



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

August 25, 2022

Page 1

ADMINISTRATION

VISITOR
INFO

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

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



Diabetes Prevention: Tips for taking control, information provided by the Mayo Clinic

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It is especially important to make diabetes prevention a priority if you are at increased risk of diabetes; for example, if you are overweight or have a family history of the disease. In the United States alone, experts at the Centers for Disease Control and Prevention expect diabetes to affect more than 48 million people by 2050. Tweaking your lifestyle could be a big step toward diabetes prevention — and it is never too late to start. Diabetes prevention is as basic as losing extra weight and eating more healthfully. Consider the latest diabetes prevention tips from the American Diabetes Association.

Tip 1: Get more physical activity.

There are many benefits to regular physical activity. It can help you lose weight but even if it does not, it is still important to get off the couch. Whether you lose weight or not, physical activity lowers blood sugar and boosts your sensitivity to insulin — which helps keep your blood sugar within a normal range.

Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefits come from a fitness program that includes both.

Tip 2: Get plenty of fiber.

It is rough, it is tough — and it may reduce the risk of diabetes by improving your blood sugar control. Fiber intake is also associated with a lower risk of heart disease. It may even promote weight loss by helping you feel full. Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.

Tip 4: Lose extra weight.

If you are overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health. And you may be surprised by how much. In one study, overweight adults who lost a modest amount of weight — 5 percent to 10 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by 58 percent over three years.

Tip 5: Skip fad diets and make healthier choices.

Low-carb, low-glycemic load or other fad diets may help you lose weight at first, but their effectiveness at preventing diabetes is not known; nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

/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

Recruitment for Call Center Agents

OSP Call Center is recruiting for Phone Agents.



Requirements:

- No ID Theft or Forgery convictions.
- Must be NCI Level (2).
- Must have basic typing and computer skills.
- Good Customer Service Skills.
- Professional Attitude.

PRAS & IMAP

1. AICs start at 14 PRAS.
2. AICs may earn up to an additional \$110.00 on their trust account.
3. AICs may earn 'Incentive Points' to redeem towards items through the Call Center only.
4. Team Goals set each month, with the opportunity to earn Team Feeds.

There are two companies in the Call Center.

- UGS is appointment setting for phone and internet services.
- HBW is lead generation for insurance services.
 - Each pays their agents for leads differently.

Send an AIC Application to the Call Center. Put the application in the 'OTHER' grey mailbox on the Control Floor. You may also send the application to the Call Center with another AIC.

Any questions, please send an AIC Communication Form to Bruce Potts, OCE Contact Center Manager.

/s/ B. Potts, Call Center Production Manager

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 27

- 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 28

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

MONDAY, AUGUST 29

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

TUESDAY, AUGUST 30

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

WEDNESDAY, AUGUST 31

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

THURSDAY, SEPTEMBER 1

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

FRIDAY, SEPTEMBER 2

- 1:00 P.M. Nation of Islam
Sunni Jum'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 hang out with chickens, you're going to cluck and if you hang out with eagles, you're going to fly."

-Steve Maraboli



OSP CALORIE MENU WEEK 4: August 29 2022 THROUGH September 4 2022

Monday 8/29/22	Tuesday 8/30/22	Wednesday 8/31/22	Thursday 9/1/22	Friday 9/2/22	Saturday 9/3/22	Sunday 9/4/22
<input type="checkbox"/> Pancakes - 3 ea (524) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <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 (0)	Breakfast Burrito <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input type="checkbox"/> Scrambled Eggs - 2 oz (86) <input checked="" type="checkbox"/> Refried Beans - 4 oz (121) <input type="checkbox"/> Shredded Cheese - 0.5 oz (40) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) <input checked="" type="checkbox"/> Salsa - 1 oz (13) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	Egg & Cheese Muffin <input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Fried Egg - 1 ea (80) <input type="checkbox"/> Cheese - 1 SL (50) <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 (0)	<input type="checkbox"/> Beef Hash - 8 oz (187) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Wheat Toast - 2 SL (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input type="checkbox"/> Ketchup - 0.5 oz (17) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	<input type="checkbox"/> Waffles - 2 ea (190) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input checked="" type="checkbox"/> Peanut Butter - 1.5 oz (254) <input checked="" type="checkbox"/> Syrup - 2 fl oz (168) <input checked="" type="checkbox"/> Skim Milk - 16 fl oz (169) <input checked="" type="checkbox"/> Sugar - 2 pkts (22) Coffee - s/s (0)	<input checked="" type="checkbox"/> Bacon & Eggs <input checked="" type="checkbox"/> Bacon - 3 sl (325) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Fried Eggs - 2 ea (160) <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 (0)	<input type="checkbox"/> Cinnamon Rolls - 1 ea (308) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <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 (0)
<input checked="" type="checkbox"/> Hot Dogs - 2 ea (202) <input checked="" type="checkbox"/> Potato Salad - 6 oz (197) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> Ketchup - 0.5 oz (17) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Fried Egg Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Fried Eggs - 2 ea (160) <input checked="" type="checkbox"/> Grilled Bread - 2 SL (164) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Deli Sandwich <input checked="" type="checkbox"/> Split Pea Soup - 10 fl oz (207) <input type="checkbox"/> Deli Meat (Turkey) - 3 oz (135) <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 (230) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input type="checkbox"/> Chips - 1 bag (120) <input type="checkbox"/> Mayonnaise - 0.5 oz (50) <input type="checkbox"/> Mustard - 0.5 oz (9) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	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) Hamburger Bun - 1 ea (244) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Ketchup - 1 oz (34) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Chicken Salad Sandwich <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input type="checkbox"/> Chicken Salad - 4 oz (221) <input checked="" type="checkbox"/> Shredded Lettuce - 2 oz (3) <input checked="" type="checkbox"/> Wheat Hoagie - 1 ea (230) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input type="checkbox"/> Chips - 1 bag (120) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	Taco Salad <input type="checkbox"/> Taco Meat - 4 oz (203) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input type="checkbox"/> Tortilla Chips - 2 oz (279) <input checked="" type="checkbox"/> Salsa - 2 oz (26) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) Bread Dressing / Stuffing - 10 oz <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input type="checkbox"/> Frosted Cake - 1 ea <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input type="checkbox"/> Cajun Meat Loaf - 5 oz (216) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> French Dressing - 1 oz (102) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Peas - 6 oz (92) <input checked="" type="checkbox"/> Dinner Roll - 1 ea (308) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Tamales - 10 oz (433) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Green Goddess Dressing - 1 oz (102) <input checked="" type="checkbox"/> Seasoned Beans - 6 oz (153) <input type="checkbox"/> Tortilla Chips - 1 oz (140) <input checked="" type="checkbox"/> Fruit Bar - 1 ea (284) Tea - s/s (0)	<input checked="" type="checkbox"/> Spaghetti - 6 oz (202) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Carrots - 6 oz (43) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s (0)	<input type="checkbox"/> Pizza - Veggie & Cheese - 1 slc (935) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Ranch Dressing - 1 oz (102) <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input type="checkbox"/> Oatmeal Cookie - 1 ea (263) Tea - s/s (0)	<input checked="" type="checkbox"/> Red Beans & Bacon - 6 oz (245) <input type="checkbox"/> Cole Slaw - 6 oz (134) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (127) Tea - s/s (0)	Chicken Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Chicken Fajita Mix - 4 oz (227) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Wheat Tortillas - 2 ea (314) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Mango Salsa - 2 oz (33) Tea - s/s (0)	Tuna Noodle Casserole - 10 oz (285) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <input checked="" type="checkbox"/> 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.