



ADMINISTRATION



From the Administrative Rules Program

Below is the list of status changes made to DOC administrative rules since 1/1/2023.

PROPOSED RULES:

291-009 Tours

- Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections

- Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

291-069 Security Threat Management

- Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload. With the modification of criteria for placement onto an STM caseload, monitoring of AICs who are the top two percent affiliated with serious institution misconduct is increased.
- Public Hearing: 4/27/2023 at 2:00PM - 2:30PM

291-077 Performance Recognition and Award System

- Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.

PERMANENT RULES:

291-117 Personal Property (AIC)

- Amends rule to reflect current department policy and practice and to remove gender-based language. More specifically, it is the department's current policy and practice that AICs are authorized to possess certain cosmetic appliances as personal property irrespective of AIC gender, but only at specific Department of Corrections facilities that the department has authorized for personal possession and use of cosmetic appliances based on facility infrastructure or physical plant design and capacity considerations.

291-121 Handiwork (AIC)

- Repeals rule to replace it with the Learning Entrepreneurship, Arts, and Production (LEAP) rule in order to allow for a broader range of Adults in Custody (AICs) to participate in entrepreneurial programs. The Handiwork OAR 291-121 is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

291-124 Health Services

- Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment; to provide clarification that the free copy of medical records for AIC aren't subject to the same timeframes as public records requests; and to change the name of the Medication Assisted Treatment program (MAT) to Medications for Opioid Use Disorder (MOUD) and remove reference to "pilot".

291-172 LEAP

- Adopts rule to provide guidelines for a program allowing adults in custody to constructively use non-programming time to engage in a positive learning experience with the possibility to earn funds for use during incarceration or after

release. This rule OAR 291-172 LEAP will replace OAR 291-121 Handiwork (AIC), which will be repealed. OAR 291-121 Handiwork (AIC) is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division and topic per communication. Do not include multiple divisions and topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.

Proposed, temporary, and permanently adopted rules are available for review in the AIC Legal Library. Personal copies may be obtained by sending form CD1762, "Legal Photocopy Request Form", to R. Polk, Library Coordinator.

AICs in special housing units may access copies of proposed rules and permanently adopted rules for review by asking the housing unit officer. Personal copies may be obtained by sending form CD1762, "Legal Photocopy Request Form", to R. Polk, Library Coordinator.

Proposed rules will be copied free of charge. If you want a personal copy of a permanently adopted rule, there will be a charge for the copy.

Comments on proposed rules may be submitted by AIC communication or letter to: J. Vaughn, Rules Coordinator, DOC Rules Office.

/s/ J. Vaughn, DOC Rules Coordinator

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



Take the Time to Complete an Advance Directive

It is important for family members and health care providers to know what kind of medical care a patient wants at the end of life. Advance directives are legal documents that record the patient's wishes for end-of-life care.

Advance directives should be filled out while people are healthy, because doing so gives you time to think about the end-of-life care that you would choose if you were unable to communicate your own wishes. It also allows time to discuss these wishes with loved ones.

Everyone has the right to make decisions about their own treatment. Filling out advance directives gives you a way to do so. Choices about end-of-life care can be difficult to make even when you are healthy, but if you are already seriously ill such decisions can seem overwhelming.

If you would like more information on completing an Advance Directive, please send an AIC Communication to Sick Call. We will send you a handout to help you better understand the process and what it means to you.

To obtain Advance Directive forms, please send an AIC Communication to Medical Services. Legal Library can also provide assistance; you can schedule an appointment for Legal Library to witness your forms.

/s/ C. Coffey, Medical Services Manager



Emergency Contact Form

Did you know you have the ability to designate family, friends, and significant others to speak to Health Services about your various health-related issues? This includes being able to decide how much, when, and what Health Services can discuss with them. In addition, the designation provides Health

Services a contact should a medical emergency requiring lifesaving intervention occur. This form must be updated yearly, and expires one year from its original implementation date. The form will be provided to you yearly at your annual PPD appointment; however, if you have not yet completed, or need to update your form, please send an AIC Communication to Medical Services for the Emergency Contact Form. Please return the completed form to Medical's AIC Communication Box for retention in your medical record.

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS



Physical Plant Electrical Shop Opening

The Electrical Shop is currently accepting applications for the Plant Journeyman Electrical Apprenticeship.

This position will give someone the opportunity to learn a skilled trade and at the end give them the chance to earn a desirable state license that when released would benefit them greatly.

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, constructive criticism, and work well with others to accomplish tasks.
- * Must be a team player that communicates well with all types of personalities.
- * Reliable maintaining regular attendance with a steady behavior.
- * Willing to work off hours when necessary.
- * Ability to lift up to 50 pounds on a regular basis.
- * Good math skills with High School diploma or GED.



All applicants are required to have at least five years left and must have a year of clear conduct with a level 3 NCI.

Please send applications with resume to Smith/Perkins, Physical Plant Electric Shop.

Applications will not be accepted without resume.

(Send an AIC Communication to Brittany Roach, AIC Work Coordinator, for assistance with making a resume if needed.)

Applications will be accepted through March 31, 2023.

/s/ A. Smith, Physical Plant Electric Shop

Physical Plant Gen. Maintenance Shop Opening

Do you have one year clear conduct? Are you able to lift 50 pounds and carry heavy objects up and down stairs? Are you able to work in both high and confined spaces? Do you have a maintenance background? If yes, the General Maintenance Shop needs you! This is your opportunity to be part of the General Maintenance team.

Please send a completed application with resume and cover letter to Physical Plant Rains. Applications will be accepted through March 31, 2023.

/s/ S. Rains, Phys. Plant Gen. Maint. Shop



Physical Plant Lock Shop Position

Applicant must be Level 3 and have at least 6 months clear conduct. The ideal candidate will have the ability to disassemble faulty mechanisms using hand tools and power tools, replace defective or worn parts, clean and lubricate parts, reassemble, and test devices without repeated step-by-step instructions. Work will include, but is not limited to, basic maintenance and repair work in a variety of trades. The candidate that is chosen for the position will be required to have dependable and predictable attendance, work well with others, take direction from the shop supervisor(s), be able to reach overhead while lifting 50 pounds on a semi-regular basis, and climb stairs daily.

The position pays 13 PRAS points multiplied by the number of days worked each month.

Please send a completed application to A. Miller, Physical Plant Lock Shop.

/s/ A. Miller, Physical Plant Lock Shop



RELIGIOUS SERVICES

Memorial Service Announcement

There will be a memorial service in the Chapel for George Ardizzone on Wednesday, March 29, 2023, at 1:15 pm. If you would like to come up and pay your respects, send an AIC Communication and we will place you on a call out. Thank you.

/s/ I. Witcraft, Chaplain



United Pentecostal Service

We will be re-starting our United Pentecostal service in the Chapel on Tuesday nights from 6:00 pm to 8:00 pm. If you are interested in attending, please send an AIC Communication to the Chapel expressing your interest. These services will be led by Rev. Tommy Hoover.

/s/ D. Stahlnecker, Chaplain



Weekly Chapel Schedule

Saturday, March 18

8:00 am LDS
 Sweat Lodge/Smudge
 Jehovah's Witness

1:00 pm Jewish Service
 Seventh Day Adventist

6:00 pm Calvary Chapel

Sunday, March 19

8:00 am Spanish Protestant
 Spanish Jehovah's Witness

1:00 pm Catholic
 Urantia Study

6:00 pm Lutheran

Tuesday, March 21

1:00 pm Agape
 6:00 pm Buddhist

Wednesday, March 22

1:00 pm Restorative Justice

Thursday, March 23

1:00 pm TUMI
 6:00 pm Gospel Worship

Friday, March 24

1:00 pm Nation of Islam Prayer
 Sunni Jumma Prayer

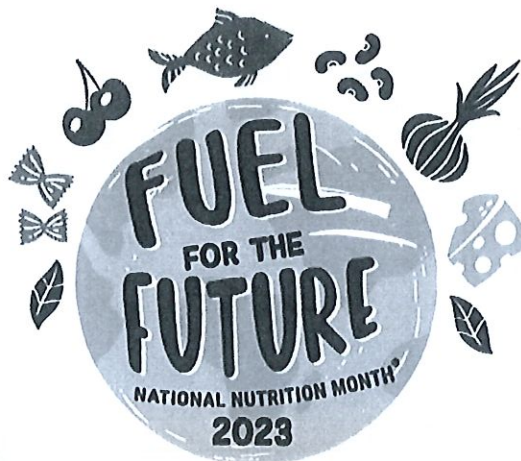
A Point to Ponder

"Luck is when an opportunity comes along and you're prepared for it."

~ Denzel Washington



Healthy diets improve our overall health now and can help us maintain good health as we get older. Meeting your nutrient needs now can help you have a healthier future.



eat right. Academy of Nutrition and Dietetics

Nutrition needs change as we get older, so having good physical health now can make a difference in how healthy we are as we get older. For example, a person’s metabolism usually slows down with age. If you are overweight or obese now, it may be easier to lose weight when you are younger instead of trying to do it when you’re older. If you are not getting regular exercise now, it may be easier to start an exercise program now when your muscle strength is better. If muscles are not exercised regularly, they will lose strength and elasticity, which makes exercise and recovery more difficult.

Older adults also need less calories than young adults. It’s easy to over-eat as we get older if we keep eating the same amount of food that we did when we were younger. The chart below shows the recommended calorie intake for adults.

Age Range	Recommended Daily Calories for Moderately Active Adult Males	Age Range	Recommended Daily Calories for Moderately Active Adult Females
19-20	2800	19-20	2200
21-25	2800	21-25	2200
26-30	2600	26-30	2000
31-35	2600	31-35	2000
36-40	2600	36-40	2000
41-45	2600	41-45	2000
46-50	2400	46-50	2000
51-55	2400	51-55	1800
56-60	2400	56-60	1800
61-65	2400	61-65	1800
66-70	2200	66-70	1800
71-75	2200	71-75	1800
76 & up	2200	76 & up	1800

Source: USDA Food and Nutrition Service. www.fns.usda.gov



Oregon State Penitentiary
Oregon State Penitentiary

Mainline		Week at a Glance					
Monday 3/20/2023		Tuesday 3/21/2023	Wednesday 3/22/2023	Thursday 3/23/2023	Friday 3/24/2023	Saturday 3/25/2023	Sunday 3/26/2023
Week 3	BREAKFAST <u>Pancakes</u>	<u>Vegetable Scramble</u>	<u>Hobo Breakfast</u>	<u>French Toast</u>	<u>Egg & Cheese Biscuit</u>	<u>Sausage, Egg & Cheese</u>	<u>Oatmeal, Egg & Breakfast Pastry</u>
	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sta, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sta) - 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 Vegetable Scramble (Chl) - 0.50 CP Hashbrowns (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 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 Scrambled Eggs (Sta, Chl) - 0.33 CP Ground Beef (Sta, Chl) - 1.00 OZ Shredded Cheese (Sta, Chl) - 2.00 TBS Fried Potatoes (Sta) - 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, Sta) - 4.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 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 Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC Biscuit (Sta, Sod) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Fried Eggs (Sta, Chl) - 0.33 CP Poultry Sausage (Chl, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim 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 (Sta, Chl) - 1.00 EA Breakfast Pastry (Sta, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH <u>Beef & Broccoli w/Rice</u>	<u>*Deli Sandwich & Soup</u>	<u>Hot Turkey Sandwich w/Gravy</u>	<u>Chicken Lettuce Salad</u>	<u>Tuna Noodle Casserole</u>	<u>Chicken Salad Sandwich w/ Soup of the Day</u>	<u>Baked Chicken Quarter</u>
Asian Cabbage Salad - 0.75 CP Beef & Broccoli (Sod, Chl, Sta) - 0.75 CP White Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Soup of the Day (Sod, Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP *Mayo & Mustard (Sod) - 2.00 TBS *Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA	Coleslaw (Sod) - 0.75 CP Hot Turkey Sandwich (Chl) - 1.00 SV Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta, Chl) - 2.00 TBS Salad Dressing (Sta, Sod) - 2.00 FLOZ Broccoli - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Tuna Noodle Casserole (Chl, Sta) - 1.25 CP Peas and Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod, Chl) - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl, Sta) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	
Week 3	DINNER <u>Shepherd's Pie</u>	<u>Beef Stroganoff</u>	<u>Breakfast for Dinner</u>	<u>Pizza Night</u>	<u>Chili Dogs</u>	<u>Cheeseburger w/Tater Tots</u>	<u>Ham Au Grain</u>
	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl, Sta) - 1.00 SV Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stroganoff (Chl, Sta) - 0.75 CP Pasta - 0.75 CP Peas - 0.75 CP Breadstick - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZCKD Fried Egg (Sta, Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sta, Sod) - 1.00 EA Margarine (Sta) - 1.00 TBS Coffee - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choices) (Sod, Chl, Sta) - 1.00 EA Brownie (Sta, Chl) 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Hot Dog (Sod, Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sta, Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Cauliflower - 0.75 CP Cookie (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl, Sta) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC Wheat Burger Bun (Sta, Chl) - 1.00 EA Blended Vegetables - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Ham Au Grain (Sod, Chl, Sta) - 1.25 CP Carrots - 0.75 CP Breadstick - 1.00 EA 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 Sta = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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