



## **Security**

### Group Living

#### **Blanket Wash – Schedule Change**

The new schedule for blanket wash is:

Friday, October 23<sup>rd</sup> – D-Block

Friday, October 30<sup>th</sup> – C-Block

#### ***El Orario del Lavdo de Cobijas a cambiado***

Orario Nuevo Del Lavdo de Cobijas

Viernes, 23 de octubre - Bloque-D

Viernes, 30 de octubre - Bloque-C

### **Housing**

The C-Block waitlist is now open and will be for a period of one week starting 10/22/2020; if you wish to be added submit your request by 10/30/2020. Any requests received outside of this time frame will be denied.

The Single Cell Waitlist is still closed.

### **Viviendas**

La lista del Bloque-C esta ahora abierto por una semana, empesando el 10/22/2020. Si usted desean que lo agregen, someta un comunicado antes de 10/30/2020. Cualquier comunicado despues de esta fecha sera negado.

Las celdas solitrias esta aun cerradas.

### **Housing Unit Conduct**

When using your television or radio in your housing area, you must use headphones, which are to worn, on your head covering your ears. Even with the use of headphones, the volume may not be heard outside of your housing area. Using headphones as an external speaker for your TV or radio will result in confiscation and disciplinary action. In addition, musical instruments will not be played loud enough to be heard outside of your housing area.

### **Conductas en las celdas de unidades**

Cuando este en uso de su television o radio en su area de celda, tiene que mantener su audifono puesto. Aun con los adifono puesto no se permite que el volume este muy alto o que se pueda escuchar por afuera de su area de celda. Usando los audifonos como bocinas exterior para su television sera disiplinado y confiscado. Tambien, culaquer instrumento musical no se podra ejuecutrlos con el volume alto por respeto a los de mas y para que los demas los respeten.

### **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 a more tolerable living condition.

### **Seguridad y Bienestar**

El mantenerse limpio toda la institucion y su higiene personal determinan su salud y la salud de la poblacion en general. Reducir la infestacion 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 practicas 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 practicas ayudarán a reducir la infestacion; riesgos de incendio y hace que las condiciones de viviendas sean más tolerables.

### **Feeding of the Birds**

Please do not feed the birds, as they can carry diseases and bacteria that can be detrimental to the health and wellbeing of everyone here at the penitentiary.

### **No Les Den De Comer a Los Pajaros**

Porfavor no le den de comer a los pajaros que puedan cargar alguna enfermedad y bacteria que pueda detriminar su salud y el bienestar de los demas aqui en la penitensieria.

/s/ Cpl. D. Weber, Group Living Corporal  
Capt C. Borden, Group Living Captain

## **Activities**

### **Netflix and Your Movie Library**

As a reminder, the renewal of your Netflix account is due soon, and in order to maintain this account the TV Room needs your generous donations of any amount to keep your Netflix rental continuing. The Netflix queue is a way for us to subsidize those days where your newly purchased movies are not being played. Having the Netflix queue allows us to view newly released DVDs that are not available for purchase under Swank. Again, this account is fully funded solely by your generous donations, and only together can we keep this up and running!

/s/ J. Rodriguiz, Activities

## **Miscellaneous**

### **OCE Metal Shop is accepting applications for a Painter Assistant.**

To apply:

- You must have been at OSP for a minimum of six months
- At least six months of clear conduct
- A minimum of one year experience painting with catalytic paints in the automotive and equipment industry.

To apply for this position please send an application to Bob Frey or Tony Friesen at the OCE Metal Shop

### **Optical Department News**

We are sorry to say that Dr. Breckenridge has resigned as the optometrist for OSP due to his increased

demands in his private practice. We were hoping to notify you of a new optometrist but due to the current covid situation it has been difficult to find one to assist us. Our management team is doing everything they can to find a replacement.

We have a running tally of all optical clinics to schedule in the future and will answer inmate communications as to where you might be in the lineup if you are waiting for an eye exam, Dr. referral or prescription adjustment. Meanwhile the optical department can assist you with eye glass orders, repairs and any concerns you might have.

Due to our covid situation the lab is in lock down for fourteen days and should be up and running by November 2, 2020, provided there is no more future positive cases. Thank you for your patience to those that have eyeglasses currently there.

Stay healthy so we can help each other through this.

With sincerity, the Optical Department

### **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, 2020.

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



# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #45

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of October 14, DOC statewide has:

- 164 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	282	251		
AICs	1,184	993	6,738	14

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 #45

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 14 de Octubre, el departamento en todo el estado tiene:

- 164 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	282	251		
Presos	1,184	993	6,738	14

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.



## Am I medically vulnerable for COVID-19?

Based on present medical evidence from the Centers for Disease Control and Prevention (CDC), any of the medical conditions listed in the table below increase the risk of serious illness resulting from COVID-19. If you have additional questions, contact a Health Services professional.

<b>Condition</b>
Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
<b>Cancer</b>
Chronic kidney disease (any etiology)
COPD (spirometry to document FEV1/FVC ratio <75%,
Obesity (BMI > 30)
Sickle cell disease
Solid organ transplantation
Type 2 diabetes mellitus
Asthma (spirometry documenting PEFr < 80%)
Cerebrovascular disease (stroke or TIA)
Hypertension
Pregnancy
Smoking (history of smoking)
Use of corticosteroids or other immunosuppressive medications
Bone marrow transplantation
HIV (CD4 < 500)
Immune deficiencies
Inherited metabolic disorders
Liver disease
Neurologic conditions
Other chronic lung diseases (any)
Pediatrics
Thalassemia
Type 1 diabetes mellitus

ANY of the above conditions qualifies the patient for the vulnerable AIC definition. Also, all AIC over 60 years of age will also be included.

## ¿Soy médicamente vulnerable al COVID-19?

Con base en la evidencia médica actual de los Centros para el Control y la Prevención de Enfermedades (CDC), cualquiera de las afecciones médicas enumeradas en la siguiente tabla aumenta el riesgo de enfermedades graves como resultado de COVID-19. Si tiene más preguntas, comuníquese con un profesional de Servicios de salud.

### Condición

Condiciones cardíacas graves, como insuficiencia cardíaca, enfermedad de las arterias coronarias o miocardiopatías

Cáncer

Enfermedad renal crónica (cualquier etiología)

EPOC (espirometría para documentar la relación FEV1 / FVC <75%,

Obesidad (IMC > 30)

Anemia drepanocítica

Trasplante de órganos sólidos

Diabetes mellitus tipo 2

Asma (espirometría que documenta PEFr <80%)

Enfermedad cerebrovascular (accidente cerebrovascular o AIT)

Hipertensión

El embarazo

Tabaquismo (antecedentes de tabaquismo)

Uso de corticosteroides u otros medicamentos inmunosupresores

Trasplante de médula ósea

VIH (CD4 <500)

Inmunodeficiencias

Trastornos metabólicos hereditarios

Enfermedad del hígado

Condiciones neurológicas

Otras enfermedades pulmonares crónicas (cualquiera)

Pediatría

Talasemia

Diabetes mellitus tipo 1

CUALQUIERA de las condiciones anteriores califica al paciente para la definición de AIC vulnerable. Además, también se incluirán todos los AIC mayores de 60 años.

Date: October 15, 2020  
To: All Adults in Custody  
From: Correctional Services Unit  
Subject: Governor's Commutation Criteria

DOC is doing reviews every other month to determine which adults in custody (AICs) meet the requirements to be considered for commutation by Governor Brown. Below are Governor Brown's requirements.

Group 1: Medically vulnerable

- Be particularly vulnerable to COVID-19, as identified by DOC medical staff (information posted in Health Services and other common areas);
- Not be serving a sentence for a person crime;
- Have served at least 50% of their sentence;
- Have a record of good conduct for the last 12 months;
- Have a suitable housing plan; and
- Have their out-of-custody health care needs reviewed and adequately addressed before the date set for their early release.
- Not present an unacceptable safety, security, or compliance risk to the community.

Group 2: Projected release date within two months

- Be within two months of release as calculated by DOC;
- Not be serving a sentence for a person crime;
- Have a record of good conduct for the last 12 months;
- Have a suitable housing plan before the date set for their early release;
- Have their out-of-custody health care needs assessed and adequately addressed before the date set for their early release.
- Not present an unacceptable safety, security, or compliance risk to the community.

Please understand DOC has no power to consider AICs for release before the completion of their sentence unless:

- The Governor grants commutation or another form of clemency to an AIC.
- The sentencing court authorizes early release for an eligible AIC under specific court-ordered DOC programs. Examples of this include alternative incarceration program (AIP), short-term transitional leave, and second look conditional release.

AICs can contact local institution health care staff for any questions about medical vulnerability or COVID-19 symptoms. AICs are also encouraged to get tested. Other questions about commutations can be answered by the Correctional Services Unit – Attention: Heather Riggs, Dome Building.

Fecha: 15 de Octubre de 2020  
Para: Todos los Presos  
De: Unidad de Servicios Correccionales  
Tema: Criterios de Conmutación de la Gobernadora

El departamento está haciendo revisiones cada dos meses para determinar cuales adultos bajo custodia (AIC) cumplen con los requisitos para ser considerados para la conmutación por parte de la Gobernadora Brown. A continuación, se encuentran los requisitos de la Gobernadora Brown.

#### Grupo 1: Médicamente vulnerable

- Ser particularmente vulnerable al COVID-19, según lo identificado por el personal médico del DOC (información publicada en Servicios de Salud y otras áreas comunes);
- No estar cumpliendo una sentencia por el delito de una persona;
- Haber cumplido al menos el 50% de su condena;
- Tener un historial de buena conducta durante los últimos 12 meses;
- Tener un plan de vivienda adecuado; y
- Hacer que se revisen y aborden adecuadamente sus necesidades de atención médica fuera de la custodia antes de la fecha establecida para su liberación anticipada.
- No presentar un riesgo inaceptable de seguridad, protección o cumplimiento para la comunidad.

#### Grupo 2: fecha de lanzamiento proyectada dentro de dos meses

- Estar dentro de los dos meses posteriores a la liberación según lo calcula el DOC;
- No estar cumpliendo una sentencia por el delito de una persona;
- Tener un historial de buena conducta durante los últimos 12 meses;
- Tener un plan de vivienda adecuado antes de la fecha fijada para su liberación anticipada;
- Que se evalúen y aborden adecuadamente sus necesidades de atención médica fuera de la custodia antes de la fecha fijada para su liberación anticipada.
- No presentar un riesgo inaceptable de seguridad, protección o cumplimiento para la comunidad.

Por favor, comprenda que el DOC no tiene poder para considerar la liberación de los presos antes de completar su sentencia a menos que:

- El gobernador concede conmutación u otra forma de clemencia a un AIC.
- La corte de sentencia autoriza la liberación anticipada para un AIC elegible bajo programas DOC específicos ordenados por la corte. Ejemplos de esto incluyen el programa de encarcelamiento alternativo (AIP), la licencia transitoria de corto plazo y la libertad condicional de segunda mirada.

Los AIC pueden comunicarse con el personal de atención médica de la institución local si tienen alguna pregunta sobre la vulnerabilidad médica o los síntomas del COVID-19. También se anima a los AIC a hacerse la prueba. Otras preguntas sobre conmutaciones pueden ser respondidas por la Unidad de Servicios Correccionales - Atención: Heather Riggs, Dome Building.



## FLU VACCINES TEXT FOR AIC 2020 NEWSLETTER

Please add the below flu vaccine information to your AIC newsletters through December 2020.

### **I'm healthy, do I need a flu vaccine?**

Flu is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

### **Is the flu vaccine safe?**

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

### **I had the vaccine last year. Do I need to get it again this year?**

Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

## SPANISH TRANSLATION

### **Estoy sano, ¿necesito una vacuna contra la gripa?**

La gripe es una enfermedad contagiosa que puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse lo suficiente como para faltar al trabajo o la escuela durante una cantidad significativa de tiempo o incluso ser hospitalizadas. Se recomienda una vacuna anual contra la influenza para todas las personas a partir de los 6 meses de edad. Las mujeres embarazadas, los niños pequeños, las personas mayores y las personas con ciertas afecciones médicas crónicas como asma, diabetes y enfermedades cardíacas tienen un mayor riesgo de sufrir complicaciones graves relacionadas con la influenza, por lo que vacunarse anualmente contra la influenza es especialmente importante para ellos.

### **¿Es segura la vacuna contra la influenza?**

Si. La vacuna contra la gripa es segura. Cientos de millones de estadounidenses han recibido vacunas contra la influenza de forma segura durante los últimos 50 años y se han realizado investigaciones exhaustivas que respaldan la seguridad de las vacunas contra la influenza estacional. Cada año, los CDC trabajan en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. (FDA) y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

### **Recibí la vacuna el año pasado. ¿Necesito conseguirlo de nuevo este año?**

Los virus de la influenza cambian constantemente, por lo que las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente. Necesita la vacuna de la temporada actual para obtener la mejor protección. La protección inmunológica de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para la mejor protección.

# OREGON DEPARTMENT OF CORRECTIONS - Fall-Winter 2020-21 (Week 4)

## Calorie Report

*Elena Guevara RD, LD*  
Elena Guevara RD, LD

Kent Fanger, Food Service Administrator

MONDAY 10/26/2020	TUESDAY 10/27/2020	WEDNESDAY 10/28/2020	THURSDAY 10/29/2020	FRIDAY 10/30/2020	SATURDAY 10/31/2020	SUNDAY 11/1/2020
Food Item - Calories	Food Item - Calories	Food Item - Calories	Food Item - Calories	Food Item - Calories	Food Item - Calories	Food Item - Calories
Oatmeal - 138 Canned Fruit - 60 Hard Boiled Egg - 70 Pancakes - 524 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Dry Cereal - 119 Fruit Drink - 0 Beef Hash - 176 Wheat Toast - 164 Margarine - 80 Catsup - 17 Skim Milk - 169 Sugar - 22 Coffee - 0	9 Grain Cereal - 100 Canned Fruit - 60 Fried Egg - 80 Cheese - 50 English Muffin - 286 Fried Potatoes - 165 Skim Milk - 169 Sugar - 22 Coffee - 0	Dry Cereal - 119 Fruit Drink - 0 Veggie Scramble - 108 Fried Potatoes - 165 Wheat Toast - 164 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Oatmeal - 138 Canned Fruit - 60 French Toast - 515 or Texas Toast - 529 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Farina - 140 Fresh Fruit - 88 Hard Boiled Egg - 70 Breakfast Pastry - 308 Skim Milk - 169 Sugar - 22 Coffee - 0	Fruit Drink - 0 Fried/Scrambled Eggs - 115 *Ham - 115 Fried Potatoes - 165 Wheat Toast - 164 Jelly - 80 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0
Meat Sub: Peanut Butter - 239 Plain Potatoes - 165	Meat Sub: Peanut Butter - 239 Plain Potatoes - 165	Cream of Potato Soup - 160 Deli Sandwich: *Deli Meat - 135 Cheese - 50 Shredded Lettuce - 3 Onions - 11 Wheat Hoagie Bun - 916 Green Beans - 56 Chips - 120 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0	*Soup of the Day - 144 Chicken over Lettuce Salad: Grilled Chicken - 148 Lettuce - 12 Onions - 11 Shredded Cheese - 80 Salad Dressing - 204 Bread Stick - 94 Fresh Fruit - 88 Tea - 0	Tomato Soup - 69 Grilled Cheese Sandwich: Cheese - 200 Grilled Wheat Bread - 380 Peas & Carrots - 98 Chips - 120 Fresh Fruit - 88 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Beef Pattie - 211 Onions & Pickles - 14 Wheat Burger Bun - 244 Green Beans - 56 French Fries - 269 Catsup - 34 Fresh Fruit - 88 Tea - 0	Meat Sub: Peanut Butter - 159 Tossed Salad - 12 Salad Dressing - 102 Roast Turkey - 106 Gravy - 26 Mashed Potatoes - 56 Blended Vegetables - 102 Wheat Bread - 164 Margarine - 80 Ice Cream - 137 Tea - 0
Tossed Salad - 12 Salad Dressing - 102 Cajun Meatloaf - 186 Baked Potato - 168 Peas - 133 Sour Cream - 39 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Chicken Enchilada Cass - 498 Seasoned Beans - 153 Fruit Crisp - 316 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Pasta - 179 Carrots - 63 Bread Stick - 94 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 *Pizza (choice) - 433 Baker's Choice - 258 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 *Red Beans & Bacon - 179 White Rice - 169 Broccoli - 48 Cornbread - 211 Margarine - 80 gelatin w/ whip top - 35 Tea - 0	Nachos: Taco Meat - 170 Cheese Sauce - 101 Refried Beans - 181 Shredded Lettuce - 3 Tortilla Chips - 279 Salsa - 26 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Salmon Pattie - 298 Wheat Burger Bun - 244 Cauliflower - 32 Tartar Sauce - 39 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.

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: 9/17/2020

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