Presos	974	871	5,499	9

Los empleados que dieron positivo no se presentan a trabajar. Todos los presos que resultaron positivos están siendo aislados médicamente en un centro que brinda atención médica las 24 horas.

OREGON DEPARTMENT OF CORRECTIONS - Fall-Winter 2020-21 (Week 2)

Calorie Report

Kent Fanger, Food Service Administrator

RD, LD Elena Guevara RD, LD

MONDAY 10/12/2020	TUESDAY 10/13/2020	WEDNESDAY 10/14/2020	THURSDAY 10/15/2020	FRIDAY 10/16/2020	SATURDAY 10/17/2020	SUNDAY 10/18/2020
<p>Food Item - Calories</p> <ul style="list-style-type: none"> Oatmeal - 138 Canned Fruit - 60 Hard Boiled Egg - 70 Pancakes - 524 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Dry Cereal - 119 Fruit Drink - 0 Breakfast Burrito: Scrambled Eggs - 86 Refried Beans - 121 Shredded Cheese - 40 Flour Tortilla - 163 Salsa - 13 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 9 Grain Cereal - 102 Canned Fruit - 60 French Toast - 515 or Texas Toast - 529 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Dry Cereal - 119 Fruit Drink - 0 Fried Egg - 80 Cheese - 50 English Muffin - 286 Fried Potatoes - 165 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Farina - 140 Canned Fruit - 60 Sausage Gravy - 299 Fried Potatoes - 165 Wheat Toast - 164 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Oatmeal - 138 Fresh Fruit - 88 Hard Boiled Egg - 70 Breakfast Pastry - 308 Skim Milk - 169 Sugar - 22 Coffee - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Fruit Drink - 0 Fried/Scrambled Eggs - 115 Bacon (2 thick-3 thin) - 325 Fried Potatoes - 165 Wheat Toast - 164 Jelly - 80 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0
<p>Food Item - Calories</p> <ul style="list-style-type: none"> Vegetable Soup - 60 Thuna Salad - 150 Shredded Lettuce - 3 Wheat Hoagie Bun - 318 Carrots - 63 Tortilla Chips - 139 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> *Soup of the Day - 144 Cher Salad: Turkey - 62 Shredded Cheese - 80 Hard Boiled Egg - 70 Lettuce - 17 Salad Dressing - 204 Blended Vegetables - 102 Bread Stick - 94 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Spit Pea Soup - 207 Egg Salad Sandwich: Hard Boiled Egg - 140 Shredded Lettuce - 3 Mayonnaise - 100 Mustard - 9 Wheat Hoagie Bun - 318 Chips - 120 Cauliflower - 32 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Potato Salad - 255 Deli Sandwich: *Deli Meat - 135 Cheese - 50 Shredded Lettuce - 3 Onions - 11 Wheat Hoagie Bun - 318 Peas - 133 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> *Soup of the Day - 144 Chicken Salad - 221 Shredded Lettuce - 3 Wheat Hoagie Bun - 318 Chips - 120 Broccoli/Cauliflower - 40 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Cabbage Salad - 148 *Jambalaya - 437 Carrots - 63 Multi Grain Bread - 156 Margarine - 80 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 Salad Dressing - 102 Chicken Stir-Fry - 213 Stir-Fry Vegetables - 102 Brown Rice - 167 Wheat Tortilla - 157 Tea - 0
<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 Salad Dressing - 102 Meat Sauce - 227 Spaghetti - 202 Broccoli - 48 French Bread - 122 Garlic Margarine - 80 Fruit Crisp - 316 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 Salad Dressing - 102 Chicken Chili - 449 Brown Rice - 167 Green Beans - 56 Cornbread - 211 Margarine - 80 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 Salad Dressing - 102 Vegetable Soup - 60 *Pizza (choice) - 433 gelatin w/ whip top - 35 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 Salad Dressing - 102 Hot Philly Sandwich: Roast Beef - 94 Cheese Sauce - 101 Onions & Peppers - 33 Wheat Hoagie Bun - 318 Brown Rice - 167 Cookie - 263 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Cabbage Salad - 148 *Jambalaya - 437 Carrots - 63 Multi Grain Bread - 156 Margarine - 80 Fresh Fruit - 88 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tacos: Taco Meat - 170 Shredded Cheese - 80 Shredded Lettuce - 5 Wheat Tortillas - 314 Salsa - 26 Tea - 0 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Macaroni Salad - 187 Chicken Pattie - 180 BBC Sauce - 33 Wheat Burger Bun - 244 Peas & Carrots - 98 Fresh Fruit - 88 Tea - 0

* Contains or may contain pork.
 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.
 MAT/VEGETABLE TRAYS available for lunch & supper meals only.
 Menu subject to change without notice.
 Last Revision: 9/17/2020

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