



ADMINISTRATION



From the Administrative Rules Program

Below is the list of status changes made to DOC administrative rules since 3/13/2023.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amends rule to permanently adopt changes to the rule that were temporarily adopted on 1/1/2023 reducing the maximum consecutive sanction to DSU from 180 days to 90 days; for minor grammatical changes; and for consistency.
- Last day of comment period: 5/19/23 5:00 PM
- Public Hearing: 4/27/23 10:30 AM

291-113 Education and Training Programs

- Amends rule to align with current practice; change "inmate" to "AIC"; and for other minor grammatical revisions, clarifications, and consistency.
- Last day of comment period: 5/19/23 5:00 PM

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

Trust Account Information



Financial Services is seeking to ensure AICs are provided with information to better understand the administration of debt and obligation collections. AICs with questions regarding their trust account(s) are encouraged to send an AIC communication to Business Services (electronic communications, available on the tablet, preferred).

For detailed information, please read the 'AIC Debt and Obligation Information' addition on page 4.

/s/ S. Lane, OSP Supervising Executive Assistant

GROUP LIVING



Tenting

Per the OSP AIC Handbook: AICs are not allowed to hang or place anything that would block the view inside the cell.

Expected Conduct

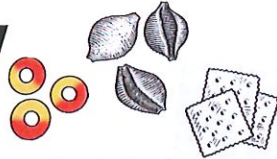
"You are responsible for everything in your cell and/or housing units at all times, even if you are assigned with another person. The following housing unit guidelines must be met by all AICs:"

"Nothing will be placed on or attached to your cell bars. Cell bars will be kept clean at all times. Nothing will be hung or placed in a manner that would obstruct the officer's view inside the cell."

Please do not hang anything in your cell that would block view into the cell.

/s/ B. Gaither, Group Living Captain

COMMISSARY



Permanent Items

Commissary is happy to announce the following items are now permanent.

- Corner Store Peach Rings 3 oz \$.87
- La Moderna Pasta Shells 7.05 oz \$.79
- Cheez It Crackers Original 7 oz \$2.26

Please note that the above items will count against your spending limit.

We are seeing outages statewide from our vendors due to manufacturing issues and delays in receiving product. In addition, our vendors have discontinued some items, so we are researching new items to replace them. Thank you for using the AIC suggestion forms; we are using your suggestions to research potential new products. We have also been notified from our vendors that some prices have increased, the new prices are effective Monday, April 3, 2023.

/s/ S. Jackson, DOC Commissary

HEALTH SERVICES



HEADACHES

We all get headaches, and they can really put a damper to your day. Here are some tips to consider when you have a headache.

1. Muscle factors/tension headaches. Frequently, this kind of headache starts with stress in the neck muscles. Stress is common, and often results in a headache. Remember that frequently, if not always, a tension headache starts in the neck. Resting the neck, or applying a warm towel to the back of your neck can help to prevent or treat a tension headache. Consider cutting back if you have headaches and are working out a lot on the "weight pile".. Resting the neck by sitting or lying down with a pillow or some clothing rolled and placed behind your neck can help when you have a headache. Doing neck stretches several times a day can help to prevent headaches.
2. Diet. Your diet can definitely influence the number and severity of headaches. Sometimes, food additives that are commonly found in packaged foods can cause headaches. There are other dietary issues, listed below.
 - a. Nutrasweet, Aspartame, Equal—a sugar substitute very commonly found in "sugar-free" foods.
 - b. MSG, monosodium glutamate, "natural flavors", "artificial flavors", autolyzed yeast

extract, hydrolyzed vegetable protein—look for these on Canteen product labels and avoid them if they seem to go along with your headaches. Avoid "seasoned salt", bouillon, and "Top Ramen".

- c. Sodium nitrite, ham, bacon, sausage, hot dogs, jerky. These products can often cause headaches to occur.
 - d. Avoid alcohol, caffeine, and chocolate.
 - e. Eat regularly in small amounts. Do not overeat or skip meals.
3. Exercise. This is a great stress beater and will help with your weight. Get twenty minutes of exercise at least three times a week. Choose an exercise you enjoy, and exercise hard enough to get your heartbeat up for 20 minutes or more ("break a sweat").
 4. Sleep. Keep a regular sleep pattern. Maintain a regular bedtime and try to wake up at the same time every morning. Too much or too little sleep can trigger a headache.
 5. Stress and anxiety. A variety of relaxation techniques can help you to manage your body's response to life's daily pressures. Learn to pace your activities. Try to set aside time each day to sit quietly with your eyes closed, let your muscles relax, and give your mind a break. Learn some "mini-relaxations" to use when you cannot fit in a full 20-minute relaxation break. Resist unproductive worrying about things you cannot change.
 6. Plan ahead. Learn to look for the warning signs that tell you a headache is coming. Learn to change the things that your body does that can cause or start a headache. You might notice cold clammy hands, tightness in the neck or shoulders, clenched teeth, pressure in your temples, or other symptoms that a headache is coming. If you notice these signs, try to do something different to try to prevent the headache (take a break, stretch out, exercise, relax, etc.).
 7. Talk to Health Services if you have questions or need further assistance.

/s/ C. Coffey, Medical Services Manager

RELIGIOUS SERVICES



New Chapel Group

We will begin to offer a new chapel group called Siddha Yoga the second and fourth Saturday nights from 6:00 pm to 8:00 pm.

This was shared by the religious volunteer, "Siddha Yoga Meditation is a spiritual path, the purpose of which is to enhance self-knowledge and self-esteem and teach people how to experience the source of true happiness, called the inner self or higher power. Practices include meditation, chanting, study, and contemplation."

If this interests anyone, please send an AIC communication to the Chapel expressing your interest, and we will put you on the call out

The volunteer is driving down from the Portland area, and they ask that a good number of people show up (at least five), and that people who sign up for it are committed to it and take it seriously.

/s/ D. Stahlnecker, Chaplain

A Point to Ponder

"Well done is better than well said."

~ Benjamin Franklin

Weekly Chapel Schedule

Saturday, April 8

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 9

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

Tuesday, April 11

1:00 pm Agape
Orthodox Christianity
6:00 pm Buddhist

Wednesday, April 12

1:00 pm Restorative Justice

Thursday, April 13

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, April 14

1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer





Financial Services

Informational Briefing

AIC Debt and Obligation Information

Debt / Obligation Type	Collection Schedule	Additional Information
<p>Court Ordered Financial Obligation (COFO)</p>	<ul style="list-style-type: none"> Collected from eligible deposits per ORS 423.105 10% collected for COFO(s) from eligible deposits until the transitional savings trust account reaches \$500 Then, 15% collected for COFO(s) from eligible deposits until obligation(s) are satisfied 	<ul style="list-style-type: none"> The department does not have case-specific information regarding COFOs; AICs are encouraged to contact the court of record regarding their COFO details COFOs are not the same as County and US Court filing fees. Examples of COFOs are restitution, fines, fees, & child support COFOs will continue to collect during the Holiday Buying Period
<p><i>Note: Although the transitional savings trust account is considered an obligation, funds collected are owned by the AIC. Per ORS 423.105, 5% will be collected from eligible deposits and placed into the transitional savings trust account. Funds in the transitional savings trust account are <u>not available</u> until the AIC releases from ODOC custody.</i></p>		
<p>DOC Debt</p>	<ul style="list-style-type: none"> Collected from eligible deposits Additionally, collections shall occur the last business day of the month per OAR 291 Div. 158 if funds are available 	<ul style="list-style-type: none"> DOC debt includes but is not limited to debt incurred from various disciplinary fines, copy, and postage advances DOC debt is due upon receipt; if/when funds are not available, funds are advanced and set-up as debt Monthly, AICs may spend up to \$40 of the first \$80 deposited into general spending DOC Debt may be suspended during the Holiday Buying Period unless a new disciplinary fee is applied
<p>County Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> County obligations refer to deferred county filing fees These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee County Court fees will continue to collect during the Holiday Buying Period
<p>Initial Federal / US Court Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected as funds become available Multiple collections may occur throughout the month Additionally, collections shall occur the last business day of the month 	<ul style="list-style-type: none"> Initial Filing fees can be collected in total and are due upon receipt These obligations are incurred when an AIC elects to file with the court and the court approves a deferred filing fee Initial Federal/US Court filing fees will continue to collect during the Holiday Buying Period
<p>Federal / US Court Deferred Filing Fee Obligation</p>	<ul style="list-style-type: none"> Collected around the beginning of the month 	<ul style="list-style-type: none"> General filing fee collection amount determined by the previous month's deposit(s) 20% of previous months deposits multiplied by the number of cases is deemed collectable Federal/US Court Deferred filing fees will continue to collect during the Holiday Buying Period

Note: Debt / Obligation types appear in order of collection priority. ODOC will comply with garnishment orders upon receipt.

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.

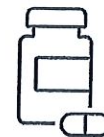
Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

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.

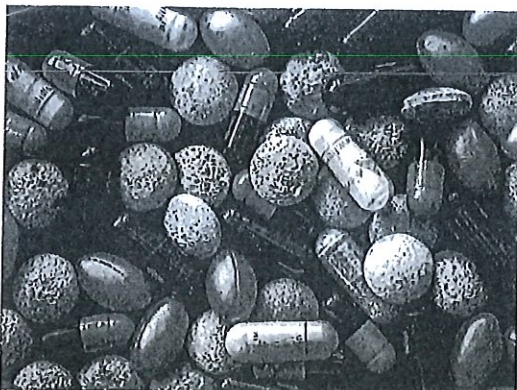


Photo by Raimond Klavins, Unsplash

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.

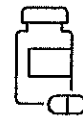
El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.

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.



Foto por Raimond Klavins, Unsplash



Mainline

		Week at a Glance						
		Monday 4/10/2023	Tuesday 4/11/2023	Wednesday 4/12/2023	Thursday 4/13/2023	Friday 4/14/2023	Saturday 4/15/2023	Sunday 4/16/2023
Week 1	BREAKFAST	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD Sliced Cheese (Sta) - 1.00 SLC English Muffin (Sta,Chl) - 1.00 EA Fried Potatoes - 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 Veggie & Cheese Scramble (Chl,Sta) - 0.66 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	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 2.00 EA Ranchero Sauce - 0.25 CP Refried Beans - 0.50 CP Flour Tortilla - 1.00 EA 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	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.50 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Commeal Hot Cereal (Sta,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA 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	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
Week 1	LUNCH	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	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 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 Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	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 Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	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 Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*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	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 1	DINNER	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salsbury Steak (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 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 Turkey Ala King (Sod,Chl) - 0.75 CP Brown 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	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 Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	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 Choice Cookie (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	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	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ 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

© Powered By: Culinary Suite

