



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

March 2, 2023

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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

STEPS TO CONTROL YOUR BLOOD PRESSURE

MONITOR:

- ✓ Know your blood pressure numbers.



- ✓ Work with your health care provider.
- ✓ If you have high blood pressure, monitor your numbers.
- ✓ Take your medication.

MAKE LIFESTYLE CHANGES:

- ✓ Maintain a healthy weight. Strive for a body mass index (BMI) between 18.5 and 24.9.
- ✓ Eat healthier. Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.
- ✓ Reduce sodium. Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
- ✓ Get active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.
- ✓ Limit alcohol. Drink no more than 1-2 drinks a day. (One for most women, two for most men.)

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENTS

Physical Plant Paint Shop Position

Physical Plant is accepting applications in the Paint Shop for the following position:

Paint Crew – 10 points – 6:30 am – 4:00 pm Monday-Thursday

The selected candidates will have the closest matching skills to those listed below.

Desired Skills:

- Self-motivated individual with a desire to learn skills for the outside.
- Willingness to take direction, criticism, and work with others to accomplish tasks.
- Experience using hand tools, paint brushes, and rollers.
- Able to lift 50-75 pounds frequently.
- Reliable individuals who maintain regular attendance.



Non-negotiable requirement:

- 12 months at this facility with clear conduct.

Send a completed AIC job application with attached resume to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant Paint Shop

Physical Plant Paint Shop Airbrush Artist

The Paint Shop is accepting applications for an experienced airbrush artist.

Job Requirements:

- Experience cleaning, maintaining, and using all equipment related to airbrushing.
- Able to train and mentor others in developing airbrushing techniques.
- Be able to work collaboratively in a team environment.
- One-year clear conduct.
- Take constructive criticism and feedback.
- Have a strong desire to help the OSP community through art projects.



If you feel these requirements match your traits and abilities, send an application to J. Trevino, Physical Plant Paint Shop.

Your completed application must include:



- One completed drawing of a nature scene.
- One cover letter that describes why you want this position.

Neither the drawing nor the letter will be returned to you, and all interviewees will be expected to showcase their skills on the airbrush during the interview process.

/s/ J. Trevino, Physical Plant Paint Shop

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, March 4

- 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 5

- 8:00 am Spanish Protestant
Spanish Jehovah's Witness
- 1:00 pm Catholic
Urantia Study
- 6:00 pm Lutheran (1st/3rd/5th Sundays)

Tuesday, March 7

- 1:00 pm Agape
Orthodox Christianity
(2nd/4th Tuesdays)
- 6:00 pm Buddhist

Wednesday, March 8

- 1:00 pm Restorative Justice

Thursday, March 9

- 1:00 pm TUMI
- 6:00 pm Gospel Worship

Friday, March 10

- 1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer



A Point to Ponder

“When you have exhausted all possibilities, remember this: you haven’t.”

~ Thomas A. Edison



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



Mainline		Week at a Glance					
Monday 3/6/2023		Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023	Saturday 3/11/2023	Sunday 3/12/2023
BREAKFAST	Ham & Cheese Muffin Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod, Chl) - 2.00 OZOKO Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Vegetable Scramble 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	Beef Hash Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod, Chl) - 1.00 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Ketchup - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	French Toast with Maple Syrup Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sta) - 2.00 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	Fried Egg & Cheese Muffin Farina - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta, Chl) - 1.00 EA Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta, Chl) - 1.00 EA Fried Potatoes (Sta) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Poultry Sausage & Eggs Canned Fruit - 0.50 CP Scrambled 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	Datmeal, Eggs & Fresh Fruit Oatmeal - 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	Grilled Cheese & Tomato Soup Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod, Sta) - 2.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Barbeque Pork Sandwich Coleslaw (Sod) - 0.75 CP *Barbeque Pork (Chl, Sta) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sta, Sod, Chl) - 0.75 CP Broccoli - 0.75 CP Peas - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tuna Salad on Lettuce *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 Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad with Chicken Lentil Soup - 10.00 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 Carrots - 0.75 CP Fresh Fruit - 1.00 EA Breadstick - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tacos Taco Meat Blend (Sta, Chl) - 0.50 CP Shredded Cheese (Sta, Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta, Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	PB&J Sandwich *Soup of the Day (Sod, Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod, Sta) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Baked Chicken Quarter 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
DINNER	Salisbury Steak Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl, Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Turkey a la King Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Turkey Ala King (Sod, Chl) - 0.75 CP White Rice - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SLC Margarine (Sta) - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Ranch Chili w/ Baked Potato Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl, Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sta, Chl) - 2.00 TBS Blended Vegetables - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Pizza, Soup & Salad Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ *Pizza (choice) (Sod, Chl, Sta) - 1.00 EA Lemon Bar (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Chicken Pot Pie Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sta, Sod) - 2.00 EA Broccoli - 0.75 CP Cookie (Sta, Chl) - 1.00 EA Tea - 8.00 FLOZ	Beef Stew with Rice Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod, Chl, Sta) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Tea - 8.00 FLOZ	Bean & Cheese Burritos Texas Slaw - 0.75 CP Burrito Beans - 1.00 SV Shredded Cheese (Sta, Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta, Sod) - 2.00 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 Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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