



# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

October 5, 2023

Page 1

## GENERAL SERVICES

### TV Studio



Thank you all for your patience as we revamp and reorganize the TV studio. We should be fully staffed and finished with some of our studio upgrades and station adjustments by the end of October. As some of you already know, we have most of the regular music stations back and have added a few more in rotation for the enjoyment of everyone.

Please continue to be patient with our technicians as they work very hard at keeping this institution running. Thank you.

/s/ S. Palmer, Physical Plant Electronics Shop

## GROUP LIVING



### Evening Winter Activities 2023

Summer night yard activities will conclude on Sunday, October 1, 2023. The evening winter activities will begin Monday, October 2, 2023.

We will have three rotating groups:

1. E Block
2. D Block C Block

The Dorm will be allowed to attend each evening. Every third night, the blocks will rotate. The first in line is E Block on October 4, 2023.

Note: Only AICs residing in the scheduled block(s) are allowed to participate.

Procedures to follow:

1. Line-up Timing: A line for evening activities will form at 7:00 pm from eligible housing units heading to the Recreation Yard building. This is the only time to join. Activities conclude by 9:00 pm.
2. Entry Path: AICs must proceed down the main avenue, entering the Recreation Yard via electric gate #9, located at the basketball

court's southwest corner. No one is permitted to stay outside the Recreation Yard building.

3. Showers and Activities: If a block has both evening activities and showers scheduled on the same evening, AICs can head straight to the Recreation Yard after their showers without returning to their housing units. Go through Security Gate, then continue through electric gate #3.
4. Open Facilities: The card room, basketball court, pool room, and showers will be accessible.
5. TV Rules: The card room television is reserved for movie viewing only. The designated sports television is specifically for sports, except for minority viewing nights (Tuesdays, Wednesdays, and Thursdays).
6. 8:00 pm Line: Security will announce an optional one-way cell/pill line at 8:00 pm. After joining this line, you will not be allowed back in the yard.

For any questions or clarifications, please consult the Officer in Charge.

/s/ C. Porter, Group Living Captain

## HEALTH SERVICES



### Clean Hands Saves Lives

As we head into the cold/flu season, please remember the importance of washing your hands.

Remember to wash your hands:

- Before eating
- After going to the bathroom
- After blowing your nose, coughing, or sneezing
- After handling garbage

When washing your hands, wash with soap and water.

- Please rub your hands together under the water.
- Rub your hands together for at least 20 seconds with soap.

- Wash your hands, wrists, palms, back of hands, and under fingernails.
- Thoroughly rinse soap from your hands.
- Pat your hands dry rather than rubbing to avoid chapping and cracking

/s/ C. Coffey, Medical Services Manager

### Get Your Flu Shot

### **FIGHT THE FLU**

The Centers for Disease Control and Prevention (CDC) recommend everyone six (6) months and older get vaccinated every flu season. It takes about two (2) weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to likely cause disease in the upcoming flu season. Even when the vaccine does not exactly match these viruses, it may still provide some protection.

The influenza vaccine does not cause flu. An influenza vaccine may be given at the same time as other vaccines. People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting an influenza vaccine. Soreness, redness, and swelling where the shot is given; and fever, muscle aches, and headaches can happen after influenza vaccination.

If you have any questions regarding flu vaccination, please send an AIC communication to Health Services for additional information.

### **Vacúnese contra la influenza!**

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) recomiendan que todas las personas de 6 años de edad y mayores se vacunen cada temporada de influenza. La protección tarda en desarrollarse alrededor de 2 semanas después de la vacunación.

Hay muchos virus de influenza y siempre están cambiando. Cada año se produce una nueva vacuna en contra de los virus de la influenza que se cree son los probables de causar la enfermedad en la siguiente temporada de influenza. Incluso si la vacuna no coincide exactamente con estos virus, esta sí puede ofrecer cierta protección. Las vacunas en contra de la influenza no causan la gripe.

Una vacuna contra la influenza puede administrarse al mismo tiempo que otras vacunas. Las personas con enfermedades menores, como un resfriado, pueden vacunarse. Las personas que están moderada o severamente enfermas normalmente deben esperar hasta su recuperación antes de vacunarse contra la influenza. Dolor, enrojecimiento e inflamación en el

sitio en el que se puso la vacuna; y fiebre, dolores musculares y de cabeza pueden presentarse después de la vacuna contra la influenza.

Si tiene alguna pregunta sobre su vacuna contra la influenza, por favor contacte por escrito (kyte) a los Servicios de Salud, para obtener información adicional.

/s/ C. Coffey, Medical Services Manager

## **JOB ANNOUNCEMENTS**

### **Physical Plant General Maintenance/Campus Maintenance Shop Opening**

The Physical Plant General Maintenance Shop has an immediate opening for an AIC General/Campus Maintenance worker.

Interested applicants must be able to meet the following criteria:

- Be a self-starter.
- Have at least two (2) years clean conduct.
- Have at least one (1) year left here at OSP.
- Demonstrated ability to use hand tools (drills, roto hammer, Sawzall, tape measure, etc.)
- Ability to work using a lift.
- Ability to work in confined spaces.
- Ability to consistently lift at least 75 pounds.
- Ability to be redirected at a moment's notice to assist other shops or coworkers.

Please submit an AIC application form, resume, and cover letter to C. Hegeman, Physical Plant.

/s/ C. Hegeman, Physical Plant

### **Physical Plant General Maintenance/SMH Maintenance Shop Opening**

The Physical Plant General Maintenance Shop has an immediate opening for an AIC General/SMH Maintenance worker.

To be considered for this position, applicants must have a minimum of one (1) year clear conduct, knowledge of basic maintenance tools, the ability to work very well with others, and the ability to work in confined spaces, at heights, and in all types of weather.

To apply, please send a cover letter and resume to Ed Harris, Physical Plant. If you need assistance with a cover letter and/or resume, please contact Brittany Roach, AIC Work Coordinator.

/s/ E. Harris, Physical Plant





# RELIGIOUS SERVICES

## Weekly Chapel Schedule

### Saturday, October 7

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, October 8

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

### Monday, October 9

6:00 pm Pentecostal Service

### Tuesday, October 10

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, October 11

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

### Thursday, October 12

1:00 pm TUMI  
6:00 pm Gospel Service

### Friday, October 13

1:00 pm Nation of Islam  
Sunni Jumma Prayer

## A Point to Ponder

*"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."*

*~ Charles Swindoll*



# **Did You Serve in the U.S. Military?**

VHA – VISN20  
VETERANS HEALTH ADMINISTRATION

## **HEALTH CARE FOR REENTRY VETERANS PROGRAM**

**Diana Rogers, LCSW, Veteran Reentry Info Meeting on:**

**10/31/23 @ 1:00 PM**

**Location: Activities Floor**

### **If you served in the US Military and earned a:**

- General, General Under Honorable, Honorable, Medical Discharge, or Mental Health Discharge,
- Bad Conduct Discharge and are going to be homeless
- You are releasing from prison within the next year
- OTHER THAN HONORABLE w/o Sex Offender Reg Reqmt and HOMELESS at release having served at least one day of active-duty military service may be evaluated for housing ONLY: Med/MH care will be non-VA provided

### **The HCRV Specialist would like to assist you to obtain the following Veterans Reentry information and resources for your use after release:**

- Registration in the VA Health Care System
- Instructions on how to set up initial post-release VA Medical/MH care
- Shelter and Housing Program Resources – GPD, SSVF, HUD/VASH
- Post 9/11 Veterans Program Access Assistance
- Low-Income Community Based Dental Care Services
- Substance Abuse Treatment Program Access
- SSI, VA SC Comp. and NSC Pension Benefit filing and reinstatement info
- VA Regional Office, State VA, County Veteran Services, VSO/VBO access
- Employment Resources, both VA and Community Based
- Residential Rehabilitation Treatment Program information and Referrals
- State Child Support Enforcement Veteran Reentry Liaison
- VA & Community-Based Resources list in the Community of Your Release

**If you meet these criteria, are releasing in the next 9 months, and are interested in these types of services, please send an AIC communication to:**

**C.Syhabout, Transition Coordinator. Must have an AIC communication submitted no later than 10/20/23 to be considered for meeting.**



## Mainline

## Week at a Glance

	Monday 10/9/2023	Tuesday 10/10/2023	Wednesday 10/11/2023	Thursday 10/12/2023	Friday 10/13/2023	Saturday 10/14/2023	Sunday 10/15/2023
<b>Week 2</b>	<b>BREAKFAST</b>						
	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa,Chl) - 1.00 EA 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 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 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	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa,Chl) - 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	Farina - 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	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) 0.33 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC Fried Potatoes - 0.75 CP 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
	<b>LUNCH</b>						
<b>Week 2</b>	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 Cauliflower - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 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 Blended Vegetables - 0.75 CP Wheat Dinner Roll - 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	Potato Soup - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Peas - 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,Sfa) - 1.25 CP Brown Rice - 0.75 CP Broccoli - 0.75 CP Wheat Tortilla (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 Chicken 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	Lettuce Salad - 1.00 CP Salad Dressing (Sod) 1.00 FLOZ Loco Moco Patty (Chl,Sfa) - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Beef Gravy - 2.00 FLOZ White Rice - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Chocolate Cake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
<b>Week 2</b>	<b>DINNER</b>						
	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Creole Chicken (Chl) - 1.00 CP Brown Rice Pilaf - 0.75 CP Green Beans - 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 Hot Roast Beef Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Carrots - 0.75 CP Fruit Bar (Sfa,Sod,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chili Mac (Chl,Sfa) - 1.25 CP Sweet Potatoes (Sfa) - 0.75 CP 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 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 & Rice Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Gelatin & Whip Topping (Sfa) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl,Sfa) - 1.00 SV 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 Meat Sauce (Chl,Sfa) - 0.75 CP Spaghetti - 0.75 CP Cauliflower - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.  
\*Contains or may contain pork.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

© Powered By: Culinary Suite

08/24/2023, 11:36 AM

