

ANNOUNCEMENTS, NEWS & UPDATES



Narcotics Anonymous (NA) MEETINGS RETURNING TO A PROGRAM NEAR YOU!

OSCI Freedom & Recovery Program will be hosting NA meetings for AICs in general population. Meetings will be one time a month from 10:30 am to 11:45 am. If you are interested in attending, please send a kyte to Ms. Laura Ellison. Level of interest will determine how often these meetings occur. Please send your kyte of interest to Ms. Ellison by 11/5/2021. AIC kytes received after 11/5/2021 will be placed directly on the waiting list.

Starting November 1, 2021, OSCI Counselors will be conducting a pilot project that will run for 2 months. This pilot was prompted at the request of an AIC for the purpose of showing family or friends, parole board, and for having something positive for getting a negative Urine Analysis (UA). If you have had a negative UA completed by the Oregon Department of Corrections within 12 months from date of request, the Counseling Unit will be offering a certificate of achievement reporting so. This is limited to 1 certificate per negative UA and is yours to keep or send home. These will not be eligible to send to records or be placed in your DOC hard file. If lost or damaged, these will not be duplicated. These will not be a substitution for the need for A&D treatment. Please send request to your Correctional Counselor.

Due to the Veteran's holiday on November 11, Canteen slips will be picked up at 6:00 am Wednesday, November 10.

Canteen will be set up on Friday, November 12 for distribution on Monday, November 15.

Due to the Thanksgiving holiday, Canteen will be set up on Wednesday, November 24 for distribution on Monday, November 29.

Canteen slips will be picked up at 6:00 am Wednesday, November 24 and processed the week of November 29 - these will be holiday Slips.

WHO'S WHO:

Superintendent - Mr. J. Highberger
Acting Asst. Supt., General Services - Ms. T. Davenport
Asst. Supt., Security - Mr. G. Long
Behavioral Health Svs. Mgr. - Ms. K. Gates
Correctional Rehabilitation Mgr. - Ms. T. Davenport
Diversity/Grievance Coordinator - Ms. R. Corrigan
Education Manager - Ms. T. Hightower
Executive Asst. to Supt. - Mr. N. Warren
Food Services Manager - Mr. N. Nawaz
Hearings Officer - Mr. J. Nofziger
Health Services - Ms. L. Irving / Ms. R. Vizina

Hobby Shop - Ms. G. Kast
Library Coordinator - Ms. R. Cantrell
Management Asst. to Supt. - Ms. R. Mondragon
Operations Captain - Mr. J. Hyde
Photo Program Supervisor - Ms. G. Kast
Physical Plant Manager - Mr. A. Flesher
PREA Compliance Manager - Captain J. Wagner
Recreation - Mr. G. Escalante, Mr. J. Hale, Ms. G. Kast
Religious Services - Chaplain D. Hodney
Special Population Captain - Mr. J. Wagner
Transitions Coordinator - Ms. K. Hollingsworth

FROM FOOD SERVICES

OREGON DEPARTMENT OF CORRECTIONS - Fall-Winter 2021-22 Menu (Week 1)

Menu Start Date 9/27/2021

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD Elena Guevara RD, LD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oatmeal 8 oz Fortified Fruit Drink 8 fl oz Hard Boiled Egg 1 ea Pancakes 3 ea Syrup 2 fl oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Dry Cereal 8 oz bowl Canned Fruit 4 oz Veggie Scramble 4 oz Fried Potatoes 6 oz Wheat Toast 2 SL Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	9 Grain Cereal 8 oz Fortified Fruit Drink 8 fl oz Beef Hash 8 oz Wheat Toast 2 SL Margarine 0.5 oz Catsup 16 fl oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s Meat Sub: Peanut Butter 1.5 oz Meat Sub: Plain Potatoes 6 oz	Dry Cereal 8 oz bowl Canned Fruit 4 oz Fried Egg 1 ea Cheese 1 SL English Muffin 1 ea Fried Potatoes 6 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Farina 8 oz Fortified Fruit Drink 8 fl oz French Toast 4 SL or Texas Toast 2 SL Syrup 2 fl oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Oatmeal 8 oz Fresh Fruit 1 ea Hard Boiled Egg 1 ea Breakfast Pastry 1 ea Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Fortified Fruit Drink 8 fl oz Fried/Scrambled Eggs 2 ea/3 oz Poultry Sausage 2 oz Fried Potatoes 6 oz Wheat Toast 2 SL Jelly 1 oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s Meat Sub: Peanut Butter 1 oz
Tomato Soup 10 fl oz Grilled Cheese Sandwich: 4 SL Cheese 3 oz Grilled Wheat Bread 4 SL Green Beans 6 oz Chips 1 bag Fresh Fruit 1 ea Tea s/s	Lentil Soup 10 fl oz Chicken over Lettuce Salad: 10 oz bowl Grilled Chicken 3 oz Lettuce 10 oz bowl Onions 1 oz Shredded Cheese 1 oz Salad Dressing 2 fl oz Broccoli 6 oz Bread Stick 1 ea Fresh Fruit 1 ea Tea s/s	*Soup of the Day 10 fl oz Egg Salad Sandwich: 2 ea Hard Boiled Egg 2 ea Shredded Lettuce 2 oz Mayonnaise 1 oz Mustard 0.5 oz Wheat Hoagie Bun 1 ea Green Beans 6 oz Pretzels 1 bag Fresh Fruit 1 ea Tea s/s	Cowboy Salad 6 oz Tacos: 3 oz Taco Meat 1 oz Shredded Cheese 4 oz Lettuce 2 oz Salsa 2 ea Wheat Tortillas 2 ea Cauliflower 6 oz Fresh Fruit 1 ea Tea s/s	*Soup of the Day 10 fl oz Fish Nuggets 5 ea Tartar Sauce 1 fl oz White Rice Pilaf 6 oz Carrots 6 oz Fresh Fruit 1 ea Tea s/s	Colelaw 6 oz *BBQ Pork 4 oz Wheat Hoagie Bun 1 ea Mac & Cheese 6 oz Green Beans 6 oz Fresh Fruit 1 ea Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Chicken Drumsticks 2 ea Mashed Potatoes 6 oz Chicken Gravy 2 fl oz Peas 6 oz Ice Cream 1 ea Tea s/s
Tossed Salad 10 oz bowl Salad Dressing 1 fl oz *Ham & Bean Stew 10 fl oz Brown Rice 6 oz Peas 6 oz Bread Stick 1 ea Tea s/s	Beet Salad 6 oz Meatloaf 5 oz Mashed Potatoes 6 oz Beef Gravy 2 fl oz Carrots 6 oz Wheat Dinner Roll 1 ea Margarine 0.5 oz Pudding 4 oz Tea s/s	Cabbage Salad 6 oz Ranch Style Chili 10 fl oz Baked Potato 1 ea Shredded Cheese 1 oz Blended Vegetables 6 oz Cornbread 1 ea Margarine 0.5 oz Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz *Pizza (choice) 10 fl oz Baker's Choice 1 svg Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Chicken Pot Pie 6 oz Biscuits 1 svg Broccoli 6 oz Cookies 2 oz Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Turkey ala King 6 oz Brown Rice 6 oz Blended Vegetables 6 oz Wheat Dinner Roll 1 ea Margarine 0.5 oz Tea s/s	Texas Slaw 6 oz Bean Burritos: 6 oz Seasoned Beans 1 oz Shredded Cheese 6 oz Spanish Rice 2 ea Wheat Tortilla 2 ea Salsa 2 oz Fresh Fruit 1 ea Tea s/s

* Contains or may contain pork. 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: 8/26/2021

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

Processed Foods

You may have heard that processed foods are not good for you, but is that true? What are processed foods? Are they all the same, or are there differences between them?

Processed food is any food item that has been canned, cooked, frozen, pasteurized, or packaged. Even whole foods that have been cut, chopped, or sliced before you buy them are considered processed foods. A processed food can be as simple as pre-washed and chopped salad greens. But some processed foods are much more complicated. They may have gone through many different steps of processing during the creation of the food and have a long list of ingredients.

Take, for example, frozen vegetables. These are very simple foods! Before freezing, vegetables are picked at the peak of ripeness, washed, and usually cut or chopped. The flash-freezing process locks in the nutrients that the vegetables naturally contain. That's it! No other processing is done, and no other ingredients are usually added.

On the other hand, something like cookies from a box (not homemade) are not so simple. They may have started out with simple ingredients (flour, sugar, eggs) but usually contain other additives such as high-fructose corn syrup to make them sweeter, artificial flavors or colors to enhance their look and taste, and preservatives to keep them shelf-stable for longer. These are ingredients you would never use at home when baking cookies, so boxed cookies are a more highly processed food.

A good example of foods that can be processed differently is lunch meat. Some products are just whole-muscle, pre-sliced meats (such as turkey breast), which can easily be included in a healthy diet. Or, there are products that are honey-roasted (added sugar), smoked (artificial flavors), and seasoned (added salt), which nutrition experts advise people to limit. The extra ingredients and extra processing can turn something simple like turkey breast into something different from its basic form. The problem with highly processed foods is that they are more likely to contain high amounts of fat, salt, sugar, additives, and preservatives. These ingredients are fine in moderation but eating a lot of highly processed foods means you are eating a large amount of these ingredients, which is not as healthy.

You can enjoy many processed foods, including frozen vegetables, canned fruits, and pasteurized dairy products, as part of a healthy diet. And now you know that there is a big difference between lightly processed foods like frozen veggies, and highly processed foods like boxed cookies.

Better Choices from Commissary

Removing all processed foods from the diet is not necessary. However, cutting back specifically on highly processed foods is one way to improve the quality of your diet.

It's much easier to limit your intake of highly processed foods when you don't have any in front of you. Before you order food from commissary, think about if you really need it. Are you truly hungry, or just eating to pass the time? If you decide to get food from commissary, choose lightly processed snacks like unsalted nuts, dried fruit, or light popcorn. For entrees, try plain tuna, chicken breast, refried beans and brown rice. Limiting high-sugar refined grain products, such as sugary breakfast cereals and desserts, can also help you lose weight. Choose oats or bran cereals at breakfast and dried fruit for dessert instead.

Sweetened beverages like soda, sweet tea, fruit juice, and sports drinks are high in sugar and calories but low in essential nutrients. Drinking water instead of these beverages is a great way to cut back on your intake of processed foods and improve your overall diet quality. If water is not your favorite beverage, a sugar-free flavoring mix (available from commissary) can provide a little flavor and help you drink more water.

Be sure to read labels on your favorite food products. Whenever possible, avoid buying foods with lots of sodium, trans fat, or added sugar. For each serving of food, snacks should contain less than 200 milligrams (mg) sodium, 0 grams (g) trans-fat, and less than 10 g of added sugars. You can find all this nutrition information on the Nutrition Facts Panel on the food package.

Again, there is no need to stop eating processed foods altogether. In fact, some processed foods can make it easier to have a healthy diet by providing fresh foods already cut or sliced, or by preserving food through freezing or canning. But if you would like to cut down on the amount of highly processed foods you eat, try some of the tips listed above.

Written by Elena Guevara RD, LD referencing the following article:

"10 realistic Ways to Eat Less Processed Foods". Written by Rachael Link, MS, RD on June 22, 2021 – Medically reviewed by Kim Chin, RD. Healthline.com. Accessed July 23, 2021.

To All Adults in Custody,

Last week, the U.S. Food and Drug Administration expanded the use of a booster dose for all COVID-19 vaccines. Booster doses are available for all adults in custody (AICs) who have received their initial dose(s) of any COVID-19 vaccine.

- If you received the Moderna, the preference is a Moderna booster shot six months after your last dose.
- If you received Johnson & Johnson (J&J), J&J or Moderna are available if your initial dose was two or more months ago.
- Side effects are similar to those of the first doses.

Please contact Health Services to receive your COVID-19 booster dose, or if you have any questions.

A todos los adultos en custodia,

La semana pasada, la Administración de Drogas y Alimentos de EE. UU. expandió el uso de una dosis de refuerzo para todas las vacunas COVID-19. Las dosis de refuerzo están disponibles para todos los adultos bajo custodia (AIC) que hayan recibido su (s) dosis inicial (es) de cualquier vacuna COVID-19.

- Si recibió Moderna, la preferencia es una inyección de refuerzo de Moderna seis meses después de su última dosis.
- Si recibió Johnson & Johnson (J&J), J&J o Moderna están disponibles si su dosis inicial fue hace dos o más meses.
- Los efectos secundarios son similares a los de las primeras dosis.

Comuníquese con Servicios de Salud (Health Services) para recibir su dosis de refuerzo de COVID-19 o si tiene alguna pregunta.