

# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

September 7, 2023

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## GROUP LIVING



### Excessive and Altered Clothing

From January 2023 to August 2023, we have ordered 645 dozen towels. That is 7,740 towels for a population of 1,726 people. We should have enough towels in stock to be able to accommodate everyone (4.85 towels per person). However, we are still struggling with being able to have enough towels for everyone on shower days.

We are asking for your assistance by not having more items than you are authorized to have and to be responsible for the items you are issued. Please turn in excess clothing items to the bins on your unit or to the clothing room during your shower time. Also blankets, sheets and towels are to be used for their intended purpose. They are not to be used on the floor of your cell or to block the view into the cell or bunk area.

AICs are issued the following clothing:

- 5 t-shirts, 5 underwear, 5 pair of socks
- 3 pair of pants
- 1 belt, 1 coat, 1 long-sleeve sweatshirt, 1 pair of red shorts, 1 stocking cap and 1 pair of tennis shoes, depending on work assignment
- 1 pair of work boots (to be returned if job changes)

AICs are also issued:

- 2 blankets (3 in the winter)
- 2 sheets
- 1 towel



On page 16 of the January 2023 revision of the AIC Handbook it states:

When items wear out, return them to the clothing room on Tuesday or Friday during mainline shower time or your assigned shower time. No alterations are allowed. You are responsible for your clothing. When an item is lost or intentionally damaged, you may be issued a disciplinary report and charged the replacement cost (this includes towels, sheets, and blankets).

/s/ C. Porter, Group Living Captain

## HEALTH SERVICES



(Taken in part from American Podiatric Medical Association)

### Hyperhidrosis

What are Sweaty Feet?

Excessive sweating of the feet is called hyperhidrosis. It is more common in men than in women, and more common in young adults than older adults.

People whose feet sweat excessively often also have problems with excessive sweating of the palms. According to the International Hyperhidrosis Society, 3 percent of the population suffers from hyperhidrosis.

Causes

Excessive sweating of the feet seems to be an inherited problem. No one knows exactly why it occurs, but people who sweat excessively seem to have a different "set point" than other people. Most people sweat when it is hot out, or when they become warm. People with hyperhidrosis sweat excessively almost all the time.

Symptoms

The most obvious symptom of hyperhidrosis is feet that sweat excessively. Some people sweat so much that their feet may slip around inside their shoes.

The feet may also have a whitish, wet appearance; sometimes, foot infections are present as well. (Constant wetness breaks down the skin, allowing infection to set in.) Foot odor is common.

Those suffering from hyperhidrosis may also experience emotional stress and worry regarding foot odor. Sweat-related anxiety and isolation can be particularly severe among teens with plantar hyperhidrosis.

Home Care

Good foot hygiene is essential. Wash your feet daily with an antibacterial soap; be sure to wash between the toes. Dry the feet thoroughly, then apply cornstarch, foot powder, or an antifungal powder to your feet. Wear wicking socks made of natural or acrylic fiber blends that draw the moisture away from

your feet instead of trapping it. Some synthetic blends are designed to wick moisture away from the skin and work best to keep the feet dry. One hundred percent cotton socks absorb moisture but do not wick it away from the skin and frequently lead to blisters, so they should be avoided.

It is also a good idea to change socks during the day. Stash an extra pair of socks at school or at work, and change socks mid-way through the day. Wear shoes that are made of breathable materials.

#### Treatment Options

Over-the-counter or prescription roll-on antiperspirants may be applied directly to the feet.

#### Prevention

Good foot hygiene can prevent foot odor and foot infections, two common side effects of sweaty feet.

#### What is Athlete's Foot?

Athlete's foot, sometimes referred to as Tinea Pedia, is a skin disease caused by a fungus, usually occurring between the toes, but it can also affect other areas of the feet. The fungus most commonly attacks the feet because shoes create a warm, dark, and moist environment that encourages fungus growth. Not all fungus conditions are athlete's foot. Other conditions, such as eczema and psoriasis, may mimic athlete's foot.

#### Causes

The warmth and dampness of areas around swimming pools, showers, and locker rooms are also breeding grounds for fungi. Because the infection was common among athletes who used these facilities frequently, the term "athlete's foot" became popular.

#### Symptoms

The signs of athlete's foot, singly or combined, include the following:

- Dry-looking skin
- Itching and burning between the toes, which may increase as the infection spreads to other parts of the feet
- Scaling or peeling skin
- Inflammation or swelling
- Blisters, which often lead to cracking or peeling skin to the feet and toes. When blisters break, small raw areas of tissue are exposed, which may cause swelling.

Athlete's foot may spread to the soles of the feet and to the toenails. It can be spread to other parts of the body by those who scratch the infection and then touch themselves elsewhere. The organisms causing athlete's foot may persist for long periods.

#### When to Contact Medical

If you believe that you have a fungus infection that does not respond to proper foot hygiene and self-care from antifungal from Canteen, and there is no improvement within two-to-four weeks send an AIC communication to Medical Services.

#### Prevention

It is easy to prevent athlete's foot where bare feet come in contact with the fungus by practicing good foot hygiene. You can prevent fungal infection by practicing the following:

- Wash feet daily with soap and water; dry carefully, especially between the toes
- Avoid walking barefoot; use shower shoes in public showers
- Reduce perspiration by using talcum powder
- Wear light and airy shoes
- Change shoes and socks regularly to decrease moisture

/s/ C. Coffey, Medical Services Manager

## JOB ANNOUNCEMENT



### OSCI Graphic Design Team–Certification Position

OCE Marketing is recruiting for open certification positions on the Graphic Design Team (OSCI). Graphic Design positions support OCE Marketing. Successful program participants have the opportunity to join as permanent team members upon successful completion of the Graphic Design/Video Editing certifications. Applicants must adhere to high quality standards and professionalism in a fast-paced environment while meeting deadlines. Position awards 10 PRAS points, with the opportunity to earn a matching Team Goal Award (TGA). Includes opportunities for reviews, promotions (12 pts), and advancement, including promotion to the Graphic Design, Video Editing, and Web Design teams (12-17 pts and TGA). Qualified applicants will move forward in the process after initial screening.

#### Projects include:

- Self-study and exams on Illustrator, Photoshop, InDesign, Premiere Pro, Audition, and Animate
- Creating a range of marketing materials, photo and video editing, and participation in the creation of the materials templates for OCE Marketing (catalogs, brochures, flyers, more)

Skills that enhance the experience of successful applicants (not required):

- Personal experience – intuitive ability to see, create, and design visual components; willingness

to seek resources and train individually and collaboratively with other members of the team; previous successful graphic design work; previous successful work in an OCE shop; humble and inquisitive work mindset with a willingness to learn from others and share your own experiences; ability to make presentations

- Software experience – Adobe Creative Cloud (Photoshop, Illustrator, InDesign, Acrobat, After Effects, Audition, Premiere Pro, Animate), Blender, Microsoft Office Suite (Word, Excel, PowerPoint, Project, Outlook)

Applicants must meet the following qualifications:

- Must have a valid social security number
- Have at least six (6) months' time incarcerated with clear conduct and no program failures in the past six (6) months
- Must have no convictions for ID theft, fraud and/or computer-related crimes
- Not involved in conflicting programs or activities during the assigned shift
- Be willing to sign a 12-month retention agreement
- Current OCE workers must have fulfilled at least one year in current position to be eligible to apply

Essential functions include ability to:

- Remain seated at a monitor and operate a computer for extended periods of time throughout the work day
- Communicate respectfully at all times with staff and AICs
- Work in an office setting subject to potential interruptions and background noises
- Receive training and quality-control advice and corrections from other AICs and staff
- Balance multiple time-sensitive projects with deadlines at the same time
- Stay on task while working in a team setting and independently, depending on the project

If you are interested in becoming highly marketable upon release, utilizing modern software, and making a difference within OCE, DOC, and the community, this position may be what you have been looking for. All applicants will need to pass a DOC/OCE security screening and OCE interview before being considered for the position.

Application submission process:

This is a new recruitment. Previous candidates may reapply if desired. If you are interested in applying, please complete a DOC AIC Work Application referencing OCE Graphic Designer as the position, and a cover letter describing you and your experience and interest in the position.


- Artwork submissions are welcomed, not required, and must be professional and appropriate.
- Submit application by September 8, 2023: OCE Admin, Marketing Department, 3691 State St Salem, OR 97301.
- NOTE: All institution transfers are subject to DOC protocols and may delay the process.

/s/ C. Dorigan, Oregon Corrections Enterprises

## RELIGIOUS SERVICES

### Weekly Chapel Schedule

#### Saturday, September 9

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, September 10

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

#### Monday, September 11

6:00 pm	Pentecostal Service
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#### Tuesday, September 12

1:00 pm	Agape Orthodox Christianity (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays) Art of Living (Meditate) (2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays)
6:00 pm	Buddhist (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)

#### Wednesday, September 13

1:00 pm	Justice Issues
6:00 pm	Most Excellent Way Chapel

#### Thursday, September 14

1:00 pm	TUMI
6:00 pm	Gospel Service

#### Friday, September 15

1:00 pm	Nation of Islam Sunni Jumma Prayer
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## A Point to Ponder

*"For the unwise man there are things to do. For the wise man there are things to understand."*

~ Kapil Gupta



# Financial Services

## *Informational Briefing*

### *Adult in Custody (AIC) Trust Accounts*

<p><b>General Spending Account</b></p>	<ul style="list-style-type: none"> <li>• Primary spending account for AICs</li> <li>• Eligible deposits are received into this account             <ul style="list-style-type: none"> <li>◦ <i>Examples: Deposits received from friends/family, and PRAS</i></li> </ul> </li> <li>• AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account</li> <li>• Funds in this account are not protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Protected Spending Reserve Account</b></p>	<ul style="list-style-type: none"> <li>• This is a spending account established for AICs who receive protected money             <ul style="list-style-type: none"> <li>◦ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i></li> </ul> </li> <li>• AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account</li> <li>• Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Transitional Savings Account</b></p>	<ul style="list-style-type: none"> <li>• Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody</li> <li>• 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500</li> <li>• AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500</li> <li>• AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied</li> <li>• Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account</li> </ul>
<p><b>General Savings Account</b></p>	<ul style="list-style-type: none"> <li>• Established as a means for AICs to save funds outside of the Transitional Savings Trust Account</li> <li>• AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>)</li> <li>• 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</li> <li>• Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment</li> </ul>
<p><b>Obligated Reserve Accounts</b></p>	<ul style="list-style-type: none"> <li>• Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria</li> <li>• AICs may receive deposits directly to one of these accounts from an external source</li> <li>• AICs must be approved to place funds into an Obligated Reserve Account</li> <li>• Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment</li> </ul>

### *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 [dldoctrustinfo@doc.state.or.us](mailto:dldoctrustinfo@doc.state.or.us).

Mainline

Week at a Glance

Monday 9/11/2023		Tuesday 9/12/2023	Wednesday 9/13/2023	Thursday 9/14/2023	Friday 9/15/2023	Saturday 9/16/2023	Sunday 9/17/2023
<b>Week 3</b>	<b>BREAKFAST</b> Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ 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 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	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Ground Beef (Sfa,Chl) - 1.00 OZCKD Shredded Cheese (Sfa,Chl) - 2.00 TBS 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 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	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA 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	Commeal 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	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
<b>Week 3</b>	<b>LUNCH</b>	*Soup of the Day (Sod,Chl) - 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) 2.00TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Turkey Club Sandwich on Wheat (Sod,Chl) - 1.00 SV Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Corn Chowder (Sod) - 10.00 FLOZ Tuna Melt Sandwich on Wheat (Chl,Sfa) - 1.00 EA Peas & 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 Peanut Butter & Jelly 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	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
<b>Week 3</b>	<b>DINNER</b>	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl,Sfa) - 1.00 SV Green Beans - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP *Pork Ham (Sod,Chl) - 2.00 OZCKD Fried Egg (Sfa,Chl) - 2.00 EA O'Brien Potatoes - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 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 Hot Dog (Sod,Chl) - 2.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sfa,Chl) - 2.00 TBS Wheat Hoagie Roll - 1.00 EA Cauliflower - 0.75 CP Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Patty (Chl,Sfa) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC Wheat Burger Bun (Sfa,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Waffle Fries (Sfa) - 5.00 OZCKD Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Spicy Rice Casserole (Chl,Sfa) - 1.25 CP Carrots - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 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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