



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

July 14, 2022

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SECURITY

Blanket Exchange E-Block

Attention E-BLOCK Dwellers:

E-Block Blanket Exchange will start Friday, July 1, 2022, ending on Sunday, July 31, 2022, and will go as follows:

For those AICs with jobs, blankets can be exchanged during scheduled shower times *only*, and those AICs without jobs, blankets can be exchanged during mainline showers on Tuesdays and Fridays *only*.

Again, this is a one-for-one blanket exchange, so bring your dirty blankets with you to get clean ones.

/s/ J. Hernandez, Clothing Room Sergeant

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential?

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.

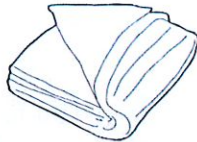
3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all AICs aware a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7?

The role of the advocate is to –
Amplify the victim's voice
Redirect victim blaming
Provide emotional support



Explain options for reporting

Help victim process decision (not guide, recommend or suggest what is right)

Provide resources and referrals

Sit through forensic exam / investigatory interview if desired by the victim.

Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

/s/ C. Porter, Security Lieutenant

COMMISSARY

Updates and Reminders

Reminders:

We have begun planning for the 2022 holiday buying period. Please fill out a suggestion form and send it to NWC for processing. We use your suggestions to help us decide what to offer for the holiday buying period.

News:

Our vendors are working hard to keep prices as low as possible but unfortunately inflation is hitting everyone as cost of goods and transporting goods continues to skyrocket. Price increases are inevitable, as in this case, we were just notified the cost of soda coupons has increased, the new price of soda coupons is \$2.65, effective immediately.

We in commissary appreciate your understanding and patience as we work through the current times.

/s/ A. Nelson, Commissary Operations Manager



HEALTH SERVICES

Blood Pressure Information

If you have high blood pressure, keeping your blood pressure under control can make all the difference in both the quantity and quality of your life. The only way to know whether your blood pressure is under control is to have it checked. If your blood pressure is elevated, it can cause damage without causing any symptoms.

High blood pressure is a major cause of death and disability in the United States. Uncontrolled high blood



pressure can cause damage to all of your organ. Some of these complications include:

- **BRAIN:** A stroke occurs when part of your brain is deprived of oxygen and nutrients, causing brain cells to die. Uncontrolled high blood pressure can lead to stroke by damaging and weakening your brain's blood vessels, causing them to narrow, rupture or leak.
- **EYES:** High blood pressure can damage the vessels supplying blood to your retina, causing retinopathy. This condition can lead to bleeding in the eye, blurred vision and complete loss of vision. If you also have both diabetes and high blood pressure, you're at an even greater risk.
- **HEART:** Coronary artery disease. Coronary artery disease affects the arteries that supply blood to your heart muscle. Arteries narrowed by coronary artery disease don't allow blood to flow freely through your arteries. When blood can't flow freely to your heart, you can experience chest pain, a heart attack or irregular heart rhythms (arrhythmias). High blood pressure forces your heart to work harder than necessary in order to pump blood to the rest of your body. This causes the left ventricle to thicken or stiffen (left ventricular hypertrophy). These changes limit the ventricle's ability to pump blood to your body. This condition increases your risk of heart attack, heart failure and sudden cardiac death. Over time, the strain on your heart caused by high blood pressure can cause your heart muscle to weaken and work less efficiently. Eventually, your overwhelmed heart simply begins to wear out and fail. Damage from heart attacks adds to this problem.
- **KIDNEYS:** High blood pressure is one of the most common causes of kidney failure. The kidneys can't effectively filter waste from your blood. As a result, dangerous levels of fluid and waste can accumulate.

Fortunately, it's possible for nearly everyone to keep their blood pressure under control. The steps to controlling your blood pressure include:

- **Monitoring:** Every time you check your blood pressure, it will be different, because your blood pressure is supposed to fluctuate throughout the day, adapting to your activity level, stress, medication schedule, etc. Your provider will order blood pressure checks depending on your need for monitoring. It is important you keep your appointment for BP checks.

- **Weight Control:** obesity increases both your potential for high blood pressure, and your risk of complications. Even though you don't have much control over the menu, it's possible to control your weight, by being mindful of your calorie intake. If you consume 500 calories less per day, you can lose a pound of fat per week.
- **Exercise:** if you have high blood pressure, regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 points. It's important to be consistent because if you stop exercising, your blood pressure can rise again. Activity doesn't have to be strenuous: walking, using the elliptical, or riding a bicycle are all effective, and much less likely to cause injury than running or basketball.
- **Medication:** there are many different types of medication that can help control high blood pressure. Many of them need to be taken only once a day, and can be kept in your cell—how convenient is that? Even people who need more than one medication might be taking anywhere up to 3 to 5 pills a day, which is not much inconvenience for preventing heart attacks, strokes, kidney failure, and retinopathy. After all, in 5 to 10 years, you're still going to want to use your heart, brain, kidneys and eyes, aren't you?

You may also stop by AM Triage and request a BP check if you are unsure if you have high blood pressure!

/s/ C. Coffey, Medical Services Manager

COUNSELING SERVICES

The Power of Thoughts Group

Are you ready to change the way you handle stress? Research tells us that the way we cope with adversity and stress is directly impacted by the way you think about the world around you. Make the connection between your thoughts and your actions-- which will help you make better decisions and have the positive outcomes you are searching for.

The Power of Thoughts is a new group that will help you identify the thinking patterns that have led to your current situation, how your thoughts and feelings influence your behaviors, and how to flip the script to change bad habits. We will meet Wednesdays at

1:00 pm on the CSF floor with appropriate COVID protocols in place. Send an AIC communication form to your correctional counselor to request a referral or more information.

/s/ J. Doney, Correctional Counselor

EDUCATION

New College Degree Program

Classes will start January 9, 2023.



Oregon Department of Corrections, Corban University, and Paid In Full Oregon have partnered to bring a four-year Bachelor of Science degree program to the Oregon State Correctional Institution. Corban University is a private Christian university in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities. Paid In Full Oregon is a non-profit organization founded with the purpose of partnering with DOC and Corban University "to provide AICs a fully accredited bachelor's degree. Paid In Full Oregon is raising all the funds for this program. There will be no cost to students.

The graduates will earn a Bachelor of Science in Liberal Arts with an emphasis in Psychology, Social Service, and Leadership. This program is about transforming lives. Graduates will not remain at OSCI, rather they will be sent to other institutions to serve as mentors to others.

Twenty-five students will be enrolled. If you meet the qualifications and are accepted, then you will be transferred to OSCI. The new term is scheduled to start in January 2023. This is a voluntary program. The minimum requirements are:

- Minimum of eight years left on sentence at time of enrollment.
- Non-Cash Incentive Level of 3. Level 2s may be considered with institution review and approval on a case-by-case basis.
- High school diploma or GED.
- Accepted by OSCI and can be housed at OSCI.
- Completed application including essays.
- Agreement to mentor others upon completion of degree.
- Only apply if you meet the qualifications.

Corban applications are available in your institution library or by sending an AIC communication form to Janet Norton, DOC Education.

We are accepting applications through August 30, 2022. If you meet the basic criteria listed above and wish to enroll in this program, check your library for the Corban Application. Only 1 packet per student.

Completed applications are mailed to:

Ms. Norton, Education Manager, DOC Education
Oregon Dept. of Corrections
3723 Fairview Industrial Drive SE
Salem, OR 97302

Completed applications must arrive to Ms. Norton no later than August 30, 2022.

/s/ K. Arrington, DOC OSCI Education

RELIGIOUS SERVICES



OSP Weddings

Religious Services will be offering the opportunity to get married in person here at OSP. Weddings will be conducted in the Visiting Room all day on Wednesday, September 14, 2022. AICs will be given a 30-minute window for the ceremony. If you would like to get married then, please send an AIC communication form to Chapel requesting a wedding application.

/s/ A. Perlstein, Chaplain

Weekly Chapel Schedule

SATURDAY, JULY 16

8:00 A.M. LDS
Sweatlodge
JW
1:00 P.M. SDA
Jewish
2:00 P.M. Meditation/
Silent Prayer
6:00 P.M. Calvary Chapel

SUNDAY, JULY 17

8:00 A.M. Spanish Protestant
Spanish JW
1:00 P.M. Asatru Outside Svc
2:00 P.M. Meditation/
Silent Prayer
6:00 P.M. Catholic
Lutheran

MONDAY, JULY 18

2:00 P.M. Meditation/
Silent Prayer

TUESDAY, JULY 19

- 1:00 P.M. Orthodox
Agape Family Svc
- 2:00 P.M. Meditation/
Silent Prayer

WEDNESDAY, JULY 20

- 1:00 P.M. Sweatlodge Drum Practice
- 2:00 P.M. Meditation/
Silent Prayer

THURSDAY, JULY 21

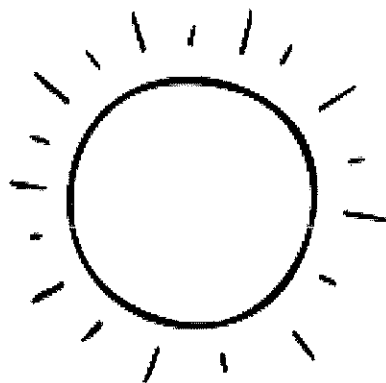
- 2:00 P.M. Meditation/
Silent Prayer

FRIDAY, JULY 22

- 1:00 P.M. Nation of Islam
Sunni Jumu'ah Prayer
- 2:00 P.M. Meditation/
Silent Prayer

Ⓜ = Service is full or restricted. Add requests are not being accepted at this time.

Ⓢ = Service has a waiting list. Submit a request to be placed on waiting list.



A Point to Ponder

“If you don't like the road you're walking, start paving another one!”

- Dolly Parton



OREGON DEPARTMENT OF CORRECTIONS

COVID-19 NEWSLETTER – NOTICE #133

COVID-19 CONFIRMED CASES

As the COVID-19 situation continues, DOC would like to provide you with updated information. As of July 5, 2022, DOC statewide has:

- 37 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
Employees	1,792	1,771		
AICs	5,567	5,321	25,538	47

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 medical care.



OREGON DEPARTMENT OF CORRECTIONS

COVID - 19 BOLETÍN DE NOTICIAS - AVISO #133

COVID-19 CASOS CONFIRMADOS

Mientras continúa la situación de COVID-19, el departamento desea brindarle información actualizada. A partir del 5 del Julio, el departamento en todo el estado tiene:

- 37 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	1,792	1,771		
Presos	5,567	5,321	25,538	47

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.

OCE Open Position Announcement – Statewide

OSCI Printshop Worker- OCE Program Location – *OSCI Printshop*



OCE is recruiting to fill positions with the Printshop at OSCI. Applicants must adhere to a high-quality standard in a fast-paced environment while meeting deadlines. Applicants must be motivated and able to maintain a professional attitude at all times. Position awards 10 to 17 PRAS points, with the opportunity to earn a Team Goal Award. This position has opportunities for reviews, promotions and advancement. The work schedule is Monday-Friday, 7:00-3:30.

Duties include:

- Working in a full-service print shop. Fast paced production environment requires attention to detail of all products we produce.
- Assisting with setting up, operating and adjusting machines.
- Performing folding, collating and fastening printed products by machine and by hand.
- Carrying out routine maintenance and quality control.

Skills that enhance the experience of successful applicants (not required):

- Digital and/or offset printing presses and/or bindery equipment including folders, stitchers', booklet makers, drills, paper cutters, etc.
- Print and Bindery experience is preferred but not necessary. Must have previous machinery operation experience in a production setting. Mechanical aptitude and the ability to diagnose and troubleshoot is necessary.

Applicants must meet the following qualifications:

- Have a valid social security number or equivalent
- Have at least one (1) year clear conduct and (1) years' time incarcerated
- Have no program failures in the past 6 months
- Must have a GED or High School Diploma
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a eighteen (18) month retention agreement – anyone leaving the assignment either by termination or resignation before serving the full retention period will be returned to the sending institution and receive a program failure
- A minimum of 2 years left on your sentence

Essential functions include ability to:

- Being able to stand on your feet for extended periods of time throughout the work day
- Ability to lift 50 lbs
- Communicate respectfully with staff, AICs and clients
- Read proficiently and speak English language clearly
- Work in an production setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you've been looking for. All applicants will need to pass a DOC/OCE security screening and interview before being considered for the position.

Application submission process:

If you are interested in applying, please complete a DOC AIC Work Application referencing OSCI Printshop Worker as the position. Submit paperwork by July 30th to S. Thomas- OCE Offender Service Coordinator C/O OCE Administration 3691 State Street Salem, Or 97309. Applications received after the closing date will not be accepted.

NOTE: Any transfer is subject to safety protocols and may delay the process.



OSP CALORIE MENU WEEK 3: July 18 2022 THROUGH July 24 2022

Monday 7/18/22	Tuesday 7/19/22	Wednesday 7/20/22	Thursday 7/21/22	Friday 7/22/22	Saturday 7/23/22	Sunday 7/24/22
<ul style="list-style-type: none"> <input type="checkbox"/> Pancakes - 3 ea (524) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) ♥ 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 (0) 	<ul style="list-style-type: none"> ♥ Veggie Scramble - 4 oz (108) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) □ 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 (0) 	<ul style="list-style-type: none"> Hobo Breakfast ♥ Farina - 8 oz (140) ♥ Canned Fruit - 4 oz (60) □ Scrambled Eggs - 2 oz (86) □ Ground Beef - 1 oz (66) □ Shredded Cheese - 1 oz (80) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) <p style="font-size: small; margin-top: 0;">Meat Sub: Scrambled Eggs - 3 oz (115)</p>	<ul style="list-style-type: none"> ◇ French Toast - 3 sl (793) ♥ Dry Cereal - 8 oz cup (119) ♥ Fresh Fruit - 1 ea (8) ⊗ Syrup - 2 fl oz (168) □ Margarine - 0.5 oz (80) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> Egg & Cheese Muffin ♥ English Muffin - 1 ea (286) ♥ Oatmeal - 8 oz (138) ♥ Canned Fruit - 4 oz (60) □ Fried Egg - 1 ea (80) □ Cheese - 1 SL (50) □ Fried Potatoes - 6 oz (165) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0) 	<ul style="list-style-type: none"> Poultry Sausage Patty & Eggs □ Poultry Sausage Pattie - 2 oz (172) ♥ Canned Fruit - 4 oz (60) □ Fried Eggs - 2 ea (160) □ 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 (0) <p style="font-size: small; margin-top: 0;">Meat Sub: Peanut Butter - 1 oz (159)</p>	<ul style="list-style-type: none"> ◇ Cinnamon Rolls - 1 ea (308) ♥ 9 Grain Cereal - 8 oz (100) ♥ Fresh Fruit - 1 ea (8) ♥ Hard Boiled Egg - 1 ea (70) ♥ Skim Milk - 16 fl oz (169) ⊗ Sugar - 2 pkts (22) Coffee - s/s (0)
<ul style="list-style-type: none"> BBQ Beef Sandwich □ Carrot Salad - 6 oz (64) ♥ BBQ Beef - 4 oz (118) ♥ Hoagie - 1 ea ♥ Brown Rice - 6 oz (167) ♥ Cauliflower - 6 oz (32) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Deli Sandwich ♥ ⊗ Soup of the Day - 10 fl oz (144) ▽ Deli Meat (Turkey) - 3 oz (135) □ Cheese - 1 SL (50) ♥ Shredded Lettuce - 2 oz (3) ♥ Onions - 1 oz (11) ♥ Hoagie - 1 ea ♥ Carrots - 6 oz (43) ◇ Chips - 1 bag (120) □ Mayonnaise - 0.5 oz (50) ▽ Mustard - 0.5 oz (9) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Tuna Salad Sandwich ♥ Lentil Soup - 10 fl oz (144) ♥ Tuna Salad - 4 oz (150) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (230) ♥ Green Beans - 6 oz (56) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<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 (98) ♥ Bread Stick - 1 ea (94) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Turkey Club Sandwich □ Coleslaw - 6 oz (134) ♥ Turkey - 2 oz (62) ◇ Turkey Bacon - 3 SL (158) ♥ Shredded Lettuce - 2 oz (3) □ Mayonnaise - 0.5 oz (50) ♥ Multi-Grain Bread - 2 SL (156) ♥ Peas & Carrots - 6 oz (66) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Chicken Salad Sandwich ♥ ⊗ Soup of the Day - 10 fl oz (144) □ Chicken Salad - 4 oz (221) ♥ Shredded Lettuce - 2 oz (3) ♥ Wheat Hoagie - 1 ea (230) ♥ Carrots - 6 oz (43) ◇ Chips - 1 bag (120) ♥ Fresh Fruit - 1 ea (8) ♥ Fruit Drink - 8 fl oz (5) 	<ul style="list-style-type: none"> Baked Chicken Quarter - 1 ea ♥ Tossed Salad - 10 oz bowl (12) □ Tangy Dill Vinaigrette - 1 oz (102) ♥ Mashed Potatoes - 6 oz (149) □ Chicken Gravy - 2 fl oz (26) ♥ Peas - 6 oz (92) ♥ Wheat Dinner Roll - 1 ea (154) □ Margarine - 0.5 oz (80) ◇ Ice Cream - 1 ea (80) ♥ Fruit Drink - 8 fl oz (5)
<ul style="list-style-type: none"> □ Shepherd's Pie - 10 oz (332) ♥ Tossed Salad - 10 oz bowl (12) □ French Dressing - 1 oz (102) ♥ Broccoli - 6 oz (48) ♥ Wheat Dinner Roll - 1 ea (154) □ Margarine - 0.5 oz (80) Tea - s/s (0) 	<ul style="list-style-type: none"> Beef Stroganoff - 6 oz (295) □ Tossed Salad - 10 oz bowl (12) □ Green Goddess Dressing - 1 oz (102) ♥ Pasta - 6 oz (179) ♥ Peas - 6 oz (92) ♥ Bread Stick - 1 ea (94) ⊗ Pudding - 4 oz (91) Tea - s/s (0) 	<ul style="list-style-type: none"> Breakfast For Dinner ♥ Canned Fruit - 4 oz (60) ▽ ⊗ Ham - 2 oz (115) □ Fried Egg - 1 ea (80) □ O'Brien Potatoes - 6 oz (149) ▽ Biscuit (large) - 1 ea (296) □ Margarine - 0.5 oz (80) Coffee - s/s (0) 	<ul style="list-style-type: none"> ⊗ Pizza - Poultry Sausage, Jalapeno, Diced Tomato - 1 SL (433) ♥ Tossed Salad - 10 oz bowl (12) □ Ranch Dressing - 1 oz (102) ♥ Vegetable Soup - 10 fl oz (63) ◇ Sugar Cookie - 1 ea Tea - s/s (0) 	<ul style="list-style-type: none"> Cheese Ravioli - 10 ea (269) ♥ Tossed Salad - 10 oz bowl (12) □ Vinaigrette Dressing - 1 oz (102) ♥ Marinara Sauce - 4 fl oz (82) ♥ Broccoli - 6 oz (48) ◇ Caramel Chip Cookie - 1 ea (233) Tea - s/s (0) 	<ul style="list-style-type: none"> Hamburger ♥ Tossed Salad - 10 oz bowl (12) □ 1000 Island Dressing - 1 oz (102) □ Beef Pattie - 1 ea (211) ♥ Onions & Pickles - 1 oz ea (14) Hamburger Bun - 1 ea (244) ♥ Green Beans - 6 oz (56) □ French Fries - 6 oz (245) ▽ Ketchup - 1 oz (34) Tea - s/s (0) 	<ul style="list-style-type: none"> ◇ Turkey Tetrazzini - 10 oz (326) ♥ Tossed Salad - 10 oz bowl (12) □ Creamy Honey Mustard - 1 oz (102) ♥ Blended Vegetables - 6 oz (98) ♥ Wheat Bread - 2 sl (164) □ Margarine - 0.5 oz (80) ♥ Fresh Fruit - 1 ea (8) Tea - s/s (0)

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

