



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

August 18, 2022

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ADMINISTRATION



Update on Visiting

Visiting will remain at five days per week, staying closed on Tuesday and Wednesday. OSP leadership will reassess October 1, 2022. Thank you.

/s/ S. Lane, Superintendent's Office

GENERAL SERVICES



ODOC Food Survey Results 2022

The results of the AIC Food Service Survey that was done earlier this year are here. Survey responses were compiled from all institutions and the top answers are listed on the attached page.

We received some great suggestions for future menus. Please keep in mind that some of your suggestions may not work with our budget. A few suggestions were able to be worked into the next Fall-Winter menus.

Thanks to everyone for your input!

/s/ E. Guevara, ODOC Food Services

ACTIVITIES



Memorial Healing Garden Visiting/Photos

The Asian Pacific Family Club proudly informs the OSP community of the process available to schedule visits and photos in the Memorial Healing Garden. Please send an AIC communication form to the APFC to schedule visits in the Memorial Healing Garden. When submitting a request, please be sure that your work hours and schedule does not conflict. All visiting/photo requests will be submitted to staff for processing every Tuesday; therefore, call passes will be issued for the following week.

Due to programs being held in the Memorial Healing Garden, visiting slots are limited to the following schedule listed below. The cost of a 4X6 photo is \$1.50 each; all proceeds raised from the Memorial Healing

Garden Photo Program goes toward the care, sustainability and maintenance of the koi pond. Please anticipate that photo prints take approximately a month for processing.

Sunday 7:45-9:45am and 1:30-3:30pm

Monday 12:00-2:45pm

Tuesday 12:00-2:45pm

Wednesdays closed for maintenance

Thursday 7:45-9:45am-12:00-2:45pm

Friday 1:30-2:45pm

Saturday 12:00-2:45PM

Please see information channel 1.1 for continuous updates. Thank you.

/s/ A. Powers, Activities Manager

LEGAL LIBRARY



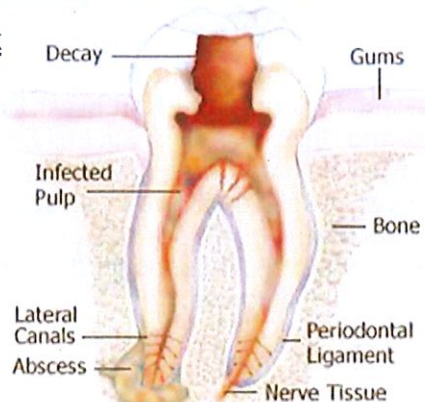
Legal Library Call Passes

Reminder: All AICs must have a call pass to visit the Law Library. AICs who do not have a call pass when visiting the library are in an unauthorized area and are subject to progressive discipline. If you have a question, submit a Law Library AIC Communication Form. The Law Library is extremely busy and cannot assist AICs who show up without a scheduled appointment.

/s/ M. Moore, Legal Library Coordinator

HEALTH SERVICES

Plaque Attack



Tooth decay and gum disease are primarily caused by plaque, a sticky combination of bacteria and food. The bacteria in plaque produce acid that can break down tooth enamel. Plaque begins accumulating on your teeth within minutes of eating, but can be removed through brushing and flossing twice a day. If plaque is not removed thoroughly each day, it hardens into tartar, which can only be removed by a dental care professional. Plaque and tartar lead to a number of problems:

- **Cavities:** Holes that damage the structure of teeth. A common problem (second only to the common cold in prevalence), tooth decay affects 25% of kids aged 2-5, 50% of those aged 12-15, and 90% of adults over 40.
 - **Gingivitis:** Swollen, inflamed, or bleeding gums; may be reversible with good oral hygiene and regular dental visits.
 - **Periodontitis:** Infected gums and destruction of ligaments and bone supporting teeth, often leading to tooth loss if left untreated. Requires professional treatment. Currently, 25% of adults over age 65 have lost all their teeth, primarily because of periodontitis.
 - **Bad breath (halitosis):** Food particles between teeth can rot and lead to bacterial growth.
 - **Abscesses, pain, and inability to use teeth:** Loss of use can lead to nutritional deficiencies.
 - **Health problems outside the mouth:** Gum disease has been linked to everything from heart disease, high cholesterol, diabetes and osteoporosis, to complications in pregnancy like premature births and low birth weight babies.
- Remember to brush and floss your teeth twice a day, it helps keep the dentist away!

/s/ C. Coffey, Medical Services Manager

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

JOB ANNOUNCEMENTS

HVAC Apprenticeship Openings

The HVAC Shop is currently accepting applications for our HVAC/LEB Apprenticeship.

This position will give someone the opportunity to learn a skilled trade and provide a chance to earn a desirable state license that will be of great benefit upon release.

The desired candidate will embody this list of personal traits:

- Self-motivated with a desire to learn new skills and perfect their trade.



- Willingness to take direction, give and receive constructive criticism, and work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Maintain regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Must be able to lift 75 pounds, work in confined spaces, on ladders or scaffolding, and in extreme temperatures.

All applicants are required to possess a GED or high school diploma, have six years left on their sentence, and must have a year of clear conduct with a level 3 NCI.

Please send completed applications to Noland/Willette Physical Plant HVAC Shop.

Applications will be accepted through the end of August.

/s/ P. Willette, Physical Plant

MHI Unit ADL/Peer Companion Position Announcement



We believe that AICS 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 ADLs 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, QMHPs and treatment staff in ensuring that identified AICs 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 skillbuilding; 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 AIC Communication Form 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/ K. Leep, MHI Manager

RELIGIOUS SERVICES

Weekly Chapel Schedule

SATURDAY, AUGUST 20

- 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, AUGUST 21

- 8:00 A.M. Spanish Protestant
Spanish JW
- 2:00 P.M. Meditation/Silent Prayer
- 6:00 P.M. Catholic
Lutheran

MONDAY, AUGUST 22

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

TUESDAY, AUGUST 23

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

WEDNESDAY, AUGUST 24

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

THURSDAY, AUGUST 25

- 1:00 P.M. TUMI
- 2:00 P.M. Meditation/Silent Prayer

FRIDAY, AUGUST 26

- 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.

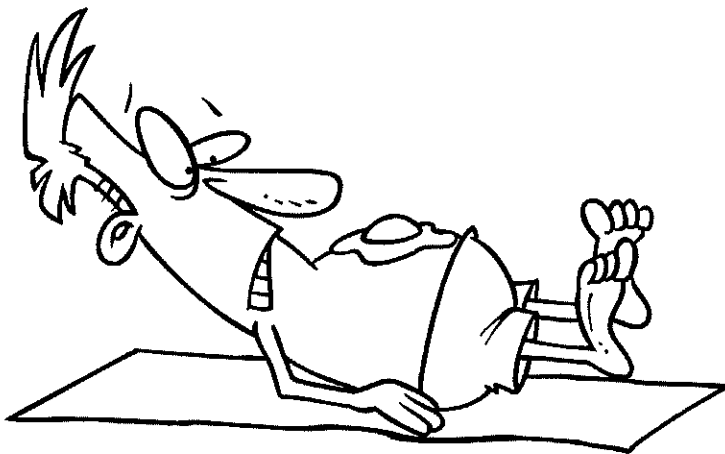
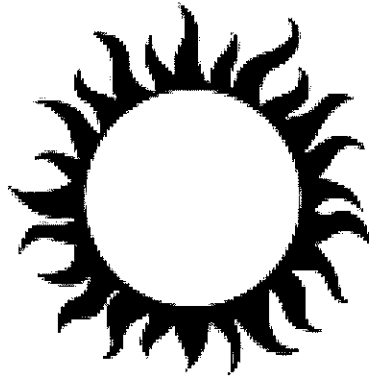
Ⓢ = Service has a waiting list. Submit a request to be placed on waiting list



A Point to Ponder

“Just remember, there are no quick fixes. But, by taking action just a little bit every day, you will build up a powerful reservoir of confidence, self-esteem, and discipline.”

- Scott Allan



OSP CALORIE MENU WEEK 3: August 22 2022 THROUGH August 28 2022

Monday 8/22/22	Tuesday 8/23/22	Wednesday 8/24/22	Thursday 8/25/22	Friday 8/26/22	Saturday 8/27/22	Sunday 8/28/22
<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) 	<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) 	<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 (Ham) - 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 - Roast Beef, Onion, Bell Pepper - 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 HoneyMustard - 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. MAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.

Food Survey Results 2022

Favorite Main Dish Items:

1. Chicken Drumsticks
2. Hamburger
3. Pork Loin
4. Enchilada Casserole
5. Pizza

Favorite Breakfast Items

1. Fried/Scrambled Eggs
2. Hobo Breakfast
3. Sausage Gravy
4. French Toast
5. Veggie Scramble

Items to remove from the menu

1. Tuna Salad Sandwich
2. Chicken Salad Sandwich
3. Pancakes
4. Tuna Casserole
5. Turkey Tetrazzini
6. Turkey ala King
7. Tamale Pie
8. Waffles
9. Italian Casserole
10. Chicken Burger

Items to add to the menu

1. Corn Dogs
2. Chicken Nuggets
3. Breaded Chicken Strips/Tenders
4. Pepperoni
5. Lasagna
6. Tater Tots
7. Fish Nuggets/Sticks
8. More fresh vegetables
9. Steak
10. Enchiladas/Enchilada Casserole

Suggestions to Improve Meal Service

1. Larger portions
2. More protein/meat
3. Less carbs (pasta, potatoes, rice, bread)
4. Serve hot foods hot
5. Use more seasoning
6. Desserts with every dinner or once daily
7. Less casseroles
8. Clean the meal trays better
9. More variety of fruits & vegetables
10. Cook potatoes properly/completely
11. Better accuracy & consistency with portions/scoops
12. Increase food budget for better food quality
13. More or better training for FS staff and AIC cooks
14. More variety for MAT meals (not always beans & rice)
15. Less onions in the recipes
16. FS staff & AIC cooks should care about/take pride in the food they make
17. Offer fresh vegetables on mainline
18. More fried food/bring back deep fryers
19. Take more time to cook foods well
20. Don't overcook the frozen vegetables