



SECURITY

Hygiene Rule Review



Ensuring the safety of everyone living and working at OSP is our top priority. Staff will address anyone who is dressed in a manner that draws undue attention or compromises safety and security as outlined in the 'Hygiene, Grooming and Sanitation (AIC)' rules 291-123-0015:

(5) Clothing:

(a) Adults in custody will be issued DOC clothing that is properly fitted, durable, presentable, and suitable for the activity in which the adult in custody may be involved.

(b) Adults in custody must be properly attired in a manner that does not draw undue attention or compromise internal order and discipline, institutional security, or the health and safety of the adult in custody, other adults in custody, and staff.

/s/ E. Martinez, Correctional Officer

GROUP LIVING



Obstruction of View into Cell or Bunk Area

Nothing will be placed on or attached to cell bars. Nothing will be hung or placed in a manner that would obstruct the officer's view into the cell or bunk area.

This applies to celled housing units as well as the Dorm. Clothing, towels, sheets, and bedding are to be used for their intended purposes only, they are not to be hung around the bunk area to create curtains or obstruct view in the bunk or cell. Those in violation are subject to progressive discipline and confiscation of inappropriately used items. In the dorm, there is nothing allowed to be attached to the windows that would obstruct the view into the housing unit.

Property

There are still several AICs that are not in compliance with the amount of authorized property in their cells. There are property bins located on every block

that are utilized to measure property. Any property that does not fit in that bin (with the exception of medical equipment, keyboard, guitar, and state-issued clothing/bedding) is considered excessive. Property must comply prior to moving cells. Those with excessive property will be denied convenience moves until property is reduced. Excessive property shall be mailed out at the AIC's expense or discarded. Excess property that is not mailed out or discarded at the direction of staff will be considered contraband and may result in confiscation of the item(s) and/or disciplinary action.

Nothing will be taped, pasted, glued, or added to the cell walls. Nothing may be hung on the ceiling. Nothing may be hung on or interfere with the function of the fire systems (detectors, sprinklers, alarms, panes etc.). Items hung in the approved bulletin/cork board area may not exceed the area of the frame and items may not overlap.

Envelopes and Postcards

You are to immediately write your name and SID number on **your** envelopes/postcards (in ink) within the first hour after receiving them from Canteen. All blank or altered envelopes/postcards will be confiscated and those in possession are subject to disciplinary action.

C. Porter, Group Living Captain

HEALTH SERVICES



Improving Your Eating Habits—The Holidays are Coming

Replace unhealthy habits with new, healthy ones. For example, in reflecting on your eating habits, maybe you eat too fast. If so, put your fork down between bites. Also, minimize distractions; distractions keep you from paying attention to how quickly and how much you are eating.

If you eat too quickly, you may "clean your plate" instead of paying attention to whether your hunger is satisfied.

Eat only when you are truly hungry instead of when you are tired, anxious, or feeling an emotion besides

hunger. If you find yourself eating when you are experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead.

Plan meals ahead of time to ensure that you eat a healthy well-balanced meal. Follow the legend provided on the ODOC Food Services menu or choose Canteen items you are replacing with your meal prior to meal time or when you are hungry.

/s/ C. Coffey, Medical Services Manager

There is Still Time to Get your 2023 Flu Vaccine

There are many misconceptions about the flu vaccine and how it makes you sick. According to the Centers for Disease Control (CDC), flu vaccines cannot cause flu illness. Flu vaccines (i.e., flu shots) are made with either inactivated (killed) viruses, or with only a single protein from the flu virus. Some people report having mild side effects after a flu vaccination. The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after vaccination and last one to two days. Acetaminophen or Ibuprofen off your Block, per manufactures directions, can help alleviate these signs and symptoms.

The CDC also wants to remind us, flu can be a serious disease, This is especially true among older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

Getting the flu vaccine every year is important. The CDC recommends a yearly flu vaccine for everyone six months of age and older. The reason for this is that a person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu. Additionally, flu viruses are constantly changing, so the vaccine composition is reviewed each year and updated as needed.

Please send a AIC communication to "Flu Clinic" if you would like to receive the flu vaccine. It is okay to change your mind if you previously refused the flu vaccination. Help us, protect you!

/s/ C. Coffey, Medical Services Manager



JOB ANNOUNCEMENTS

ODOC Facilities Infrastructure Team Opportunity



The Facilities Electrical construction team is looking to hire motivated AICs for opportunities in their certified electrical apprenticeship program. This license is recognized throughout the state of Oregon, giving selected applicants a career upon release.

Interested applicants must be able to meet the following criteria:

- Minimum one (1) year clear conduct
- Three (3)+ years left on sentence
- Skilled labor and technical aptitude preferred
- Available for 10-hour shifts Monday through Friday

Please submit an AIC application form, resume, and cover letter to Physical Plant/ Attention: S. Castle

/s/ S. Boren, ODOC Facilities



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 several 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 following of all unit and institution rules.

ICH Unit Peer Companions 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 also include escorting individuals to appointments, assisting individuals in groups, working with individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells, cleanliness of their cell, and offering peer support to individuals with severe mental illness.

Please submit an application AIC communication form to Tim Assad, ICH Program Manager, if you are interested. Applications will be accepted until this position is 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. Compensation is maxed out at 18 PRAS points, working a five-day work week.

/s/ T. Assad, ICH Program Manager (WOC)

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



A Point to Ponder

“Let no one discourage your ambitious attitude. You don’t need a fan club to achieve your goals. Be your own motivation.”

~ Anonymous

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, November 4

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

Sunday, November 5

8:00 am Spanish Protestant
Spanish Jehovah's Witness 1:00 pm
Catholic Service
Urantia (1st and 3rd Sundays)
6:00 pm Lutheran Service

Monday, November 6

1:00 pm Hispanic Catholic Service
6:00 pm Pentecostal Service

Tuesday, November 7

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

Wednesday, November 8

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

Thursday, November 9

1:00 pm TUMI
6:00 pm Gospel Service

Friday, November 10

1:00 pm Nation of Islam
Sunni Jumma Prayer





Mainline

Week at a Glance

	Monday 11/6/2023	Tuesday 11/7/2023	Wednesday 11/8/2023	Thursday 11/9/2023	Friday 11/10/2023	Saturday 11/11/2023	Sunday 11/12/2023	
Week 1	BREAKFAST Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Sliced Cheese (Sta,Chl) - 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	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 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 (Sta,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 CP French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 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 (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP 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	HAPPY VETERANS DAY! Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Double Cheeseburger: (2 beef patties + 1 SL cheese + 1 bun) Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	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	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
Week 1	LUNCH Bean Soup - 10.00 FLOZ *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Green Beans - 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 Fried Egg Sandwich on Wheat (Chl,Sta) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Tuna Noodle Casserole (Chl,Sta) - 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	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Chl) - 2.00 TBS Margarine (Sta) - 1.00 TBS Salad Dressing (Sta,Sod) - 2.00 FLOZ Carrots - 0.75 CP Wheat Dinner Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sta,Chl) - 0.50 CP Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Double Cheeseburger: (2 beef patties + 1 SL cheese + 1 bun) Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Bean Soup - 10.00 FLOZ *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Bean Soup - 10.00 FLOZ *Grilled Ham and Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
Week 1	DINNER Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl,Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sta,Chl) - 2.00 TBS 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 *Pizza (choice) (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 Beef Stew (Sod,Chl,Sta) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sta,Sod) - 2.00 EA Broccoli - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA 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

