



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

May 11, 2023

Page 1

ADMINISTRATION



Announcing Coordinator Change

Attention: Please submit all Grievance, Discrimination, and ADA concerns to Josh Lawson. Former coordinators B. Eriksen and A. Kidwell are no longer serving in these roles.

/s/ S. Lane, OSP Superintendent's Office

GENERAL SERVICES



May is National Physical Fitness Month

According to the CDC Physical Activity Guidelines for Americans, each week adults need:

- Moderate-intensity aerobic activity for 150 minutes every week (for example, 30 minutes a day, 5 days a week)
- Muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class – these types of activities and more count as aerobic. As long as you are doing physical activities at a moderate- or vigorous-intensity, they count toward meeting the aerobic guideline.

Intensity is how hard your body is working during a physical activity.

Moderate-intensity aerobic physical activity means you are working hard enough to raise your heart rate and break a sweat. One way to tell if it is a moderate-intensity aerobic activity is that you will be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast or hiking
- Riding a bike
- Pushing a lawn mower



Vigorous-intensity aerobic activity means you are breathing hard and fast, and your heart rate has gone up quite a bit. Use the talk test for the intensity of your aerobic physical activity. If you are being active at a vigorous level, you will not be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Running
- Swimming laps
- Playing basketball



Build Up Over Time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like fast walking with more vigorous activities like running. You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two, each week.

If you have not been very active lately, however, increase your physical activity slowly. If you have a history of a chronic disease, consider telling your doctor you are planning to increase your physical activity, including moving to more vigorous activity. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

Muscle-strengthening Activities

Physical activities to strengthen your muscles are recommended at least two days a week. Activities should work all the major muscle groups of your body—legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities should be done in addition to your aerobic activity.

To gain health benefits, you need to do muscle-strengthening activities to the point where it is hard for you to do another repetition without help.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity, which counts as 1 set. Try to do at least one set of muscle-strengthening activities. To gain even more benefits, do two or three sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity—whatever works best for you. There are many ways you can strengthen your muscles, whether it is at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (e.g., push-ups, sit-ups)
- Heavy gardening or landscaping (e.g., digging, shoveling)
- Some forms of yoga

/s/ E. Guevara, DOC Dietitian

ACTIVITIES



Lakota Oyate-Ki Cultural Club Celebration of Life Invitation

As many of you know, AIC Michael Tucker passed away on April 6, 2023. Tucker has touched many lives while at OSP since his incarceration began in 1988. The Lakota Oyate-Ki Cultural Club would like to create a Celebration of Life (Newsletter Edition) for Tucker. All AICs that would like to write something to be put in the Newsletter Edition, feel free to write what you would like to say to Tucker, about Tucker, or for Tucker's loved ones, who this will be shared with. Please send it to the Lakota Oyate-Ki Cultural Club so they can get it published in their newsletter.

/s/ S. Lane, OSP Superintendent's Office

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 the number was called.

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

Answer: That buzzer sound is to make all AICs aware 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:

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

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

If you have any other PREA-related questions or concerns, please send an AIC Communication to Lt. Hakola or Capt. Porter.

/s/ C. Porter, Group Living Captain

AIC Property Compliance Mandate--Excess Legal Property



The Deputy State Fire Marshal mandates that the Department of Corrections (DOC) is compliant with the rules for adults in custody (AIC) property in all housing units. Which means DOC must limit the amount of AIC personal property in accordance with Oregon Fire Code.

We are now ready to begin the task of coming into compliance on AIC legal property.

AICs are limited to two totes of legal property in their cell. Each AIC is authorized to possess in his/her living quarters, and in the facility law library, legal material in or directly pertaining to his/her own pending and active case(s)/lawsuit(s) before the courts or paroling authorities. The authorized legal material shall not exceed the capacity of storage container(s) designated by the functional unit manager/designee for storage of AIC personal property. Excess legal property shall be stored in compliance with OAR 291-117-0100. If you have legal property for more than two totes, you will be required to purchase a tote via Canteen. Once you have the tote, you will need to follow the following steps:

- Complete an Excess Authorized Legal Materials Inventory List (CD1242a)
- Submit a Law Library Request form, seeking to store excess legal material
- The Law Library will schedule time for you to bring your tote and inventory list



- Law Library Staff will conduct a cursory review of your items to insure those items in the tote match items listed on the CD1242a
- Your tote of excess legal materials will then be securely stored. You may access it by submitting a Library Request form.

NOTE: Legal totes prohibit storage of the following:

- Non-legal material
- Case Law
- Legal textbooks or books
- Multiple copies of legal material

If you are indigent and need a legal tote, please contact the Law Library.

On April 27, 2023, Security and Library Staff will work with AICs housed on unit A3 and progressively through each housing unit, to ensure that legal totes are sold to AICs who have excess legal property, who have not yet procured one from Canteen. A reconciliation of excess legal totes will occur that day and be placed in secure storage. A schedule for the cleanup date of subsequent housing units will be issued later.

/s/ C. Porter, Group Living Captain

RELIGIOUS SERVICES

Art of Living Starts in June

“Do you feel stressed and anxious? Is your mind often regretting the past and worried and fearful about the future? Did you know that the link between your body and mind is the breath? and by learning to use your breath in a very specific way, you can calm both your mind and body and feel a sense of calm and inner freedom. Come join us and we will show you how.” (David Einbender, Art of Living)

OSP Chapel will be adding this program on the Second and Fourth Tuesdays of every month from 12:30 pm to 2:30 pm beginning in June 2023. If interested, send an AIC communication form to OSP Chapel requesting to be added to “Art of Living”.

/s/ H. Witcraft, Chaplain



Weekly Chapel Schedule

Saturday, May 13

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



Sunday, May 14

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

Tuesday, May 16

1:00 pm Agape
Orthodox Christian Service
6:00 pm United Pentecostal Church
Buddhist

Wednesday, May 17

1:00 pm Restorative Justice
6:00 pm The Most Excellent Way

Thursday, May 18

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, May 19

1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer



A Point to Ponder

“We often take for granted the very things that most deserve our gratitude.”

~ Cynthia Ozick



MAY 2023



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	1	AM	C/E	2	AM	3	AM	4	AM	5	AM	6	AM
	PM	A/D	A/D	PM	PM	PM	C/E	PM	PM	PM	PM	PM	PM
	EVE	C/E	C/E	EVE	EVE	EVE	A/D	EVE	EVE	EVE	EVE	EVE	EVE
	8	AM	A/D	9	AM	10	AM	11	AM	12	AM	13	AM
	PM	C/E	C/E	PM	PM	PM	A/D	PM	PM	PM	PM	PM	PM
	EVE	A/D	A/D	EVE	EVE	EVE	C/E	EVE	EVE	EVE	EVE	EVE	EVE
	14	AM	C/E	15	AM	16	AM	17	AM	18	AM	19	AM
	PM	A/D	C/E	PM	PM	PM	C/E	PM	PM	PM	PM	PM	PM
	EVE	A/D	C/E	EVE	EVE	EVE	A/D	EVE	EVE	EVE	EVE	EVE	EVE
	21	AM	C/E	22	AM	23	AM	24	AM	25	AM	26	AM
	PM	A/D	A/D	PM	PM	PM	C/E	PM	PM	PM	PM	PM	PM
	EVE	C/E	A/D	EVE	EVE	EVE	C/E	EVE	EVE	EVE	EVE	EVE	EVE
	28	AM	A/D	29	AM	30	AM	31	AM				
	PM	C/E	C/E	PM	PM	PM	C/E	PM	PM				
	EVE	A/D	C/E	EVE	EVE	EVE	A/D	EVE	EVE				



A.M. - MORNING YARD (7:45 A.M. - 9:45 A.M.)
P.M. - AFTERNOON YARD (1:00 P.M. - 3:30 P.M.)
EVE - EVENING YARD (4:30 P.M. - SUNSET)

NO LEVEL ONE YARD ON SATURDAY AND SUNDAY EVENINGS

HONOR THE FALLEN
MEMORIAL DAY

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.

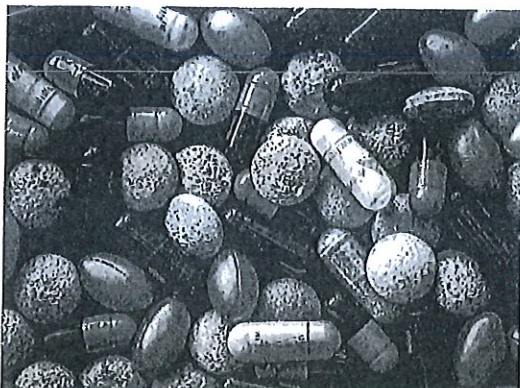


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SERVICIOS DE SALUD



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.



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Mainline

Week at a Glance

	Monday 5/15/2023	Tuesday 5/16/2023	Wednesday 5/17/2023	Thursday 5/18/2023	Friday 5/19/2023	Saturday 5/20/2023	Sunday 5/21/2023
BREAKFAST							
Week 1	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD (Chl,Sfa) - 0.66 CP Wheat Toast - 2.00 SLC Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa,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,Sfa) - 0.66 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	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 2.00 EA Ranchero Sauce - 0.25 CP Refined Beans - 0.50 CP Flour Tortilla - 1.00 EA 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 Scrambled Eggs (Sfa,Chl) - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Corrmeal Hot Cereal (Sfa,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA 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	Oatmeal - 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							
Week 1	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Sfa) - 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,Sfa) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Macaroni & Cheese (Sfa,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 (Sfa,Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa,Sod) - 2.00 EA Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sfa,Chl) - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Seasoned Beans - 0.75 CP Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa,Sod) - 2.00 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,Sfa) - 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,Sfa) - 1.00 EA Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
Week 1	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salsbury Steak (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 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 Turkey Ala King (Sod,Chl) - 0.75 CP Brown Rice - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 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,Sfa) - 1.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sfa,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,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 (Sfa,Sod) - 2.00 EA Broccoli - 0.75 CP Choice Cookie (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Beef Stew (Sod,Chl,Sfa) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Breadstick - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sfa,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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