



OSP Executive Management Team

February 3, 2022

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COMMISSARY

Commissary News, Updates and Reminders

On Sale while supplies last

BEST BUY DATE 1-29-22

Cheetos Mac n Cheese Flamin Hot

2.11 oz Cup \$1.00

/s/ S. Jackson, Commissary

MISCELLANEOUS

ICH 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 Peer Companion on the Intermediate Care Housing (ICH) unit. The Individuals selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. 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.

ICH Unit 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 the ICH 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 escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty

walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application kyte to Nick Crapser, BHS 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/ Marie Rochat, BHS

CHAPEL

CHAPEL MATERIALS AVAILABLE

THE CHAPEL HAS THE FOLLOWING MATERIALS AVAILABLE TO A.I.C.s

PROTESTANT MATERIALS

NEW 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

NEW ORTHODOX BIBLE STUDY – Monthly Reflections by Rev. Fr. Gerasimos (Jerry) N. Markopoulos and Joanna - (Note - This is sent to A.I.C.s 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, song sheet, 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

NEW INFORMATION ON ADDITIONAL BIBLE STUDY CORRESPONDENCE COURSES IS AVAILABLE. Send an AIC 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

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

The Chapel does NOT have rosaries available for distribution to AICs

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

NUEVO EL CENTINELA – Periodico de Archdiocesis de Portland

LA FE VIVA – DEVOCIONES

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

NUEVO 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 ACTURLIZADA DE MUDANZAS

/s/ K. Thompson, Chaplain

Points to Ponder

“If I cannot do great things, I can do small things in a great way.”

– Martin Luther King Jr.



OSP CALORIE MENU WEEK 5: February 7 2022 THROUGH February 13 2022

Monday 2/7/22	Tuesday 2/8/22	Wednesday 2/9/22	Thursday 2/10/22	Friday 2/11/22	Saturday 2/12/22	Sunday 2/13/22
<ul style="list-style-type: none"> <input type="checkbox"/> Pancakes - 3 ea (524) ♥ Oatmeal - 8 oz (138) ♥ Fruit Drink - 8 fl oz (7) ♥ Hard Boiled Egg - 1 ea (70) ⊗ Syrup - 2 fl oz (168) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s 	<ul style="list-style-type: none"> ▽ English Muffin - 1 ea (286) □ Fried Egg - 1 ea (80) □ Cheese - 1 SL (50) ♥ Dry Cereal - 8 oz cup (119) ♥ Diced Peaches - 4 oz (60) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1.5 oz (239) 	<ul style="list-style-type: none"> ▽ Biscuit (large) - 1 ea (296) ◇ Sausage Gravy - 6 oz (299) ♥ Farina - 8 oz (140) ♥ Fruit Drink - 8 fl oz (7) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1.5 oz (239) 	<ul style="list-style-type: none"> ◇ French Toast - 3 SL (793) ♥ Dry Cereal - 8 oz cup (119) ♥ Diced Peas - 4 oz (60) ⊗ Syrup - 2 fl oz (168) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s 	<ul style="list-style-type: none"> ♥ Veggie Scramble - 4 oz (108) ♥ Oatmeal - 8 oz (138) ♥ Fruit Drink - 8 fl oz (7) □ Fried Potatoes - 6 oz (165) ♥ Wheat Toast - 2 SL (164) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s Meat Sub: Peanut Butter - 1 oz (159) 	<ul style="list-style-type: none"> ♥ Poultry Sausage Patty & Eggs ♥ Fruit Drink - 8 fl oz (7) □ Fried Eggs - 2 ea (160) □ Poultry Sausage Pattie - 2 oz □ Fried Potatoes - 6 oz (165) ♥ Wheat Toast - 2 SL (164) ⊗ Jelly - 1 oz (80) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s 	<ul style="list-style-type: none"> ♥ 9 Grain Cereal - 8 oz (100) ♥ Fresh Fruit - 1 ea (88) ♥ Hard Boiled Egg - 1 ea (70) ✕ Kolaches With Fruit - 1 ea (308) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s
<ul style="list-style-type: none"> ◇ Macaroni & Cheese - 10 oz (403) □ Cabbage Salad - 6 oz (148) ♥ Cauliflower - 6 oz (32) ♥ Bread Stick - 1 ea (94) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> ♥ Tuna Salad - 4 oz (150) ♥ Split Pea Soup - 10 fl oz (207) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (316) ♥ Carrots - 6 oz (43) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> Turkey & Cheese Sandwich ♥ @ Soup of the Day - 10 fl oz (144) ♥ Turkey - 3 oz (94) □ Cheese - 1 SL (50) ♥ Shredded Lettuce - 2 oz (3) ♥ Onions & Pickles - 1 oz ea (14) □ Multi-Grain Bread - 2 SL (156) ♥ Green Beans - 6 oz (56) ◇ Chips - 1 bag (120) □ Mayonnaise - 0.5 oz (50) ▽ Mustard - 0.5 oz (9) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> Chicken over Lettuce Salad ♥ Cream of Potato Soup - 10 fl oz (160) ♥ Grilled Chicken - 3 oz (153) ♥ Lettuce - 10 oz bowl (12) ♥ Onions - 1 oz (11) □ Shredded Cheese - 1 oz (80) □ 1000 Island Dressing - 2 oz (204) ♥ Blended Vegetables - 6 oz (102) ♥ Bread Stick - 1 ea (94) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> Chicken Salad - 4 oz (221) ♥ @ Soup of the Day - 10 fl oz (144) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (316) ♥ Green Beans - 6 oz (56) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> Tacos ♥ Cowboy Salad - 6 oz (129) □ Taco Meat - 3 oz (170) □ Shredded Cheese - 1 oz (80) ♥ Lettuce - 4 oz (12) ♥ Salsa - 2 oz (26) □ Wheat Tortillas - 2 ea (314) ♥ Broccoli - 6 oz (48) ♥ Fresh Fruit - 1 ea (88) Tea - s/s 	<ul style="list-style-type: none"> ⊗ Roast Pork loin - 3 oz (160) ♥ Tossed Salad - 10 oz bowl (12) □ Ranch Dressing - 1 oz (102) ♥ Parsley Pasta - 6 oz (170) ♥ Carrots - 6 oz (43) ♥ Dinner Rolls - 2 ea (308) □ Margarine - 0.5 oz (80) ◇ Ice Cream - 1 ea (137) Tea - s/s
<ul style="list-style-type: none"> ◇ Turkey Noodle Casserole - 10 oz (419) ♥ Tossed Salad - 10 oz bowl (12) □ 1000 Island Dressing - 1 oz (102) ♥ Peas - 6 oz (133) ♥ French Bread - 1 SL (122) □ Garlic Margarine - 0.5 oz (80) Tea - s/s 	<ul style="list-style-type: none"> □ Chili Mac - 10 oz (348) ♥ Tossed Salad - 10 oz bowl (12) □ Basil Dressing - 1 oz (102) ♥ Blended Vegetables - 6 oz (102) ◇ Cornbread - 1 ea (211) □ Margarine - 0.5 oz (80) ◇ Chocolate Brownie - 1 ea Tea - s/s 	<ul style="list-style-type: none"> □ Italian Casserole - 10 oz (317) ♥ Tossed Salad - 10 oz bowl (12) □ Creamy HoneyMustard - 1 oz (102) ♥ Broccoli - 6 oz (48) ♥ Wheat Bread - 2 SL (164) □ Margarine - 0.5 oz (80) Tea - s/s 	<ul style="list-style-type: none"> ◇ Pizza - Cheese - 1 SL (433) ♥ Tossed Salad - 10 oz bowl (12) □ French Dressing - 1 oz (102) ♥ Vegetable Soup - 10 fl oz (63) ✕ Pear Crisp - 4 oz (316) Tea - s/s 	<ul style="list-style-type: none"> Loco Moco ♥ Tossed Salad - 10 oz bowl (12) □ Green Goddess Dressing - 1 oz (102) □ Beef Pattie - 1 ea (211) □ Fried Egg - 1 ea (80) □ Beef Gravy - 2 fl oz (46) ♥ White Rice - 6 oz (169) ♥ Peas & Carrots - 6 oz (98) ⊗ Pudding - 4 oz (76) Tea - s/s 	<ul style="list-style-type: none"> Chicken Lo Mein - 4 oz (233) ♥ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaigrette - 1 oz (102) ♥ Noodles - 6 oz (202) ♥ Stir-Fry Vegetables - 6 oz (102) ♥ Flour Tortilla - 1 ea (163) Tea - s/s 	<ul style="list-style-type: none"> Superbowl Sack Dinner ♥ Sack Lunch - Bread - 4 sl ▽ Sack Lunch Deli Meat (Roast Beef) - 3 oz □ Sack Lunch - Cheese - 1 sl Sack Lunch - Mayonnaise - 1 ea Sack Lunch - Mustard - 1 ea Sack Lunch - Peanutbutter - 1.5 oz Sack Lunch - Jelly - 1 oz ◇ Sack Lunch - Chips - 1 bg ◇ Chocolate Chip Cookie - 1 ea (263) ♥ Sack Lunch - Fresh Fruit - 1 ea Sack Lunch - Fresh Veggies - 4 ea Sack Lunch - Juice Packet - 2 ea

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

