



OSP Executive Management Team

February 24, 2022

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## ADMINISTRATION

### Correspondence through Central Trust

This is a reminder that Central Trust cannot forward personal correspondence to you. If you have friends or family that want to send funds for your account, the funds go to the Central Trust address and any personal correspondence would need to come separately to you addressed directly to the institution. They cannot combine the funds and the personal correspondence in the same envelope.

Central Trust's (new) address:  
3723 Fairview Industrial Drive SE, Suite 200  
Salem, OR 97302

Personal Correspondence address:  
AIC Name, SID#  
Oregon State Penitentiary  
2605 State Street  
Salem, OR 97310

/s/ Central Trust Operations Division

## SECURITY

### Amnesty Month

There are no items in the Hobby Shop that are sold directly for possession by AICs at OSP. If you purchased an item, the Hobby Shop arranges for it to be mailed out from the crafter. If you have items that you purchased from the Hobby Shop, they are contraband. From now until March 31 you will be given the opportunity to mail the items home, without discipline. This amnesty period covers jewelry, belts, and wallets purchased from the Hobby Shop. Staff will continue to confiscate these items as they find them. If your item was/is confiscated, you may go the Property Room to arrange to mail it out. Belts purchased through 7<sup>th</sup> Step that have the OSP stamp and your SID number are still authorized. After March 31, contraband items found at OSP will go through the disciplinary process.

Take your Hobby Shop item to the Property Room and mail it out, no questions asked. Bring an unsealed

priority envelope, or pre-paid postage for a box. The Property Room will mail these items out.

/s/ Captain B. Bellman, Operations

## COMMISSARY

### Commissary News, Updates and Reminders

#### News:

Due to the COVID-19 social distancing protocols currently in place, we have been unable to have our Commissary committees meet to discuss new products being brought in and the removal of undesirable products from our commissary lists. So effective March 1, 2022, Commissary will be reinstating the AIC Suggestion forms until the committee members can return to their meetings.

Please understand that this has been setup as a short-term temporary fix. We would like to stay abreast of what our customers want to see on the commissary forms.

#### Reminder:

Each form must be submitted by only one AIC. Forms must be legible and completed to be processed. Non-completed or inappropriate forms will not be accepted. All requests must adhere to Rule 117 – Personal Property (AIC) and Policy: 40.2.3 Commissary Operations.

Please do not add more than three suggestions to each form.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions Commissary receives we cannot respond to each request individually. New products must be approved through the ISM review process. Please watch your newsletters for periodic updates regarding items being added or discontinued. We strive to keep updated quality products and to remove unpopular items from Commissary.

/s/ A. Nelson, Commissary



## MISCELLANEOUS

### MHI Unit ADL/Peer Companion Position Announcement

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmary (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with individuals unable to care for their own ADL's as well as individuals experiencing significant mental health symptoms. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on MHI are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include assisting individuals around ADL coaching and skill building; increasing social interactions; and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time. Please submit an application kyte to Kirsan Leep, MHI Program Manager if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year, it is preferred that you have one or more years left on your sentence.

/s/ Kirsan M. Leep, MHI Manager



## CHAPEL

### CHAPEL MATERIALS AVAILABLE Updated – 2/7/22

THE CHAPEL HAS THE FOLLOWING MATERIALS AVAILABLE TO AICs

**The listed materials are available in English only.**

#### PROTESTANT MATERIALS

CMA HEARTBEAT – Christian Motorcycle Association Magazine

HOW TO BE A CHILD OF GOD – Witness Edition

IN TOUCH – Daily Devotional booklet by Dr. Charles Stanley

INSIDE JOURNAL FOR MEN – Prison Fellowship Newsletter

ORTHODOX BIBLE STUDY – Monthly Reflections by Rev. Fr. Gerasimos, (Jerry) N. Markopoulos and Joanna - (Note - This is sent to AICs on the Orthodox Christianity Wednesday afternoon turnout.)

OUR DAILY BREAD – Daily Devotional booklet

REDEEMING GRACE MINISTRIES – Pastor Tim Ralls Weekly devotional (note – This is sent to AICs on the Calvary Chapel Saturday evening turnout)

SAFE HARBOR CHURCH (NAZARENE) – Vancouver, WA. – Weekly bulletin, songsheet, prayer requests and Bible study.

STRONG MAN OF GOD – Monthly Newsletter (Rev. Robert Kelley)

THE GOSPEL TRUMPETER – Church of God Monthly INTERESTED IN RECEIVING A FREE LARGE PRINT KJV BIBLE WITH YOUR NAME EMBOSSED IN GOLD? You could receive this bible after completing an eight- lesson correspondence course. Request information from the chapel office.

FREE LARGE PRINT LIFE RECOVERY BIBLE – ENGLISH – Request order information from the Chapel Office

INFORMATION ON ADDITIONAL BIBLE STUDY CORRESPONDENCE COURSES IS AVAILABLE. Send an .IC communication to the Chapel Office requesting information.

#### SEVENTH DAY ADVENTIST MATERIALS

40 DAYS: SPIRIT FILLED LIFE – Devotional Book  
INCREDIBLE POWER OF PRAYER, By Roger J. Morneau

OUR HIGH CALLING, By Ellen G. White

**CATHOLIC MATERIALS**

CATHOLIC SENTINEL – Archdiocese of Portland newspaper

KINGDOM REVELATOR – Catholic Magazine

LIVING FAITH – Daily Devotional

THE SERVING BROTHER – An introduction to the saints

THE WORD AMONG US – Daily Meditations – Contains the monthly Missal

The Chapel does NOT have rosaries available for distribution to A.I.C.s.

**MESSIANIC MATERIALS**

EMMAUS DIALOGUES – Weekly study from People of the Book

SHALOM TIDINGS – Magazine

To request Chapel materials, send an AIC communication to the Chapel listing the items you would like to receive. If you request a recurring publication, you will be put on a distribution list and continue to receive the materials as the chapel office receives them.

Have you moved cells? Please send an AIC communication form to the chapel office with your current cell number. The chapel office no longer receives cell move updates from security.

**LA CAPILLA TIENE ESTA LITERATURA DISPONIBLE PARA LOS AEC**

**LITERATURA PARA PROTESTANTES**

COMO SER UN HIJO DE DIOS – Edición para testificar

NUESTRO PAN DIARIO – Devocionario de hoy

**LITERATURA PARA CATÓLICOS**

EL CENTINELA – Periodico de Archidiosis de Portland

LA FE VIVA – DEVOCIONES

LA PALABRA ENTRE NOSOTROS – Devocionario de hoy – incluye Suplemento de las Lecturas de la Misa

REINO REVELADOR – Revista Catolica para gente joven

**LA CAPILLA NO TIENE ROSARIOS PARA DISTRIBUCIÓN**

LA CAPILLA ESTA OFRECIENDO BIBLIAS GRATIS EN ESPAÑOL Y CON LETRA GRANDE DE LA BIBLIA RECUPERANDO LA VIDA. Envíe una forma de comunicación de AEC pidiendo la información para poder obtener un ejemplar

**SI ESTA INTERESADO EN RECIBIR ESTA LITERATURA ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC HACIENDONOS SABER QUE LITERATURA NECESITA.**

POR FAVOR ENVÍE UNA FORMA DE COMUNICACIÓN DE AEC SI SE MUDA DE CELDA. LA CAPILLA NO RECIBE INFORMACIÓN ACTUALIZADA DE MUDANZAS

/s/ K. Thompson, Chaplain

**A Point to Ponder**

*“Failure is the opportunity to being again more intelligently.”*

**– Henry Ford**







# OREGON DEPARTMENT OF CORRECTIONS

## COVID-19 NEWSLETTER – NOTICE #115

### COVID-19 CONFIRMED CASES

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

- 61 AICs who currently have COVID-19

The table below shows total numbers since the pandemic began in March 2020:

	Positive Tests	Recoveries	Negative Tests	Deaths
Staff	1,586	1,570		
AICs	5,215	4,971	25,538	45

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 #115

### COVID-19 CASOS CONFIRMADOS

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

- 61 presos que actualmente tienen COVID-19

La siguiente tabla muestra las cifras totales desde que comenzó la pandemia en Marzo 2020:

	Pruebas Positivas	Recuperaciones	Pruebas Negativas	Muertes
Personal	1,586	1,570		
Presos	5,215	4,971	25,538	45

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.

# OSP MAILROOM NEWSLETTER SPECIAL EDITION

FEBRUARY 2022

## REMINDERS FROM OREGON DEPARTMENT OF CORRECTIONS OPERATIONS DIVISION



### NO "SUPPLIES" THROUGH THE MAIL

**Per OAR 291-131, Mailrooms can only process the following items:**

- Correspondence (including Legal & Official Mail, as well as catalogs, advertisements, brochures, promotional materials, pamphlets, sweepstakes, and contest materials)
- Books
- Magazines
- Newspapers
- Journals
- Calendars
- Electronic Messages

**Any item not on the above list would require an approved Package Authorization from the Operations Captain.** Any item received that is not on the above list and without an approved package authorization will be returned to sender.



### CORRESPONDENCE THROUGH CENTRAL TRUST

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Personal Correspondence address: AIC Name, SID#, <insert your institution's address>





# OSP CALORIE MENU WEEK 3: February 28 2022 THROUGH March 6 2022

Monday 2/28/22	Tuesday 3/1/22	Wednesday 3/2/22	Thursday 3/3/22	Friday 3/4/22	Saturday 3/5/22	Sunday 3/6/22
<input type="checkbox"/> Pancakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	<input checked="" type="checkbox"/> Veggie Scramble - 4 oz (108) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Diced Peaches - 4 oz (60) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	Hobo Breakfast <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input type="checkbox"/> Ground Beef - 1 oz (66) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Scrambled Eggs - 3 oz (115)	<input checked="" type="checkbox"/> French Toast - 3 SL (793) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	<input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s	Turkey Bacon & Eggs <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (7) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Turkey Bacon - 3 SL (312) <input type="checkbox"/> Fried Potatoes - 6 oz (165) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input checked="" type="checkbox"/> Jelly - 1 oz (80) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1 oz (159)	<input checked="" type="checkbox"/> Kolaches With Fruit - 1 ea (308) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s
<input type="checkbox"/> Grilled Cheese Sandwich <input checked="" type="checkbox"/> Tomato Soup - 10 fl oz (68) <input type="checkbox"/> Cheese - 4 SL (200) <input checked="" type="checkbox"/> Grilled Wheat Bread - 4 SL (380) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Deli Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Deli Meat (Chicken) - 3 oz <input type="checkbox"/> Cheese - 1 SL (50) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Tuna Salad - 4 oz (150) <input checked="" type="checkbox"/> Lentil Soup - 10 fl oz (144) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Chicken over Lettuce Salad <input checked="" type="checkbox"/> Cream of Potato Soup - 10 fl oz (160) <input checked="" type="checkbox"/> Grilled Chicken - 3 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Onions - 1 oz (11) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input type="checkbox"/> Ranch Dressing - 2 oz (204) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input checked="" type="checkbox"/> French Bread - 1 sl (122) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Hot Turkey Sandwich <input type="checkbox"/> Colleslaw - 6 oz (134) <input checked="" type="checkbox"/> Turkey - 3 oz (94) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Multi-Grain Bread - 2 SL (156) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input checked="" type="checkbox"/> Peas & Carrots - 6 oz (98) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (316) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Chicken Drumsticks - 2 ea (393) <input checked="" type="checkbox"/> 3 Bean Salad - 6 oz (275) Stuffing - 10 oz <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Peas - 6 oz (133) <input checked="" type="checkbox"/> Ice Cream - 1 ea (137) Tea - s/s
<input type="checkbox"/> Beef Stroganoff - 6 oz (295) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input checked="" type="checkbox"/> Pasta - 6 oz (179) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) Tea - s/s	Breakfast for Dinner <input checked="" type="checkbox"/> Diced Pears - 4 oz (60) <input checked="" type="checkbox"/> Ham - 2 oz (115) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input type="checkbox"/> O'Brien Potatoes - 6 oz (149) <input checked="" type="checkbox"/> Biscuit (large) - 1 ea (296) <input type="checkbox"/> Margarine - 0.5 oz (80) Coffee - s/s	<input type="checkbox"/> Pizza - Chicken, Jalapeno - 1 slice (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Fruit Crisp - 1 svlg (316) Tea - s/s	<input type="checkbox"/> Cheese Ravioli - 10 ea (269) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Marinara Sauce - 4 fl oz (82) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Peanut Butter Cookie - 1 ea (263) Tea - s/s	Hamburger <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input type="checkbox"/> Beef Pattie - 1 ea (211) <input checked="" type="checkbox"/> Onions & Pickles - 1 oz ea (14) <input checked="" type="checkbox"/> Wheat Burger Bun - 1 ea (234) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> French Fries - 6 oz (245) <input checked="" type="checkbox"/> Catsup - 1 oz (34) Tea - s/s	<input checked="" type="checkbox"/> Turkey Tetrazzini - 10 oz (326) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input checked="" type="checkbox"/> Wheat Bread - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s	<input type="checkbox"/> Turkey Tetrazzini - 10 oz (326) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Basil Dressing - 1 oz (102) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (102) <input checked="" type="checkbox"/> Wheat Bread - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (88) Tea - s/s

Ⓞ Contains pork or may contain pork    ♥ Healthy choice    ☐ High fat/cholesterol    ✗ High sugar    ✗ High fat/cholesterol/sugar    ∇ High Sodium    ♦ High fat/cholesterol/sodium    (#) Calories

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. MEAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.

