



# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

September 22, 2022

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## 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

## 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

## Group Living

### Evening Winter Activities 2022

Summer night yard activities will conclude on Sunday October 02, 2022. The Evening winter activities will begin Monday October 03, 2022.

Scheduling will be in three groups on a rotating basis.

1. E- Block
2. D- Block
3. A- Block & C. Block.



Blocks rotate every third night starting with E-Block on Monday October 03, only AIC's living in the scheduled block(s) may attend.

**The following procedures will be in effect:**

1. A line for the evening activities will be ran from the eligible housing units to the Recreation Yard building@ 7:00 p.m., this will be the only line out. Evening yard ends at 9:00 p.m.
2. AICs will go down the main avenue and enter the Recreation Yard through electric gate #9, at the southwest corner of the basketball court. Security will not allow anyone to remain outside the Recreation Yard building.
3. If a Block has Winter Evening Activities and Evening Showers on the same night, those AIC's can go to the Recreation Yard directly after their showers (you may not return to your housing unit first). These persons go directly to the Recreation Yard Building through the Security Gate and continue through electric gate #3.
4. The Card Room, Basketball Court, Pool Room, and showers will be open.
5. The television in the card room is only for movies. The sports television is for sports viewing except on minority viewing nights (Tuesday, Wednesday and Thursday).
6. Security calls optional one-way Cell/ Pill Line at 8:00 p.m. There will be no returning to the yard from this line.

If you have any questions, please direct them to the Officer in Charge.

/s/ C. Porter, Group Living Captain



## COUNSELING SERVICES

### 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



### Recovery Mentor Program

OSP is running a pilot program – the first of its kind, the Recovery Mentor Program. The Recovery Mentor program matches trained addiction Recovery Mentors with individuals within this community that would like to achieve long-term, sustained, recovery. There are many ways to recovery and this program honors those different ways. Within the Recovery Mentor program,



there are two sub-programs: Diversion and Non-Diversion. The purpose of this bulletin is to inform the population about the programs.

The Diversion Program is for AICs that receive a misconduct report for a positive urine test taken while in General Population. AICs that take a urine test in segregation, substitute a sample, or that refuse to take a urine test, do not qualify for the Diversion Program. The program consists of 175 hours of addiction specific groups and individual sessions with their mentors along with a variety of other opportunities to attain hours. The program lasts at least 6 months in which time AICs will need to complete the 175 approved hours. Individuals that participate in the program will still be subject to LOP and a small fine but will generally skip the trip to segregation and not lose their visits, job, or housing. Participants that successfully complete the program may petition the Inspector General's Office to vacate the original misconduct report.

The Non-Diversion Program is much the same as the Diversion Program with respect to the variety of groups and individual sessions offered. The primary difference between the two is that you are not required to have a positive urine screening to participate in the Non-Diversion Program. You can sign up for this program anytime you are ready to receive help from the program.

If you have any questions, please feel free to reach out to Nick Crapser, BHS Manager, via AIC Communication Form.

/s/ C. Lenex, Correctional Rehabilitation Manager

### 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

## **JOB ANNOUNCEMENT**

### HVAC Apprenticeship Opening

The HVAC Shop is currently accepting applications for our HVAC/LEB Apprenticeship program through the end of September.

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, 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 September.

/s/ P. Willette, Physical Plant



## **A Point to Ponder**

*“Big jobs usually go to the men who prove their ability to outgrow small ones.”*

*~ Theodore Roosevelt*



## OSP CALORIE MENU WEEK 3: September 26 2022 THROUGH October 2 2022

| Monday 9/26/22  | Tuesday 9/27/22  | Wednesday 9/28/22   | Thursday 9/29/22   | Friday 9/30/22   | Saturday 10/1/22  | Sunday 10/2/22   |
|---|--|---|--|--|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Panca kes - 3 ea (524)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul> | <ul style="list-style-type: none"> <li>♥ Veggie Scramble - 4 oz (108)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>   | <ul style="list-style-type: none"> <li>Hobo Breakfast</li> <li>♥ Farina - 8 oz (140)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Scrambled Eggs - 2 oz (86)</li> <li>□ Ground Beef - 1 oz (66)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>   | <ul style="list-style-type: none"> <li>◇ French Toast - 3 sl (793)</li> <li>♥ Dry Cereal - 8 oz cup (119)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>⊗ Syrup - 2 fl oz (168)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>  | <ul style="list-style-type: none"> <li>Egg &amp; Cheese Muffin</li> <li>♥ English Muffin - 1 ea (286)</li> <li>♥ Oatmeal - 8 oz (138)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Fried Egg - 1 ea (80)</li> <li>□ Cheese - 1 SL (50)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>  | <ul style="list-style-type: none"> <li>Poultry Sausage Pattie &amp; Eggs</li> <li>□ Poultry Sausage Pattie - 2 oz (172)</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>□ Fried Eggs - 2 ea (160)</li> <li>□ Fried Potatoes - 6 oz (165)</li> <li>♥ Wheat Toast - 2 SL (164)</li> <li>⊗ Jelly - 1 oz (80)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul> | <ul style="list-style-type: none"> <li>× Pastry With Fruit - 1 ea (308)</li> <li>♥ 9 Grain Cereal - 8 oz (100)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Hard Boiled Egg - 1 ea (70)</li> <li>♥ Skim Milk - 16 fl oz (169)</li> <li>⊗ Sugar - 2 pkts (22)</li> <li>Coffee - s/s (0)</li> </ul>  |
| <ul style="list-style-type: none"> <li>BBQ Beef Sandwich</li> <li>□ Carrot Salad - 6 oz (64)</li> <li>♥ BBQ Beef - 4 oz (118)</li> <li>♥ Hoagie - 1 ea</li> <li>♥ Brown Rice - 6 oz (167)</li> <li>♥ Cauliflower - 6 oz (32)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>  | <ul style="list-style-type: none"> <li>Deli Sandwich</li> <li>♥ ⊗ Soup of the Day - 10 fl oz (144)</li> <li>▽ Deli Meat (Chicken) - 3 oz (135)</li> <li>□ Cheese - 1 SL (50)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Onions - 1 oz (11)</li> <li>♥ Hoagie - 1 ea</li> <li>♥ Carrots - 6 oz (43)</li> <li>◇ Chips - 1 bag (120)</li> <li>□ Mayonnaise - 0.5 oz (50)</li> <li>▽ Mustard - 0.5 oz (9)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Tuna Salad Sandwich</li> <li>♥ Lentil Soup - 10 fl oz (144)</li> <li>♥ Tuna Salad - 4 oz (150)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>   | <ul style="list-style-type: none"> <li>Chicken over Lettuce Salad</li> <li>♥ Cream of Potato Soup - 10 fl oz (160)</li> <li>♥ Grilled Chicken - 3 oz (153)</li> <li>♥ Lettuce - 10 oz bowl (12)</li> <li>♥ Onions - 1 oz (11)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>□ 1000 Island Dressing - 2 oz (204)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Turkey Club Sandwich</li> <li>□ Col eslaw - 6 oz (134)</li> <li>♥ Turkey - 2 oz (62)</li> <li>◇ Turkey Bacon - 3 SL (158)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>□ Mayonnaise - 0.5 oz (50)</li> <li>♥ Multi-Grain Bread - 2 SL (156)</li> <li>♥ Peas &amp; Carrots - 6 oz (66)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Chicken Salad Sandwich</li> <li>♥ ⊗ Soup of the Day - 10 fl oz (144)</li> <li>□ Chicken Salad - 4 oz (221)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>♥ Wheat Hoagie - 1 ea (230)</li> <li>♥ Carrots - 6 oz (43)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul>   | <ul style="list-style-type: none"> <li>Baked Chicken Quarter - 1 ea</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Tangy Dill Vinaigrette - 1 oz (102)</li> <li>♥ Mashed Potatoes - 6 oz (149)</li> <li>□ Chicken Gravy - 2 fl oz (26)</li> <li>♥ Peas - 6 oz (92)</li> <li>♥ Wheat Dinner Roll - 1 ea (154)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>◇ Ice Cream - 1 ea (80)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> |
| <ul style="list-style-type: none"> <li>□ Shepherd's Pie - 10 oz (332)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ French Dressing - 1 oz (102)</li> <li>♥ Broccoli - 6 oz (48)</li> <li>♥ Wheat Dinner Roll - 1 ea (154)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Tea - s/s (0)</li> </ul>  | <ul style="list-style-type: none"> <li>Breakfast For Dinner</li> <li>♥ Canned Fruit - 4 oz (60)</li> <li>▽ ⊗ Ham - 2 oz (115)</li> <li>□ Fried Egg - 1 ea (80)</li> <li>□ O'Brien Potatoes - 6 oz (149)</li> <li>▽ Biscuit (large) - 1 ea (296)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>Coffee - s/s (0)</li> </ul>  | <ul style="list-style-type: none"> <li>Tuna Salad Sandwich</li> <li>♥ Cream of Potato Soup - 10 fl oz (160)</li> <li>♥ Grilled Chicken - 3 oz (153)</li> <li>♥ Lettuce - 10 oz bowl (12)</li> <li>♥ Onions - 1 oz (11)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>□ 1000 Island Dressing - 2 oz (204)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Chicken over Lettuce Salad</li> <li>♥ Cream of Potato Soup - 10 fl oz (160)</li> <li>♥ Grilled Chicken - 3 oz (153)</li> <li>♥ Lettuce - 10 oz bowl (12)</li> <li>♥ Onions - 1 oz (11)</li> <li>□ Shredded Cheese - 1 oz (80)</li> <li>□ 1000 Island Dressing - 2 oz (204)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Bread Stick - 1 ea (94)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Turkey Club Sandwich</li> <li>□ Col eslaw - 6 oz (134)</li> <li>♥ Turkey - 2 oz (62)</li> <li>◇ Turkey Bacon - 3 SL (158)</li> <li>♥ Shredded Lettuce - 2 oz (3)</li> <li>□ Mayonnaise - 0.5 oz (50)</li> <li>♥ Multi-Grain Bread - 2 SL (156)</li> <li>♥ Peas &amp; Carrots - 6 oz (66)</li> <li>◇ Chips - 1 bag (120)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>♥ Fruit Drink - 8 fl oz (5)</li> </ul> | <ul style="list-style-type: none"> <li>Hamburger</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ 1000 Island Dressing - 1 oz (102)</li> <li>□ Beef Pattie - 1 ea (211)</li> <li>♥ Onions &amp; Pickles - 1 oz ea (14)</li> <li>Hamburger Bun - 1 ea (244)</li> <li>♥ Green Beans - 6 oz (56)</li> <li>□ French Fries - 6 oz (245)</li> <li>▽ Ketchup - 1 oz (34)</li> <li>Tea - s/s (0)</li> </ul>   | <ul style="list-style-type: none"> <li>◇ Turkey Tetrazzini - 10 oz (326)</li> <li>♥ Tossed Salad - 10 oz bowl (12)</li> <li>□ Creamy HoneyMustard - 1 oz (102)</li> <li>♥ Blended Vegetables - 6 oz (98)</li> <li>♥ Wheat Bread - 2 sl (164)</li> <li>□ Margarine - 0.5 oz (80)</li> <li>♥ Fresh Fruit - 1 ea (8)</li> <li>Tea - s/s (0)</li> </ul>  |

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.