



JOB ANNOUNCEMENTS

MHI Unit ADL/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 is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmery (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with individuals unable to care for their own ADLs as well as individuals experiencing significant mental health symptoms. 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.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on MHI 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 assisting individuals around ADL coaching and skill building; increasing social interactions; and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time.

Please submit an application AIC communication to Katie Bell, MHI Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ K. Bell, BHS Program Manager

Physical Plant Electronics Shop Position



The Electronics Shop is accepting applications for AICs interested in a career as a low voltage electrician. This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB Electrical license.

The desired candidate will embody this list of personal traits and meet the following criteria:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take and follow directions, constructive criticism, work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable, maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Stay drug and alcohol free during your time here.
- Have at least one year clean conduct. Have a minimum of five years left on sentence. Must be Level 3 NCI.
- Have high school diploma/GED and ability to pass math test.
- Ability to work in confined spaces and lift at least 75 pounds.

Send applications with resume and cover letter to Palmer/Schaeffer Physical Plant Electronics Shop.

/s/ S. Palmer, Physical Plant

Paint Shop Crew Opening



Physical Plant is accepting applications in the Paint Shop for one position: Paint Crew (10 points)

The selected candidates will have the closest matching skills to those listed below.

Desired skills:

Self-motivated individual with a desire to learn skills for the outside

Willingness to take direction, criticism, and work with others to accomplish tasks

Experience using hand tools, paint brushes, and rollers

Able to lift 50-75 pounds frequently

Reliable individuals who maintain regular attendance

Ability to use spray equipment proficiently

Send a completed AIC job application to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant



Paint Shop Apprenticeship Opening

Physical Plant is accepting applications in the Paint Shop for one position: Paint Apprenticeship Program (14 points)

The selected candidates will have the closest matching skills to those listed below. Application cutoff date is January 31, 2024.

Desired skills:

Self-motivated individual with a desire to learn skills for the outside

Willingness to take direction, criticism, and work with others to accomplish tasks

Experience using hand tools, paint brushes, and rollers

Able to lift 50-75 pounds frequently

Reliable individuals who maintain regular attendance (limited call outs)

Ability to use spray equipment proficiently

Requirements to enter the program:

Clear Conduct 1 year minimum

4.5 to 7.5 years remaining before release date

High School Diploma or Equivalent

Regular assigned book work/testing (including math)

3-6 month trial period prior to indenturing into the program

Send a completed AIC job application with attached resume to Physical Plant J. Trevino. Incomplete applications will not be evaluated for an interview.

/s/ J. Trevino, Physical Plant

Physical Plant General Maintenance 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



RELIGIOUS SERVICES

New Class Offering

"Have you ever observed your own mind? What does it do? Isn't it constantly going back and forth? From the past to the future? Either regretting or angry about the past? Or glorifying it? Like back in the good old days? Or, it's worried or anxious about the future, or it's planning for something? Isn't this so? And we are unaware of how much stress this is causing to our mind, this constant back and forth movement from past to future. It means we are never here! Right now! In the present moment! And where is peace and happiness? It's in the present! Isn't it? Our Breath is the link between our body and mind, between our inner world of silence, and our outer world of activity. So by learning how to use our own breath as a tool to calm our bodies and our mind, we also discover that our breath is a vital tool we can use to help facilitate our own healing." (D. Einbender, Art of Living)

We are offering a three-day class, February 5 through February 7, 2024, two and one-half hours each day, where you can learn some secrets of the breath that can help you in your daily life so much. Please register today.

/s/ OSP Religious Services



Learn Biblical Hebrew

Are you interested in learning Biblical Hebrew? The Chapel is offering a new class on Biblical Hebrew here at OSP. This class will occur on Thursday afternoons from 1:00 pm - 3:30pm.

Please send an AIC communication form to the Chapel if you are interested.

/s/ A. Perlstein, Chaplain



OSP Buddhist Group Changes

The Buddhist group at OSP is undergoing changes. Gyoshi Mike Kaplan, who has led the group for several years, has stepped down, and Genko Sylvan Rainwater has stepped up. Genko is an ordained priest with Dharma Rain Zen Center, an organization that started the group and has led it for about 25 years.

Dharma Rain's purpose in doing Buddhist groups in prisons (we also have groups at Coffee Creek, Columbia River, Eastern Oregon, and Two Rivers) is to provide meditation instruction and practice, share Buddhist teachings, help create sangha (community) within the prison, and to foster inner peace and long-term personal transformation.

In this service, we step outside of our usual routine and all work together to create a space of stillness, silence, safety, and self-discovery. The heart of it is Zen meditation, which looks like we're doing nothing, but in reality is an active, alert watching of body, mind, and heart. It is a rare opportunity to let go of outside stresses and focus on the silence and peace inside.

Genko is excited to work with this group, recognizing the depth of practice and experience among long-time members and hopeful that together we can continue to provide a place for continued personal growth for all interested.

/s/ OSP Religious Services

Tuesday, January 23

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, January 24

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

Thursday, January 25

1:00 pm TUMI
6:00 pm Gospel Service

Friday, January 26

1:00 pm Nation of Islam
Sunni Jumma Prayer

A Point to Ponder

*“One small positive thought
in the morning can change
your whole day.”*

~ Dalai Lama

Weekly Chapel Schedule

Saturday, January 20

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, January 21

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

Monday, January 22

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





Mainline

		Week at a Glance						
		Monday 1/22/2024	Tuesday 1/23/2024	Wednesday 1/24/2024	Thursday 1/25/2024	Friday 1/26/2024	Saturday 1/27/2024	Sunday 1/28/2024
Week 2	BREAKFAST	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sta,Chl) - 1.00 EA Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS 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 Scrambled Eggs (Sta,Chl) - 0.33 CP Refried Beans - 0.50 CP 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 (Sta) - 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 (Sta,Chl) - 1.00 EA Sliced Cheese (Sta,Chl) - 1.00 EA 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	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,Chl) 0.33 CP *Pork Bacon (Sta,Sod,Chl) - 3.00 SLC 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	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 2	LUNCH	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken-Lettuce 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 Wheat Dinner Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Wheat (Sod,Chl,Sta) - 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	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,Sta) - 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,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 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 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
Week 2	DINNER	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 (Sta) - 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,Sta) - 1.00 EA Beef Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Carrots - 0.75 CP 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 Sweet Potatoes (Sta) - 0.75 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 Chicken & Rice Casserole (Chl) - 1.25 CP Carrots - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sta) - 1.00 TBS Gelatin & Whip Topping (Sta) - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shepherd's Pie (Chl,Sta) - 1.00 SV 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 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 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

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