



ADMINISTRATION



Savings Options for AICs

Financial Services is seeking to ensure AIC's are provided with information to better understand the types of savings options that are available. AICs with questions regarding their trust account(s) are encouraged to send a communication to Business Services (electronic communications, available on the tablet, preferred).

/s/ K. Alvarez, DOC Financial Services



Financial Services Informational Briefing

Savings Options for Adults in Custody

What is the Transitional Savings Account (TRSA)?

- Funds in the TRSA are protected from debt/obligation collection and garnishment.
- Established per SB844/ORS 423.105 as a means for AIC's to save funds for release from ODOC custody.
- 5% of each eligible deposit is applied into an AIC's TRSA until the account reaches \$500.
- AIC's may elect to transfer funds into their TRSA by submitting a Trust Account Transfer Request form (CD1832) up to \$500.
- AIC's may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied.
- Funds in the TRSA are not available to AIC's until reentry into the community (no exceptions).

What is the General Savings Account (GS)?

- Funds in the GS Trust Account are not protected from debt/obligation collection or garnishment.
- Established as an optional means for AIC's to save funds outside of the TRSA.
- AIC's may elect to transfer funds into the GS Trust Account once per calendar month by submitting a Trust Account Transfer Request Form (CD1832).
- Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158.

What About External Savings Accounts?

AIC's may have accounts with external banking institutions however, ODOC staff are not able to facilitate. AIC's may not have unauthorized money items in their possession (such as checks).

Note: Trust Account Transfer Request Forms (CD1832) are available on AIC housing units or through Business Services. If the amount being transferred is excessive, it will be limited. The minimum transfer amount is \$5.00.

Please address any questions to Business Services by submitting an AIC communication (available electronically on the tablet).

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to didocctrustinfo@doc.state.or.us.

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

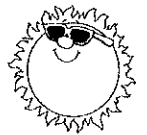


Lakota Oyate-Ki Cultural Club Celebration of Life Invitation

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

HEALTH SERVICES



Block Sun Damage--Taken from National Health Institute

Over time, sun exposure can damage the skin. Skin may become less elastic, thickened and leathery, wrinkled, or thin like tissue paper. "The more sun exposure you have, the earlier your skin ages," according to Dr. B. Kramer, a cancer prevention expert. As you get older, it becomes harder for skin to repair itself. Over time, UV damage can take a toll on your skin and its underlying connective tissue. As a result, your skin may develop more wrinkles and lines.

Too much sun exposure can also raise your risk for skin cancer, the most common type of cancer in the United States. When UV light enters skin cells, it can harm the genetic material (called DNA). Each year, more than 2 million people are treated for skin cancer and more than 68,000 Americans are diagnosed with melanoma, a serious type of skin cancer.

The best way to protect yourself from skin damage is to:

- Stay in the shade. Limit sun exposure, especially between 10 am and 4 pm, when sunlight is most intense.
- Use sunscreen. Get sun protective factor (SPF) 15 or higher with both UVA and UVB protection. If you have very light skin, use SPF 30 or higher. Apply sunscreen 20-30 minutes before going outside. Reapply often, at least every two hours. Do not skimp.
- Protect your eyes. Choose sunglasses that protect the sides of your eyes and that are labeled to guard against both UVA and UVB.

- Cover your skin. Protective clothing and a brimmed hat can help reduce sun exposure.

/s/ C. Coffey, Medical Services Manager

RELIGIOUS SERVICES

Orthodox Christian Chapel Meeting Times

The Orthodox Christian chapel will now be meeting the first and third Tuesday afternoons of every month from 1:00 pm to 3:00 pm. If you are interested in attending this group, please send an AIC communication form to the Chapel to be added to the callout.

/s/ D. Stahlnecker, Chaplain

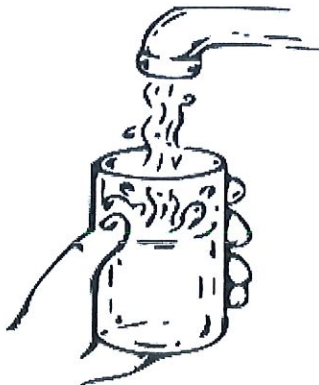


Art of Living Starts in June

“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



time to hydrate

Weekly Chapel Schedule

Saturday, May 20

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

Sunday, May 21

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

Tuesday, May 23

1:00 pm Agape
6:00 pm United Pentecostal Church

Wednesday, May 24

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

Thursday, May 25

1:00 pm TUMI
6:00 pm Gospel Worship

Friday, May 26

1:00 pm Nation of Islam Prayer
Sunni Jumma Prayer



A Point to Ponder

“Self-determination is fine but needs to be tempered with self-control.”

~ Anonymous



Mainline

Week at a Glance

Week	Monday 5/22/2023	Tuesday 5/23/2023	Wednesday 5/24/2023	Thursday 5/25/2023	Friday 5/26/2023	Saturday 5/27/2023	Sunday 5/28/2023
BREAKFAST							
Week 2	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP 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 Scrambled Eggs (Sta,Chl) - 0.33 CP Maple Syrup - 2.00 FLOZ 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 Waffles (Sod) - 2.00 EA Peanut Butter (Sta) - 3.00 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 Fried Egg (Sta,Chl) - 1.00 EA 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	Farina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy (Chl) - 0.75 CP Biscuit (Sta,Sod) - 1.00 EA Fried Potatoes - 0.75 CP 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 *Pork Bacon (Sta,Sod,Chl) - 3.00 SLC 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
LUNCH							
Week 2	Coleslaw (Sod) - 0.75 CP *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Chl) - 2.00 TBS Salad Dressing (Sta,Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 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 Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Texas Slaw - 0.75 CP Mexican Picadillo (Chl,Sta) - 1.25 CP Brown Rice - 0.75 CP Broccoli - 0.75 CP Wheat Tortilla (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken & Rice Casserole (Chl) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
DINNER							
Week 2	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Creole Chicken (Chl) - 1.00 CP Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fruit Bar (Sta,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chili Mac (Chl,Sta) - 1.25 CP 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 Cheese Pizza (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 Hot Roast Beef Sandwich (Sod,Chl,Sta) - 1.00 SV Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Peas & Carrots - 0.75 CP Gelatin & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Taco Salad with Meat (Chl,Sta) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sta,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sta) - 1.00 TBS 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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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.

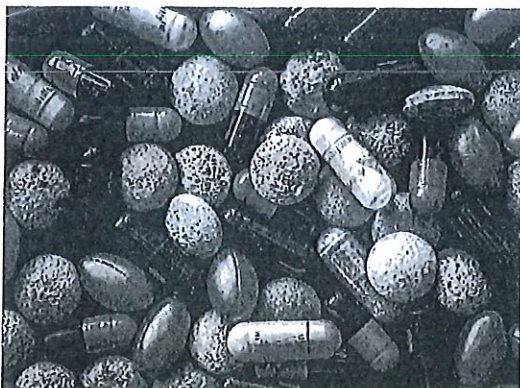


Photo by Raimond Klavins, Unsplash

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.

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.

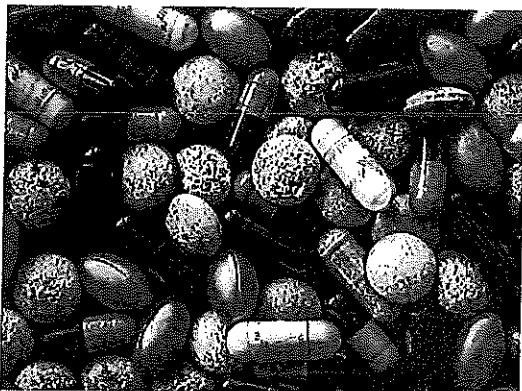


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