



SECURITY



Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by dialing 9 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Office of Constituent Services
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- ≈ Provide confidential support and crisis intervention
- ≈ Inform you about the investigation and medical examination process
- ≈ Educate you about healing from sexual abuse
- ≈ Offer resources and referrals

Advocates will:

- ≈ Not tell you what to do
- ≈ Not communicate with the institution unless you request them to do so and sign a release
- ≈ Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

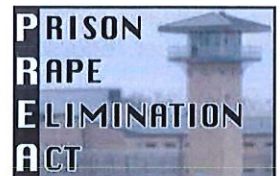
Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301



Ley de Eliminación de la Violación en Prisión (Información PREA)

El Departamento de Correcciones de Oregon (ODOC) tiene una política de tolerancia cero para el abuso sexual, el acoso sexual y las represalias por denunciar un incidente. Puede informar en persona a cualquier personal, a través de una comunicación de AIC, a través del sistema de quejas, llamando a la línea directa de PREA marcando 9 desde cualquier teléfono de AIC.

Presentación de un informe prea anónimo

Si se siente incómodo al presentar una acusación de PREA, puede presentar un informe anónimo ante una agencia externa.

Puede escribir a:

Oficina del Gobernador de Servicios Constituyentes
900 Court Street NE, Suite 254
97301, Salem, Oregón

Indique al principio de su carta que está presentando una denuncia de PREA y que está solicitando permanecer en el anonimato. La Oficina del Gobernador remitirá todas las acusaciones anónimas al Coordinador de DOC PREA para garantizar que se complete una investigación basada en la información que se proporciona.

Programa de Defensa (Apoyo) de PREA Basado en la Comunidad

ODOC se ha asociado con defensores confidenciales y basados en la comunidad de víctimas de abuso sexual para proporcionar servicios a AICs.

Los AICen ODOC que han experimentado abuso sexual pueden comunicarse con un defensor basado en la comunidad marcando los sistemas telefónicos 711 AIC , o pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, información y apoyo emocional. No hay cargo por llamadas a defensores.

Papel de un defensor:

- Proporcionar apoyo confidencial e intervención en crisis
- Informarle sobre el proceso de investigación y examen médico
- Educarlo sobre la curación del abuso sexual
- Ofrecer recursos y referencias

Los defensores:

- No te digo qué hacer
- No comunicarse con la institución a menos que usted solicite que lo hagan y firmen una liberación
- No proporcionar asesoramiento legal

CONFIDENCIAL

Los centros de defensa basados en la comunidad brindan apoyo contra el abuso sexual a personas de todos los géneros. Los defensores basados en la comunidad no informarán a menos que usted les solicite que lo hagan y si usted firma una divulgación de información.

El DOC se compromete a proporcionar a los reclusos vías para buscar ayuda. A continuación se presentan recursos adicionales:

Sede internacional de Just Detention
3325 Wilshire Blvd., Suite 340
Los Ángeles, CA 90010

La línea de crisis de defensa basada en la comunidad es para personas que necesitan asistencia para hacer frente a problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con centros de defensa basados en la comunidad se consideran una comunicación privilegiada y se manejarán de manera similar a las llamadas legales / correo oficial.

Si tiene alguna otra pregunta con respecto a PREA, puede preguntarle a cualquier miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir:

E. Sage, Coordinador de TOO
Departamento de Correcciones de Oregón
2575 Centro St.NE
97301, Salem, Oregón

/s/ B. Gaither, Group Living Captain



Notice Of Scheduled PREA Audit

The Oregon State Penitentiary will be undergoing an audit for compliance with the United States Department of Justice's National Standards to Prevent, Detect, and Respond to Prison Rape under the Prison Rape Elimination Act (PREA) for Adult Prisons & Jails from December 6-8, 2022.

Any person with information relevant to this compliance audit may confidentially* correspond with the auditor via the following address:

John Katavich
Attn: PREA Unit
P.O. Box 942883
Sacramento, CA 94283-0001



*CONFIDENTIALITY – All correspondence and disclosures during interviews with the designated auditor are confidential and will not be disclosed unless required by law. There are exceptions when confidentiality must be legally broken. Exceptions include, but are not limited to the following:

- if the person is an immediate danger to her/himself or others (e.g. suicide or homicide);
- allegations of suspected of child abuse, neglect or maltreatment;
- in legal proceedings where information has been subpoenaed by a court of appropriate jurisdiction.

AVISO AUDITORIA DE PREA

La Penitenciaría Estatal de Oregón estará sujeto a una auditoría de cumplimiento con los Estándares

Nacionales del Departamento de Justicia de los Estados Unidos para Prevenir, Detectar, y Responder a la Violencia Sexual bajo la Ley para la Eliminación de la Violencia Sexual en Prisiones y cárceles para adultos (PREA, por sus siglas en inglés), del 6 al 8 de diciembre de 2022.

Cualquier persona que posea información relevante para esta auditoría de cumplimiento puede contactar a la Auditora confidencialmente*, por correo, a la siguiente dirección:

John Katavich
 Attn: PREA Unit
 P.O. Box 942883
 Sacramento, CA 94283-0001



*CONFIDENCIALIDAD – Toda correspondencia y divulgaciones durante entrevistas con la Auditora designada son confidenciales y no serán divulgadas, a menos que sea requerido por ley. Hay excepciones que requieren que legalmente se rompa la confidencialidad. Estas excepciones incluyen, pero no se limitan, a las siguientes situaciones:

- Cuando la persona representa un riesgo inminente hacia sí o hacia otras personas (por ejemplo, suicidio u homicidio);
- Cuando surgen alegaciones sobre sospechas de abuso, negligencia o maltrato de menores;
- En procesos judiciales para los cuáles la información es requerida mediante orden de un tribunal con jurisdicción.

/s/ B. Gaither, Group Living Captain

GROUP LIVING



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

Answer: That buzzer sound is to make sure all AICs are aware that 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

- a. Amplify the victim voice
- b. Redirect victim blaming
- c. Provide emotional support
- d. Explain options for reporting
- e. Help victims process decision (not guide, recommend, or suggest what is right)
- f. Provide resources and referrals
- g. Sit through forensic exam/investigatory interview if desired by the victim
- h. Support family and friends of the victim

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

/s/ B. Gaither, Group Living Captain

GENERAL SERVICES

Measurement Terms on Menus

In the last newsletter article from Foodservice, AICs were informed of the change in how serving sizes are described on the menus. Some of the terms may be new to some people, so here is a list of the terms and the abbreviation for each term that appears on the menus.

Volume Measurements

- TSP = Teaspoon
- TBS = Tablespoon
- CP = Cup
- FLOZ = Fluid Ounce (for liquids)



Unit Measurements

- SL = Slice
- EA = Each
- BAG = Bag (for chips)

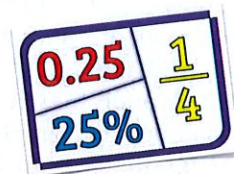


Weight Measurements

- OZ = Ounce
- OZCKD = Ounce Cooked

Decimal to Fraction Conversions (for serving sizes)

- 0.25 = 1/4
- 0.33 = 1/3
- 0.50 = 1/2
- 0.75 = 3/4
- 1.25 = 1 1/4



Calorie and Carbohydrate report units of measurement

KCAL = Calories

GRM = Grams

/s/ E. Guevara, DOC Dietitian

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

EDUCATION



U of O PEP Artwork Contest

The University of Oregon's Prison Education Program (PEP) is seeking artwork for our third annual art exhibition on the UO campus featuring artists from OSCI, OSP and now CCCF. Submitted artworks will be displayed in the heart of campus in the bustling Erb Memorial Union (EMU) student union building from February 6, 2023 through March 9, 2023. We hope to celebrate the talents of artists inside and offer opportunities for feedback from UO faculty, students

and community members who view the show. This year's exhibition theme is "Sense of Place" but artwork of any inspiration not related to the theme is welcome too.

The early deadline to submit works to the show is Monday, November 28, 2022. The final submission deadline is Friday, December 30, 2022. Once art has left the institution it cannot be returned to the artist, so all works will be donated to the PEP to be kept by the program or sold after the show closes with all proceeds benefiting the PEP's educational opportunities in Oregon's prisons. Artists who are featured in the show will receive written feedback about their submitted works and a printed catalog documenting works in the show and the gallery space. A video tour of the show will be available on PEP TV, the PEP's educational programming channel. We look forward to celebrating your talent with you!

Please send a AIC communication form to Aaron Powers (PEP), indicating that you plan to donate a piece of artwork. Drop your AIC communication form into the Activities Floor mailbox at the bottom of the Activities staircase. You will be placed on call-out to sign the Art Show Release Form and turn in your piece.

/s/ T. Olsen, Activities Rec. Specialist Lead

A Point to Ponder

"Being responsible is an enormous privilege... It's what marks anyone a fully grown human."

~ Barack Obama



**THANK YOU
VETERANS**



HONORING ALL WHO SERVED



Mainline

		Week at a Glance						
		Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022	Saturday 11/19/2022	Sunday 11/20/2022
Week 5	BREAKFAST	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP Turkey Bacon (Sfa, Sod, Chl) - 3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 5	LUNCH	Texas Slaw - 0.75 CP Chicken Fajita Mix (Chl) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Brown Rice - 0.75 CP Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ Chef Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa, Chl) - 1.00 EA Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Split Pea Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Philly Beef (Sod, Chl) - 3.00 FLOZ Cheese Sauce (Sfa, Chl) - 2.00 FLOZ Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Nacho Meat - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa, Chl) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork Loin (Chl, Sfa) - 3.00 OZCKD Scalloped Potatoes (Sod) - 0.75 CP Broccoli - 0.75 CP Breadstick - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 5	DINNER	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Macaroni & Cheese (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Sloppy Joe (Sod, Chl, Sfa) - 0.75 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Zucchini - 0.75 CP Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Chl, Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sfa) - 1.00 EA Sugar Cookie (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Patty (Chl, Sfa) - 1.00 SV Fried Egg (Sfa, Chl) - 1.00 EA Beef Gravy - 2.00 FLOZ White Rice - 0.75 CP Peas and Carrots - 0.75 CP Pear Crisp (Sfa, Sod) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Noodle Casserole (Sod, Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Black Bean Burger - 1.00 EA Salsa (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Carrots - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.
*Items contain or may contain pork. Meat-Alternative Trays are available at lunch and dinner only.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

© Powered By: Culinary Suite

