



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.

Thank you
Tonya Gushard

Activities

7th Step Clerk Job Opportunity

As you are all aware we at the 7th Step Foundation have increased our workload greatly due to the X-Box Program! Because of this increased workload we will

need to hire one clerk. The applicant will need to have the following qualifications.

- Be proficient with Excel, Word, PowerPoint, etcetera.
- Be organized, trust worthy and dependable
- Be able to communicate professionally with outside businesses and vendors

The duties will include helping to inventory, invoice and receipt. The position will mostly be to run the X-BOX PROGRAM! But may go beyond that at times. To apply for the position please send an AIC communication form to 7th Step Foundation and place it in the White Activities Box.

Domestic Violence Prevention

7th Step 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

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

Understanding Investment

The 7th Step Foundation is proud to offer a brand new class that started 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 7th

Understanding Investment (cont.)

Step. 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.

/s/ C. McFadden, Activities

Commissary

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.

News Flash

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

There is a **\$25.00 spending limit** that started October 26, 2020, and the only items that are exempt currently are:

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

/s/ S. Jackson, Commissary

Miscellaneous

OCE Furniture Factory Position

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

To apply:

You must have been at OSP for a minimum of six months and at least six months of clear conduct.

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

Must have the following qualifications:

- 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.

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 started 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

Weekly Quotes

Albert Einstein

Life is like riding a bicycle. To keep your balance, you must keep moving.



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #52

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of November 24, DOC statewide has:

- 73 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	368	317		
AICs	1,383	1,260	8,944	17

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 #52

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 24 de Noviembre, el departamento en todo el estado tiene:

- 73 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	368	317		
Presos	1,383	1,260	8,944	17

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 4)

Kent Fanger, Food Service Administrator

Calorie Report

Elle Brown RD, LD Elena Guevara RD, LD

MONDAY 12/7/2020	TUESDAY 12/8/2020	WEDNESDAY 12/9/2020	THURSDAY 12/10/2020	FRIDAY 12/11/2020	SATURDAY 12/12/2020	SUNDAY 12/13/2020
<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>Meat Sub: Peanut Butter - 239 1.5 oz Meat Sub: Plain Potatoes - 165 6 oz</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Dry Cereal - 119 Fruit Drink - 0 Beef Hash - 176 Wheat Toast - 164 Margarine - 80 Catsup - 17 Skim Milk - 169 Sugar - 22 Coffee - 0 <p>Meat Sub: Peanut Butter - 239 1.5 oz Meat Sub: Plain Potatoes - 165 6 oz</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> 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 <p>Cream of Potato Soup - 160 10 fl oz Deli Sandwich: *Deil Meat - 135 Cheese - 50 Shredded Lettuce - 3 2 oz Onions - 11 Wheat Hoagie Bun - 318 1 ea Green Beans - 56 6 oz Chips - 120 1 ea Mayonnaise - 50 0.5 oz Mustard - 9 1 ea Fresh Fruit - 88 1 ea Tea - 0</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Dry Cereal - 119 Fruit Drink - 0 Veggie Scramble - 108 Fried Potatoes - 165 Wheat Toast - 164 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0 <p>*Soup of the Day - 144 10 fl oz Chicken over Lettuce Salad: Grilled Chicken - 148 3 oz Lettuce - 12 10 oz bowl Onions - 11 1 oz Shredded Cheese - 80 1 oz Salad Dressing - 204 2 fl oz Broccoli/Cauliflower - 40 6 oz Bread Stick - 94 1 ea Fresh Fruit - 88 1 ea Tea - 0</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Oatmeal - 138 Canned Fruit - 60 French Toast - 515 or Texas Toast - 529 2 SL Syrup - 168 Margarine - 80 Skim Milk - 169 Sugar - 22 Coffee - 0 <p>Tomato Soup - 69 10 fl oz Grilled Cheese Sandwich: Cheese - 200 4 SL Grilled Wheat Bread - 380 4 SL Peas & Carrots - 98 6 oz Chips - 120 1 bag Fresh Fruit - 88 1 ea Tea - 0</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Farina - 140 Fresh Fruit - 88 1 ea Hard Boiled Egg - 70 1 ea Breakfast Pastry - 308 1 ea Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s <p>Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Beef Pattie - 211 1 ea Onions & Pickles - 14 1 oz ea Wheat Burger Bun - 244 1 ea Green Beans - 56 6 oz French Fries - 269 6 oz Catsup - 34 1 oz Fresh Fruit - 88 s/s Tea - 0</p>	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Fruit Drink - 0 8 fl oz Fried/Scrambled Eggs - 115 2 ea/3 oz *Ham - 115 2 oz Fried Potatoes - 165 6 oz Wheat Toast - 164 2 SL Jelly - 80 1 oz Margarine - 80 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s <p>Meat Sub: Peanut Butter - 159 1 oz</p>
<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Cajun Meatloaf - 186 5 oz Baked Potato - 168 1 ea Peas - 133 6 oz Sour Cream - 39 1 oz Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Chicken Enchilada Cass - 498 10 oz Seasoned Beans - 153 6 oz Fruit Crisp - 316 4 oz Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Chicken Alfredo - 285 6 oz Pasta - 179 6 oz Carrots - 63 6 oz Bread Stick - 94 1 ea Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Vegetable Soup - 60 10 fl oz *Pizza (choice) - 433 1 svlg Baker's Choice - 258 1 svlg Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz *Red Beans & Bacon - 179 6 oz White Rice - 169 6 oz Broccoli - 48 6 oz Cornbread - 211 1 ea Margarine - 80 0.5 oz Gelatin w/ whip top - 35 4 oz Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Nachos Taco Meat - 170 3 oz Cheese Sauce - 101 2 fl oz Refried Beans - 181 6 oz Shredded Lettuce - 3 2 oz Tortilla Chips - 279 2 oz Salsa - 26 2 oz Tea - 0 s/s 	<p>Food Item - Calories</p> <ul style="list-style-type: none"> Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Salmon Pattie - 298 1 ea Wheat Burger Bun - 244 1 ea Cauliflower - 32 6 oz Tartar Sauce - 39 0.5 oz Fresh Fruit - 88 1 ea Tea - 0 s/s

* 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.

Menu subject to change without notice. Last Revision: 9/17/2020

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