



GENERAL SERVICES



Food Theft

Food theft from Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available, jeopardizes the health of individuals taking perishable food that is not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served (per your AIC Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an AIC is caught stealing, or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the AIC will be issued a minor misconduct report. The minor misconduct report will be for disobedience of an Order III and will include the cost of all food items that must be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the AIC will receive a major misconduct for Contraband II, and will also be charged for the cost of food that must be disposed of.
2. If the AIC stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuff found outside the Culinary Section (for example cell searches, etc.) if the items can reasonably be determined to have been taken from the Food Services.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the AIC has received a recent minor misconduct previously for the same conduct.

/s/ C. Wagner, Asst. Supt. General Services

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



GROUP LIVING



Haircuts in Group Living

Haircuts are available in Group Living to all AICs. If you would like a haircut, please send an AIC Communication to Group Living and we will schedule you on the next available time slot. Please be patient

and send only one request, as sending multiples will only delay the process for everyone.

If you would like to receive a haircut and you are stair restricted, please include that you are unable to make it to Group Living and we will arrange for a barber to come to you.

Group Living also offers the use of curling irons and flat irons. If you wish to use this service, please send an AIC communication to Group Living requesting to use such equipment. AICs are allowed to use this service two times a week. You may bring and use your own hair styling products if you wish.

/s/ B. Roach, Work Programs Coordinator

HEALTH SERVICES



Tips to Remember: Allergies

Spring is coming and it is a common time for allergies to flare up.

Do you have a runny or stuffy nose that does not seem to go away? If so, you may have rhinitis, which is an inflammation of the lining of the nose.

Rhinitis is the most common allergic condition in the United States, affecting about 40 million people.

Allergic rhinitis:

Allergic rhinitis is caused by substances called *allergens*. Allergens are often common, usually harmless substances that can cause an allergic reaction in some people.

Causes:

- When allergic rhinitis is caused by common pollens or molds, it is called seasonal allergic rhinitis or "hay fever." This is common in the Spring.
- Allergic rhinitis is also triggered by common indoor allergens like dust. These symptoms can last year round.

Symptoms:

- Sneezing
- Congestion
- Runny nose
- Itchiness in the nose, roof of the mouth, throat, eyes and ears.

Treatment:

- Drink plenty of fluids, especially water and juice.
- Identify the allergen and avoid it if possible.
- Analgesics (like Tylenol or Aspirin) can help. Available on the units.
- Purchase allergy medication available off canteen.

/s/ C. Coffey, Medical Services Manager

JOB ANNOUNCEMENT



Transition Program Job Opportunity

The Transition Program (Road to Success) is currently accepting applications for a Transitions Clerk position. This position assists Adults in Custody transition from incarceration back into their communities.

The ideal candidate will be a motivated individual who is a self-starter and is proficient in Microsoft Word (including mail merge functions) and Excel worksheet and data entry. The applicant must be capable of interacting with a wide range of personalities while performing various job duties, such as conducting résumé labs and tutoring participants of the Road to Success classes. The chosen applicant will receive training for this position.

The hours for the Transition Clerk are Monday through Friday 7:15 am to 10:00 am and 12:00 pm to 3:00 pm. The work site location is primarily on the Counselor Services Floor (CSF). However, all class-related duties are in the Transition Classroom located on the Activities Floor.

To apply for this position, send a completed application, along with a cover letter explaining why you are the ideal candidate for the clerk position. This should be sent to C. Syhabout, Transition Coordinator, no later than March 30, 2023. Place the completed application with the attached cover letter in the "Counselors" box located on the Control Floor near C-Block.

/s/ C. Syhabout, Transition Coordinator

Goodbye
March



RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, April 1

- 8:00 am LDS
Sweat Lodge/Smudge
Jehovah's Witness
- 1:00 pm Jewish Service
Seventh Day Adventist
- 6:00 pm Calvary Chapel

Sunday, April 2

- 8:00 am Spanish Protestant
Spanish Jehovah's Witness
- 1:00 pm Catholic
Urantia Study
- 6:00 pm Lutheran

Tuesday, April 4

- 1:00 pm Agape
- 6:00 pm Buddhist

Wednesday, April 5

- 1:00 pm Restorative Justice

Thursday, April 6

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

Friday, April 7

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



A Point to Ponder

“The greatness of a man is not how much wealth he acquires, but in his integrity and his ability to affect those around him positively.”

~ Bob Marley

HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.

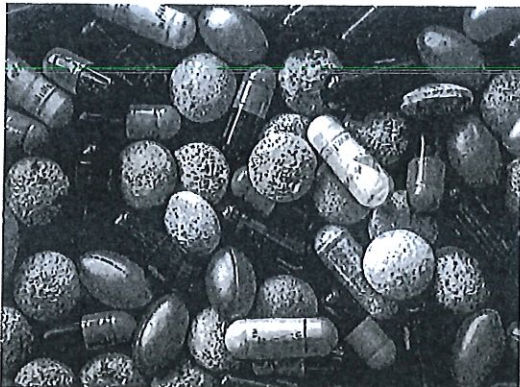


Photo by Rainmond Klavins, Unsplash

SERVICIOS DE SALUD



MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.



Foto por Raymond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.



Oregon State Penitentiary
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Mainline		Week at a Glance						
		Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023	Saturday 4/8/2023	Sunday 4/9/2023
Week 5	BREAKFAST	Pancakes 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 Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Egg & Cheese Muffin Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Biscuit w/Sausage Gravy 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	French Toast Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA French Toast (Sod, Chl, Sfa) - 4.00 SLC Maple Syrup - 2.00 FLOZ Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Vegetable Scramble 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	Scrambled Eggs & Bacon 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 Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Hot Cereal, Egg & Breakfast Pastry 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
	LUNCH	Chicken Fajitas 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	Tuna Salad Sandwich *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	Chet Salad w/Turkey Potato Soup - 10.00 FLOZ Chet Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa, Chl) - 1.00 EA Shredded Cheese (Sfa, Chl) - 2.00 TBS FLOZ Dressing (Sfa, Sod) - 2.00 Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA	Chicken Salad 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 Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Philly Cheese Steak Sandwich *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	Nachos 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	Roast Turkey & Gravy Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Frosted Cake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 5	DINNER	Macaroni & Cheese 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	Sloppy Joe 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	Chicken Enchilada Casserole 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	Pizza Night 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 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	Loco Moco 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	Turkey Noodle Casserole 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	Hamburger & Tater Tots Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ FLOZ Beef Patty (Chl, Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa, Chl) - 1.00 EA Green Beans - 0.75 CP Tater Tots (Sod) - 4.00 OZCKD Ketchup (Sod) - 2.00 TBS 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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