

## ADMINISTRATION



### Pell Grants News

As you know, Pell Grants for colleges/universities are coming back soon. The most important thing to know is you will not be able to fill out the Free Application for Federal Student Aid (FAFSA®) form and apply for a Pell Grant on your own for college within the facilities. You will need to apply directly to the approved college/university programs.

There are Federal guidelines the colleges/universities must go through to become a Pell Grant approved program.

- 1) The colleges/universities need to apply with the department to be selected as a program.
- 2) The colleges/universities have to get each facility accredited as one of their participating programs.
- 3) Finally, they have to apply with the U.S. Department of Education to become a Pell Grant program.

Currently the U.S. Department of Education has not finalized these applications. We have two programs previously approved through the 2<sup>nd</sup> Chance Pell Grant process offering classes through Chemeketa Community College at Oregon State Penitentiary and Treasure Valley Community College (TVCC) at Snake River Correctional Institution. These programs will continue. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University, and Adams State (a correspondence program) have begun the process of the DOC application and to get accredited.

We do not have any new approved sites at this time. If you have any questions, reach out to the Education and Training Unit.

Como saben, las Becas Pell para colegios/universidades volverán pronto. Lo más importante que debe saber es que no podrá completar el formulario de Solicitud Gratuita de Ayuda Federal

para Estudiantes (FAFSA®) y solicitar una Beca Pell por su cuenta para la universidad dentro de las instalaciones.

Necesitará aplicar directamente a los programas universitarios/college aprobados.

Existen lineamientos federales que deben cumplir los colegios/universidades para convertirse en un programa aprobado por la Beca Pell.

- 1) Los colegios/universidades deben presentar una solicitud con el departamento para ser seleccionado como programa.
- 2) Los colegios/universidades tienen que conseguir que cada instalación sea acreditada como uno de sus programas participantes.
- 3) Finalmente, deben presentar una solicitud ante el Departamento de Educación de los EE. UU. para convertirse en un programa de Becas Pell.

Actualmente, el Departamento de Educación de EE. UU. no ha finalizado estas solicitudes. Tenemos dos programas previamente aprobados a través del proceso de Becas Pell de 2<sup>nd</sup> Chance que ofrecen clases a través de Chemeketa Community College en la Penitenciaría del Estado de Oregon y Treasure Valley Community College (TVCC) en la Institución Correccional de Snake River. Estos programas continuarán. Central Oregon Community College, Portland Community College, Blue Mountain Community College, TVCC, Chemeketa, Portland State University y Adams State (un programa por correspondencia) han comenzado el proceso de solicitud del DOC y para obtener la acreditación.

No tenemos nuevos sitios aprobados en este momento. Si tiene alguna pregunta, comuníquese con la Unidad de Educación y Capacitación.

/s/ S. Cook, DOC Office of Communications

*Congrats*  
 GRAD

## Protect Your Credit

What You Can Do To Protect Your Credit – Given the ODOT/DMV Data Breach in the News:

In mid-June, there was a breach of information at the Department of Motor Vehicles (DMV) and 3.5 million Oregon driver's license and ID cards were impacted. There are immediate steps you can take to protect your information from identity theft. You are entitled to a free copy of your credit report once every 12 months from each of the three major credit reporting agencies, Experian, Equifax, and TransUnion. Contact information is listed below.

Equifax Fraud Reporting  
P.O. Box 740256  
Atlanta, GA 30374

Experian Fraud Reporting  
P.O. Box 9554  
Allen, TX 75013

TransUnion Fraud Reporting  
P.O. Box 2000  
Chester, PA 19016-2000

/s/ DOC Office of Communications

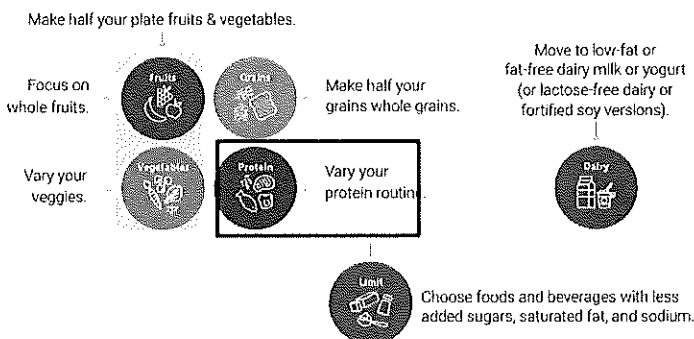


## **GENERAL SERVICES**



### Protein Foods

Healthy eating is important at every stage of life.



The Dietary Guidelines for Americans, 2020-2025 advises consumers to “vary your protein routine”. But what does that mean?

Did you know that meat is not the only source of protein in food? In fact, almost all foods contain some protein, even fruits and vegetables! Some foods contain more than others. “Vary your protein routine” means you should have more than just one type of protein in your diet.

High-protein foods sub-groups:

Meats, Poultry, Eggs: Meats and poultry should be lean or low-fat.

Seafood: Always choose seafoods that are lower in mercury.

Nuts, Seeds, Soy Products:

Nuts should be unsalted.

Beans, Peas, Lentils: Also a vegetable sub-group.

Most of the protein in the recommended Healthy U.S. Dietary Pattern comes from the high-protein foods sub-groups. The dairy (or fortified soy alternatives) food group is another source of dietary protein. Food products made with any of the high-protein sub-group foods will have protein in them, such as baked goods made with eggs, soups made with beans, and sandwiches made with cheese.

The dietary habits of most adults meet the weekly recommendations for meats, poultry, and eggs. Seafood, dairy (or fortified soy alternatives), and beans, peas, and lentils are not consumed as often. These non-meat proteins provide important nutrients that support healthy dietary patterns. Many adults can improve their diet and better meet their nutrient needs by choosing from a wider variety of protein sources. This can include having seafood in place of some meats, or eating beans, peas, and lentils in mixed dishes, such as soups, rice, or pasta dishes.

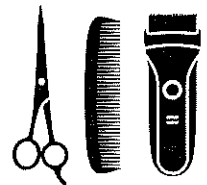
ODOC considers protein from all food sources, not just meat, when creating the menu. ODOC menus provide an average of 1.7 times (170%) the amount of protein that is recommended for most adults.

From the 2020-2025 USDA Dietary Guidelines for Americans

/s/ E. Guevara, DOC Dietitian

## **GROUP LIVING**

### General Population Haircuts



Alpha Block Haircuts:

Until further notice, all Alpha Block residents will be getting their haircuts in Group Living. If you would like to schedule a haircut, please send a request to Group Living, Attn: Haircut.

Group Living Haircuts:

Due to the increased workload of the Group Living barbers, we are still implementing the 30-day rule, which means one haircut per AIC per month. Some exceptions can be made to the rule, i.e. court, release or upcoming special event. Please write your reason on your request and needed date on your AIC communication.

Note: Please expect at least a two-week waiting period from the time you submit your request. Please do not



send multiple requests, as it will slow the process even more. Sending multiple requests may also result in a 30-day suspension of services. Thank you.

/s/ B. Roach, Work Programs Coordinator

## 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

### Self-Cancellation or No Showing Medical/Dental Appointments

If you decide to cancel your appointment or no show an appointment, you will need to write an AIC communication to Medical Services requesting your appointment will be rescheduled. Better yet, please be proactive prior to your appointment and stop by AM Triage and let the Nurse know.

This is necessary because a self-cancellation or no show may not be automatically rescheduled.

Appointments cancelled by OSP Medical/Dental Services will automatically be rescheduled.

/s/ C. Coffey, Medical Services Manager

## JOB ANNOUNCEMENT

### ICH Unit Peer Companion Position

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing has two Peer Companion positions open on the Intermediate Care Housing (ICH) unit. The Individual selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and the following of all unit and institution rules.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on the ICH are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application AIC communication form to ICH Program Manager, Tim Assad, if you are interested. Applications will be accepted until these positions are full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ T. Assad, Behavioral Health Services



# RELIGIOUS SERVICES

## Weekly Chapel Schedule

### Saturday, July 8

8:00 am LDS  
Sweat Lodge  
Jehovah's Witness  
1:00 pm Jewish Service  
Seventh Day Adventist  
6:00 pm Calvary Chapel  
Siddha Yoga (2<sup>nd</sup> and 4<sup>th</sup> Saturdays)

### Sunday, July 9

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

### Monday, July 10

6:00 pm Pentacostal service

### Tuesday, July 11

1:00 pm Agape  
Orthodox Christianity (1<sup>st</sup> and 3<sup>rd</sup>  
Tuesdays)  
6:00 pm Buddhist (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)

### Wednesday, July 12

6:00 pm Most Excellent Way chapel

### Thursday, July 13

1:00 pm TUMI  
6:00 pm Gospel service

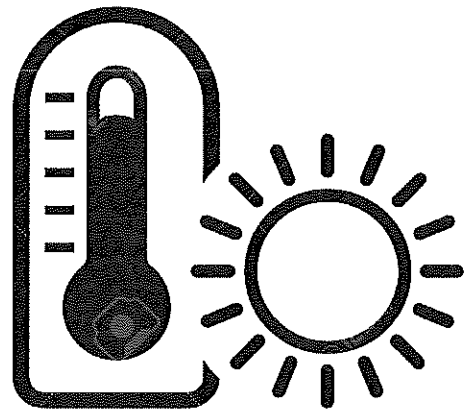
### Friday, July 14

1:00 pm Nation of Islam  
Sunni Jumma prayer

## A Point to Ponder

*"Life's barely long enough to get good at one thing. So be careful what you get good at."*

*~ Matthew McConaughey*



**PLEASE STAY  
HYDRATED,  
DRINK WATER.**



Mainline

Week at a Glance

	Monday 7/10/2023	Tuesday 7/11/2023	Wednesday 7/12/2023	Thursday 7/13/2023	Friday 7/14/2023	Saturday 7/15/2023	Sunday 7/16/2023
<b>Week 4</b>	<b>BREAKFAST</b>						
	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD 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 Scrambled Eggs (Sfa,Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA 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 Sausage Gravy (Chl) - 0.75 CP Biscuit (Sfa,Sod) - 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 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	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Cornmeal Hot Cereal (Sfa,Sod) - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC 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	Farina - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 CP EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
<b>Week 4</b>	<b>LUNCH</b>						
	Potato Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 TBS Mustard - 1.00 TBS Peas - 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 Hot Dog (Sod,Chl) - 2.00 EA Wheat Hoagie Roll - 1.00 EA Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Minestrone 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 Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Tomato Soup (Sod) - 10.00 FLOZ Grilled Cheese Sandwich on Wheat (Sod,Sfa) - 2.00 EA Peas - 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 Fish Sticks (Chl) - 4.00 EA Tartar Sauce (Sod) - 2.00 FLOZ Macaroni Salad (Sod) - 0.75 CP Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 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 Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cupcake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
<b>Week 4</b>	<b>DINNER</b>						
	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cajun Meat Loaf (Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Carrots - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Chicken-Bacon-Ranch Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Carrots - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl,Sfa) - 0.75 CP Spaghetti - 0.75 CP Broccoli - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheese Pizza (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 Teriyaki (Chl) - 0.50 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Choice Cookie (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 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 Waffle Fries (Sfa) - 5.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Burrito Meat (Chl,Sfa) - 0.50 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP 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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