



## **Commissary**

### **Commissary News, Updates and Reminders**

#### **Updates**

Unfortunately, challenges continue to impact commissary and how we are able to do business. Due to these continuing challenges we are having to reset our maximum spending limit for all to \$25. We will do our best to adjust the spending limit up if and as soon as we are able, but it is also possible that we may have to adjust the spending limit down if needed. All locations will be at a \$25 spending limit starting January 11, 2021, and we will be strictly enforcing the \$25 spending limit.

#### **The following items are exempt from the Spending Limit:**

- Soda Coupons
- Batteries
- Envelopes
- Shoes
- Incentive items

We understand this is not an ideal situation and appreciate your understanding as we continue to work on solutions. These challenges are affecting us all and your ongoing patience with commissary is greatly appreciated.

/s/ A, Nelson, Commissary

## **Miscellaneous**

### **Physical Plant Electrical Shop Opening**

Electrical Shop is accepting applications for the apprenticeship. The selected candidates will have the closest matching skills to those listed below.

#### **Desired skills:**

- o Self-motivated individual with a desire to learn skills and a trade to take with you when released
- o Willingness to take direction, criticism, and work with others to accomplish tasks
- o Reliable individuals who maintain regular attendance

- o Work off hours

#### **Non-Negotiable requirements**

- o Minimum of six years left on sentence
- o Level 3 NCI

Please send a completed AIC work application to Physical Plant Electrical Shop.

/s/ T. Perkins, Physical Plant Electric Shop

### **OCE Laundry Positions**

The OCE Laundry is currently looking for eligible workers. To qualify you must have a minimum of six months clear conduct with no misconduct orders or program fails. . You must also have 18 months left on your sentence. You must have been through A&O. To apply please sent an application to Eric Zehner OCE laundry.

/s/ E. Zehner, Laundry

### **Group Living**

#### **Housing – Convenience Moves**

Due to the D-block closure the **only** convenience moves that will be honored are:

- **AICs wanting to move from D-Block to another housing unit.**
- **AICs wanting to move from a single cell to a double cell.**

All other move slips will be discarded and not returned. Thank you for your understanding and cooperation

### **Job Openings**

Group Living is currently accepting applications for the following:

#### **Barber**

Qualifications: Board of Cosmetology License Preferred or two years+ experience barbering in any DOC Setting. Applicant must have a basic understanding of barber ethics, safety, and sanitation.

**Group Living** (cont.)

Applicant also needs to be misconduct free for at least one year and be level 2 or 3.

Duties and Responsibilities: Selected applicant(s) will provide other Adults in Custody (AICs) with barbering services. You will cuts, shape, trims, and taper hair and beards, using clippers, trimmers, and shears. You will be responsible for keeping your work area/tools clean, sanitized, and ready to use.

**Janitor**

Qualifications: Applicants must have a basic understanding of janitorial work and how to safely use janitorial machinery (i.e. buffers, scrubbers, wet/dry vac, etc.) and be familiar with the proper use of cleaning chemicals. Must be able to travel up and down stairs multiple times a day while carrying at least 50 pounds. Applicants also need to be misconduct free for at least one year and be level 2 or 3.

Duties and Responsibilities: Selected applicant will be charged with maintaining a clean, safe, and sanitary working area for AICs and Staff located on the Group Living Floor. You will be responsible for properly using assigned janitorial machinery/supplies. You will be responsible for maintaining the cleanliness of the floors (i.e. sweeping, mopping, scrubbing, waxing, etc), walls, windows, offices, restrooms and hallway. You will also assist the Group Living AIC Clerk with weekly supply distribution and other tasks.

The selected applicants for the above must also be able to work well with staff and AICs from all walks of life. We will also ask that you be reliable, self-motivated and willingness to take criticism and direction.

/s/ T. Tooley, Group Living

/s/ J. Dewey, Group Living

**Physical Plant Paint Shop Job Openings**

Physical Plant is accepting applications for the Paint Shop. We are interviewing for multiple team members to aid in the upcoming D block restoration. These positions will encompass workloads for jobs such as cleaning, prepping, and repainting cells or common areas. General assistance for any trades work being completed in the D block project as needed. This is a tremendous undertaking and we are looking for individuals who wish to gain valuable skills for release.

The selected candidates will have the closest matching skills to those listed below.

Desired skills:

- Self-motivated individual with a desire to learn skills for the outside.
- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Experience using hand tools, paint brushes, and rollers.
- Able to lift 50-75 pounds frequently.
- Reliable individuals who maintain regular attendance.

Non- negotiable requirements:

- Six months at this facility at the time of your application with as much time clear conduct.

These availabilities will start immediately and go until the completion of the D block project. If you fulfill the non-negotiable requirements please send a completed AIC work application to Physical Plant Paint Shop J. Trevino.

**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

**Points to Ponder**

Walt Whitman -

*Keep your face always toward the  
sunshine, and shadows will fall  
behind you.*



# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #59

### COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of January 6, DOC statewide has:

- 545 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	679	491		
AICs	2,690	2,057	14,081	24

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.



# OREGON DEPARTMENT OF CORRECTIONS

## COVID - 19 BOLETÍN DE NOTICIAS - AVISO #59

### COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 6 de Enero, el departamento en todo el estado tiene:

- 545 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	679	491		
Presos	2,690	2,057	14,081	24

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)

## Calorie Report

Kent Fanger, Food Service Administrator

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

MONDAY 1/18/2021	TUESDAY 1/19/2021	WEDNESDAY 1/20/2021	THURSDAY 1/21/2021	FRIDAY 1/22/2021	SATURDAY 1/23/2021	SUNDAY 1/24/2021
Food Item - Calories Oatmeal - 138 8 oz Canned Fruit - 60 4 oz Hard Boiled Egg - 70 1 ea Pancakes - 524 3 ea Syrup - 168 2 fl oz Margarine - 80 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s Meat Sub: Peanut Butter - 239 1.5 oz Meat Sub: Plain Potatoes - 165 6 oz	Food Item - Calories Dry Cereal - 119 8 oz bowl Fruit Drink - 0 8 fl oz Beef Hash - 176 8 oz Wheat Toast - 164 2 SL Margarine - 80 0.5 oz Catsup - 17 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s Meat Sub: Peanut Butter - 239 1.5 oz Meat Sub: Plain Potatoes - 165 6 oz	Food Item - Calories 9 Grain Cereal - 100 8 oz Canned Fruit - 60 4 oz Fried Egg - 80 1 ea Cheese - 50 1 SL English Muffin - 286 1 ea Fried Potatoes - 165 6 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s	Food Item - Calories Dry Cereal - 119 8 oz bowl Fruit Drink - 0 8 fl oz Veggie Scramble - 108 4 oz Fried Potatoes - 165 6 oz Wheat Toast - 164 2 SL Margarine - 80 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s	Food Item - Calories Oatmeal - 138 8 oz Canned Fruit - 60 4 oz French Toast - 515 4 SL or Texas Toast - 529 2 SL Syrup - 168 2 fl oz Margarine - 80 0.5 oz Skim Milk - 169 16 fl oz Sugar - 22 2 pkt Coffee - 0 s/s	Food Item - Calories Farina - 140 8 oz 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	Food Item - Calories Fruit Drink - 0 8 fl oz Frie/Scrambled Eggs - 115 2 ea/3 oz *Harm - 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 Meat Sub: Peanut Butter - 159 1 oz
Food Item - Calories Texas Slaw - 116 6 oz Chili Dogs: 2 ea Hot Dog - 202 6 oz Seasoned Beans - 153 6 oz Shredded Cheese - 80 1 oz Onions - 11 1 oz Wheat Hoagie Bun - 318 1 ea Blended Vegetables - 102 6 oz Fresh Fruit - 88 1 ea Tea - 0 s/s	Food Item - Calories *Soup of the Day - 144 10 fl oz Cream of Potato Soup - 160 10 fl oz Deli Sandwich: Turkey - 62 2 oz Shredded Cheese - 80 1 oz Hard Boiled Egg - 70 1 ea Lettuce - 12 10 oz bowl Salad Dressing - 204 2 fl oz Broccoli - 48 6 oz Bread Stick - 94 1 ea Fresh Fruit - 88 1 ea Tea - 0 s/s	Food Item - Calories *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 s/s	Food Item - Calories *Soup of the Day - 144 10 fl oz Grilled Cheese Sandwich: Cheese - 200 4 SL Grilled Wheat Bread - 380 4 SL Peas & Carrots - 98 6 oz Chips - 120 1 ea Fresh Fruit - 88 1 ea Tea - 0 s/s	Food Item - Calories 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 ea Fresh Fruit - 88 1 ea Tea - 0 s/s	Food Item - Calories Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Beef Pattie - 211 1 ea Onions & Pickles - 14 1 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	Food Item - Calories Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Roast Turkey - 106 3 oz Gravy - 26 2 fl oz Mashed Potatoes - 56 6 oz Blended Vegetables - 102 6 oz Wheat Bread - 164 2 SL Margarine - 80 1 ea Ice Cream - 137 1 ea Tea - 0 s/s
Food Item - Calories 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 4 oz Tea - 0 s/s	Food Item - Calories 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	Food Item - Calories 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	Food Item - Calories Tossed Salad - 12 10 oz bowl Salad Dressing - 102 1 fl oz Vegetable Soup - 60 10 fl oz *Pizza (choice) - 433 1 svg Baker's Choice - 258 1 s/s Tea - 0	Food Item - Calories 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 Setain w/ whip top - 35 4 oz Tea - 0 s/s	Food Item - Calories 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	Food Item - Calories 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.  
 MAT/VEGETABLE TRAYS available for lunch & supper meals only.  
 Menu subject to change without notice.  
 Last Revision: 9/17/2020

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