



SECURITY



Call Passes

Call passes are considered to be a written order. You are required to report to a callout at the time written on the call pass. Whether it is a visit, medical, counselor, or any other area, you must report. If you are wanting to refuse the service, you still must report to the location on the call pass at the time indicated. Failure to report may result in discipline.

/s/ W. Bellman, Security Captain

GENERAL SERVICES



New Menu Printout

When the Fall-Winter 2022-2023 menus are released, you will notice that the menus will have a different "look" to them. The ODOC is using a new menu planning computer program for the week-at-a-glance menus, calorie report, and carb report.

You will notice that the way the serving sizes are described has changed. The previous menu planning program used volume-ounces (vol-oz) to describe items served by volume. The new menu planning program does not do that; it uses cups to describe items served by volume.

We will continue to produce 5-week cycle menus which will change twice yearly. You will be able to view all three meals per day for each week of the cycle on the week-at-a-glance menus. The menus will continue to be posted in the dining hall and/or in the living units. Each institution may do this a little differently.

The menu symbols will change to letter codes. Food items that contain high amounts of nutrients which some AICs may want to eat less of will be marked with a 3-letter code instead of a picture symbol. There will be a key at the bottom of the menu printout which describes each code.

The accuracy of the nutrition content of foods and recipes has improved with this new program. You may notice that some of the calorie or carbohydrate content of foods is slightly different on the new reports. The

calorie report is available to all AICs. Each institution makes this report available differently. The carbohydrate report is for AICs with diabetes. Talk with your healthcare provider if you need the carb report.

/s/ E. Guevara, DOC Registered Dietitian

Plumbing Work/Repair Requests

For timely processing of work/repair requests for plumbing in your housing cell or at your work location, please follow the procedure outlined below:



For housing cell:

Notify your tier officer or block sergeant as soon as an issue arises. Provide a brief but detailed explanation. An electronic work order request will be submitted to the Physical Plant Office for processing.

For work location (i.e., OCE, Food Services, Yard):

Notify your staff supervisor as soon as an issue arises. Provide a brief but detailed explanation. An electronic work order request will be submitted to the Physical Plant Office for processing.

All work order requests are prioritized based on the nature of the request and the current workload of the Plumbing Shop. Lower priority items such as a dripping cell faucet will be addressed as the workload allows.

/s/ J. Ellertson, Physical Plant Manager

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

HEALTH SERVICES



Flu Vaccine Clinic

Well, it's that time of year again, flu and cold season. Health Services will be holding flu clinics in October/November. As with previous years, this will be a opt in/opt out process. Everyone will need to come and either sign a consent form for the vaccine and receive the flu vaccine right then or sign a refusal form that you do not want the vaccine, but that Health Services offered the vaccine to you.

The best way to decrease your chance of catching the flu and cold viruses are to wash your hands before you eat or touch your face. If you end up becoming sick with the flu or cold virus, please be sure to cover your mouth when you cough or sneeze and wash, wash, wash your hands. Since cold and flu are viruses, antibiotics will not work.

/s/ K. Ross, Nurse Manager

COUNSELING SERVICES

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 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. Our next group starts in mid-October. We will meet Wednesdays at 1pm on the CSF floor. Send an AIC Communication Form to your correctional counselor to request a referral or more information.

/s/ J. Doney, Correctional Counselor

ICH Unit Peer Companion Position Announcement

We believe that Adults in Custody (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 multiple Peer Companions 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, QMHPs and treatment staff in ensuring that identified AICs 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 AIC Communication Form to Tyann Etzel, ICH Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year, it is preferred that you have one or more years left on your sentence.

/s/ T. Etzel, BHS Manager



JOB ANNOUNCEMENT

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

RELIGIOUS SERVICES

Chapel Addition

I want to announce an addition to our Chapel Service Schedule. Pastor Sean Hicks from Emmanuel Church in Portland will be re-starting his Chapel service later in September/early October. Before the Covid pandemic restricted our Chapel program, his group would normally come in the fifth Sunday night of various months.

This Chapel service is scheduled for Thursday nights, from 6:00 pm to 8:00 pm. It is a Gospel-oriented service, with Bible instruction. Come and be blessed.

If you are interested in attending this service, please send an AIC Communication Form and we will add you to the list.

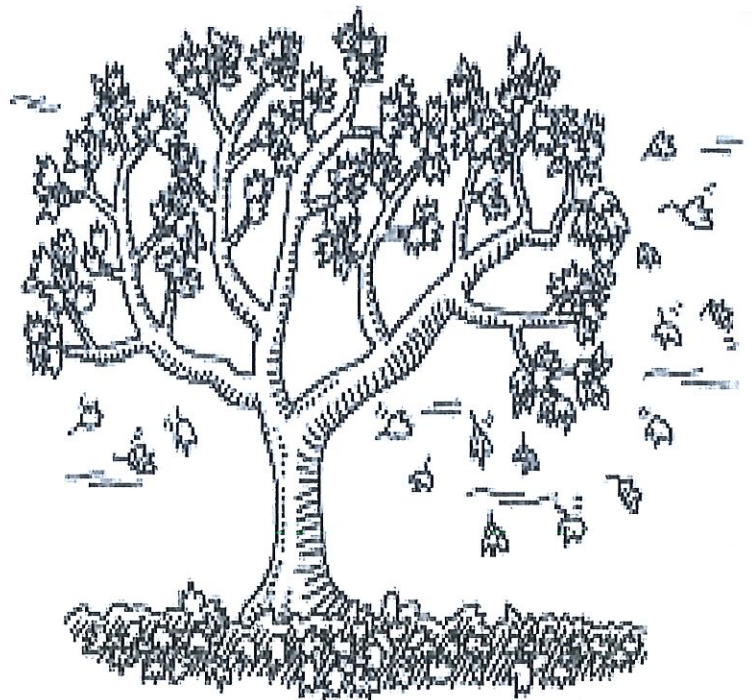
/s/ D. Stahlnecker, Chaplain



A Point to Ponder

"It's worth remembering that it is often the small steps, not the giant leaps, that bring about the most lasting change."

~ Queen Elizabeth II



OSP CALORIE MENU WEEK 2: September 19 2022 THROUGH September 25 2022

Monday 9/19/22	Tuesday 9/20/22	Wednesday 9/21/22	Thursday 9/22/22	Friday 9/23/22	Saturday 9/24/22	Sunday 9/25/22
<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)	<input type="checkbox"/> Waffles - 2 ea (190) <input checked="" type="checkbox"/> 9 Grain Cereal - 8 oz (100) <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)	Egg & Cheese Muffin <input checked="" type="checkbox"/> English Muffin - 1 ea (286) <input checked="" type="checkbox"/> Dry Cereal - 8 oz cup (119) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <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)	Biscuit & Gravy <input checked="" type="checkbox"/> Sausage Gravy - 6 oz (299) <input checked="" type="checkbox"/> Farina - 8 oz (140) <input checked="" type="checkbox"/> Canned Fruit - 4 oz (60) <input type="checkbox"/> Biscuit (large) - 1 ea (296) <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) <small>Meat Sub: Peanut Butter - 1.5 oz (239)</small>	<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) <small>Meat Sub: Peanut Butter - 1 oz (159)</small>	<input checked="" type="checkbox"/> Cinnamon Rolls - 1 ea (308) <input checked="" type="checkbox"/> Oatmeal - 8 oz (138) <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"/> Tuna Salad Sandwich <input checked="" type="checkbox"/> Vegetable Soup - 10 fl oz (63) <input checked="" type="checkbox"/> Tuna Salad - 4 oz (150) <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 checked="" 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)	Chef Salad <input checked="" type="checkbox"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Turkey - 2 oz (62) <input type="checkbox"/> Shredded Cheese - 1 oz (80) <input checked="" type="checkbox"/> Hard Boiled Egg - 1 ea (70) <input checked="" type="checkbox"/> Lettuce - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 2 oz (204) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> Bread Stick - 1 ea (94) <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"/> Minestrone Soup - 10 fl oz (130) <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 checked="" 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)	<input checked="" type="checkbox"/> Pork Fajitas <input type="checkbox"/> Texas Slaw - 6 oz (117) <input type="checkbox"/> Pork Fajita Mix - 4 oz (203) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Flour Tortillas - 2 ea (326) <input checked="" type="checkbox"/> Spanish Rice - 6 oz (130) <input checked="" type="checkbox"/> Mango Salsa - 2 oz (33) <input checked="" type="checkbox"/> Fresh Fruit - 1 ea (8) <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)	<input type="checkbox"/> Chicken Tortilla Stew - 10 fl oz (201) <input type="checkbox"/> Colleslaw - 6 oz (134) <input checked="" type="checkbox"/> Brown Rice - 6 oz (167) <input checked="" type="checkbox"/> Broccoli - 6 oz (48) <input type="checkbox"/> Tortilla Chips - 1 oz (140) <input type="checkbox"/> Sour Cream - 1 oz (38) <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"/> Soup of the Day - 10 fl oz (144) <input checked="" type="checkbox"/> Deli Meat (Ham) - 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"/> Hoagie - 1 ea <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 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)	<input checked="" type="checkbox"/> Roast Turkey - 3 oz (106) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Creamy HoneyMustard - 1 oz (102) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <input type="checkbox"/> Poultry Gravy - 2 fl oz (26) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Wheat Bread - 2 sl (164) <input type="checkbox"/> Margarine - 0.5 oz (80) <input checked="" type="checkbox"/> Frosted Cake - 1 ea <input checked="" type="checkbox"/> Fruit Drink - 8 fl oz (5)
<input type="checkbox"/> Chicken Stir-Fry - 4 oz (213) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Tangy Dill Vinaigrette - 1 oz (102) <input checked="" type="checkbox"/> Stir-Fry Vegetables - 6 oz (89) <input checked="" type="checkbox"/> White Rice - 6 oz (169) <input checked="" type="checkbox"/> Flour Tortilla - 1 ea (163) Tea - s/s (0)	<input type="checkbox"/> Salisbury Steak - 4 oz (201) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Vinaigrette Dressing - 1 oz (102) <input type="checkbox"/> Beef Gravy - 2 fl oz (46) <input checked="" type="checkbox"/> Mashed Potatoes - 6 oz (149) <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) <input checked="" type="checkbox"/> Pear Crisp - 4 oz (316) Tea - s/s (0)	<input type="checkbox"/> Chili Mac - 10 oz (292) <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> Russian Dressing - 1 oz (102) <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Cornbread - 1 ea (211) <input type="checkbox"/> Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> Phos - Chicken, Bell Peppers, Onions - 1 ea (433) <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 checked="" type="checkbox"/> Chocolate Brownie - 1 ea Tea - s/s (0)	Philly Beef Sandwich <input checked="" type="checkbox"/> Tossed Salad - 10 oz bowl (12) <input type="checkbox"/> 1000 Island Dressing - 1 oz (102) <input type="checkbox"/> Roast Beef - 3 oz (98) <input type="checkbox"/> Cheese Sauce - 2 fl oz (119) <input checked="" type="checkbox"/> Onions & Peppers - 4 oz (33) <input checked="" type="checkbox"/> Hoagie - 1 ea <input checked="" type="checkbox"/> Green Beans - 6 oz (56) <input checked="" type="checkbox"/> Gelatin w/whip topping - 4 oz (127) 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"/> Basil Dressing - 1 oz (102) <input type="checkbox"/> Meat Sauce - 6 oz (227) <input checked="" type="checkbox"/> Blended Vegetables - 6 oz (98) <input checked="" type="checkbox"/> French Bread - 1 SL (122) <input type="checkbox"/> Garlic Margarine - 0.5 oz (80) Tea - s/s (0)	<input checked="" type="checkbox"/> BBQ Chicken Burger <input checked="" type="checkbox"/> Beet Salad - 6 oz (111) <input type="checkbox"/> Chicken Burger Patty - 1 ea (232) <input checked="" type="checkbox"/> BBQ Sauce - 1 fl oz (33) <input checked="" type="checkbox"/> Wheat Hamburger Bun - 1 ea (244) <input checked="" type="checkbox"/> Cauliflower - 6 oz (32) <input type="checkbox"/> French Fries - 6 oz (245) <input type="checkbox"/> Ketchup - 1 oz (34) <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. MAY/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.