



## **Administration**

### **From the desk of Mrs. Gushard**

- As many of you may have noticed, I have been conducting a series of interviews with the members of our Penitentiary community. The interviews shed some insight into those who live here and those who work here. In an effort to make this a more positive environment for everyone, I am challenging each one of you to focus on positive interactions and change. I'd love to get your feedback on the interviews, and hear your stories of how staff have positively impacted your life. If you have something to share please send me a communication. Don't forget to tune into Channel 1.1, Friday nights @ 8:00 p.m.
- We have an entire new group of Mailroom staff at the moment, plus an increase in mail due to no visiting. I ask that you please show kindness, patience and grace to our Mailroom staff. They are working very hard to ensure your mail is processed in right away. If you have a problem or concern please send a respectful and polite communication to the Mailroom or myself. Thank you in advance for your patience.
- We are receiving a lot of questions regarding what happens when the IRS checks begin arriving here. Fear not, the Mailroom will be sending your checks over to the Business Office to be deposited into your account.

"Kind words can be short and easy to speak, but their echoes are truly endless." Mother Teresa.

/s/ T. Gushard, Exec. Asst. to Superintendent

## **Security**

### **Group Living**

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

The new schedule for blanket wash is:

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

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

Orario Nuevo Del Lavdo de Cobijas

Viernes, 30 de octubre - Bloque-C

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

## **Activities**

### **Understanding Investment**

The 7<sup>th</sup> Step Foundation is proud to offer a brand new class starting November 4, 2020. "Understanding Investment" is a course that will take you from the basics of investment, all the way into high-level market analysis. With these \$1,200 stimulus checks coming in, we feel like this is a great time to begin focusing on being smart with our money. If you are interested in taking this four-week course, send an AIC communication with a stamped CD-28 for \$5 to 7<sup>th</sup> Step. If you can't afford the \$5, we'll work with you. Also, please tune into Ch. 75.1 on October 27, 2020, as we will be replaying our "Rich Dad – Poor Dad" series. Remember, \$1,200 sounds like a nice chunk of change, but if we aren't smart, that money will disappear in no time and leave nothing behind to show for it.

### **Domestic Violence Prevention**

The 7<sup>th</sup> Step club would like to congratulate the following individuals for completing our "Domestic Violence Prevention" course:

Curtis Riley	Travis Peterson
Timothy Cowell	Michael Geier
Jordan Sutherland	Michael Peterson
Joshua Kimray	Parrish Bennette
Emmanuel Cid	Brandon Belcher
David Drenth	Dean Sturgill
Ronald Green	Cale Beller
Larry Schott	Christopher Walker
Michael Newcomb	Jeffery Martina
Steven Cervantes	Robert Maas
Chris Daily	Konrad Casebeer

**Domestic Violence Prevention** (cont.)

These individuals have shown a desire to better themselves no matter what this year throws at us.

/s/ J. Rodriguez, Activities

**Miscellaneous****Furniture Factory Position**

OCE Furniture Factory is accepting applications for fabrication and assembly positions. Inquire about woodworking certification program if interested.

To qualify:

- You must have been at OSP for a minimum of six months.
- At least six months of clear conduct.
- Social Security number documented in DOC 400
- Minimal Call outs, turnouts, school, activities and eventually visits during work hours.
- Ability to stand for long hours.
- No medical restrictions or Proof of Doctors release to work.
- Ability to lift 60 lbs.
- Ability to read a tape measure.
- Ability to follow instruction from AIC Leadmen.
- Ability to get along with both OCE Staff and Corrections Staff.
- Ability to focus on task at hand.
- Ability and flexibility to work in areas assigned at a moment's notice.

To apply for this position please mail an application to Randy Addington or Virgil Petersen at the OCE Furniture Factory.

**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

**Commissary****News Flash**

Due to a limited AIC crew NWC has been processing the crisis/staples Commissary order form for all westside institutions.

Starting **Monday October 26, 2020** the westside AIC population will be utilizing the GP commissary order form. There is a **\$25.00 spending limit** and the only items that are exempt currently are:

- Envelopes
- Batteries
- Soda coupons
- Tennis shoes
- Incentive items

**Commissary News, Updates and Reminders****Updates:**

Commissaries statewide continue to see product orders shorted or items not being shipped at all with numerous production delays from manufacturers. As manufacturing plants slowly re-open for processing, vendors are systematically supplying products to hospitals, schools then to large facilities. Vendors have their orders placed in anticipation that the supply chain will once again return to normal.

Your patience is appreciated as we are working diligently to ensure all products are available.

Commissaries have been notified by our vendor that it can take up to an additional two months to receive an order for the Electric Guitars.

Thank you for your understanding and we appreciate your patience.

**Reminders:**

Your order will **NOT** be processed:

- If you have insufficient funds.
- If the form is soiled, stained and / or

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**Commissary News, Updates and Reminders**

(cont.)

- contaminated.
- If the writing is not legible
  - If it is not written in BLUE ink.
  - If you have doodled or written notes on the form.
  - If the form has been shaded or highlighted.
  - You are responsible for maintaining all your receipts and warranty information.

/s/ S. Jackson, Commissary

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**Chapel****2021 Calendars**

The Chapel office is not expecting to receive any 2021 calendars for distribution to AICs.

If you would like a free calendar, you may request one by writing to the organization below:

Southwest Radio Church  
P.O. Box 76834  
Oklahoma City, OK 73147

/s/ K. Thompson, Chapel

**Weekly Quote**

*People are just as happy as they make up their minds to be.*

– **Abraham Lincoln**



**OREGON DEPARTMENT OF CORRECTIONS - Fall-Winter 2020-21 (Week 5)**

**Calorie Report**

Elena Guevara RD, LD  
SUNDAY 11/8/2020

Kent Panger, Food Service Administrator

MONDAY 11/2/2020	TUESDAY 11/3/2020	WEDNESDAY 11/4/2020	THURSDAY 11/5/2020	FRIDAY 11/6/2020	SATURDAY 11/7/2020	SUNDAY 11/8/2020
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 Scrambled Eggs - 115 Fried Potatoes - 165 Wheat Toast - 164 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Farina - 140 Canned Fruit - 60 Sausage Gravy - 299 Fried Potatoes - 165 Wheat Toast - 164 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Dry Cereal - 119 Fruit Drink - 0 Breakfast Burrito: Scrambled Eggs - 86 Refined Beans - 121 Flour Tortilla - 163 Salsa - 13 Sugar - 22 Coffee - 0	9 Grain Cereal - 100 Canned Fruit - 60 French Toast - 515 or Texas Toast - 529 Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0	Oatmeal - 138 Fresh Fruit - 88 Hard Boiled Egg - 70 Breakfast Pastry - 308 Skim Milk - 169 Sugar - 22 Coffee - 0	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
*Soup of the Day - 144 Deli Sandwich: *Deli Meat - 135 Cheese - 50 Shredded Lettuce - 3 Onions - 11 Wheat Hoagie Bun - 318 Blended Vegetables - 102 Chips - 120 Mayonnaise - 50 Mustard - 9 Fresh Fruit - 88 Tea - 0	Pasta Salad - 290 Chicken Salad - 221 Shredded Lettuce - 3 Wheat Hoagie Bun - 318 Broccoli - 48 Fresh Fruit - 88 Tea - 0	Vegetable Soup - 60 Peanut Butter - 399 Jelly - 159 Wheat Bread - 328 Green Beans - 56 Pretzels - 100 Fresh Fruit - 88 Tea - 0	Potato Salad - 255 Chicken Pattie - 180 BBQ Sauce - 33 Wheat Burger Bun - 244 Peas & Carrots - 98 Fresh Fruit - 88 Tea - 0	*Soup of the Day - 144 Tuna Salad - 150 Shredded Lettuce - 3 Wheat Hoagie Bun - 318 Broccoli/Cauliflower - 40 Tortilla Chips - 139 Fresh Fruit - 88 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Beef Pattie - 211 Onions & Pickles - 14 Wheat Burger Bun - 244 Carrots - 63 French Fries - 269 Catsup - 34 Fresh Fruit - 88 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Chicken Drumsticks - 393 Mashed Potatoes - 56 Chicken Gravy - 26 Peas - 133 Chocolate Cupcake - 253 Tea - 0
Texas Slaw - 116 Chicken Tortilla Stew - 228 Brown Rice - 167 Green Beans - 56 Tortilla Chips - 139 Sour Cream - 38 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Hot Dogs - 202 Wheat Hoagie Bun - 318 Carrots - 63 Catsup - 17 Mustard - 9 Sauerkraut - 4 Cookie - 263 Tea - 0	Lentil Soup - 144 Chicken over Lettuce Salad: Grilled Chicken - 148 Lettuce - 12 Onions - 11 Shredded Cheese - 80 Salad Dressing - 204 Cauliflower - 32 Bread Stick - 94 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Vegetable Soup - 60 Veggie Pizza - 335 Baker's Choice - 258 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 *Pork Fajitas: *Pork Fajita Mix - 178 Onions & Peppers - 33 Wheat Tortilla - 314 Spanish Rice - 130 Salsa - 26 Gelatin w/ whip top - 35 Tea - 0	Tossed Salad - 12 Salad Dressing - 102 Chicken Stir-Fry - 213 Stir-Fry Vegetables - 102 Brown Rice - 167 Wheat Tortilla - 157 Tea - 0	Coleslaw - 133 Chili Mac - 355 Cauliflower - 32 Cornbread - 211 Margarine - 80 Fresh Fruit - 88 Tea - 0

\* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. Menu subject to change without notice. Last Revision: 9/17/2020

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    
  High Fat/Cholesterol    
  High Sugar    
  High Fat/Cholesterol & Sugar    
  High Sodium