

WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

July 18, 2024

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GROUP LIVING

Soda Tickets Reminder



This became effective April 1, 2024.

You are only allowed to own a maximum of fifty (50) soda tickets at a time and you are only authorized to have five (5) in your possession outside of your cell.

If you are found to possess in excess of the authorized number of tickets inside or outside of your cell, this will be considered excessive, deemed as items of barter, and confiscated as contraband. All tickets in excess of the authorized amounts will be discarded in accordance with the property rule regarding contraband. Being in possession of contraband and/or excessive property may result in confiscation of the item(s) and/or disciplinary actions.

/s/ C. Porter, Group Living Captain

Clothing on the Yard



- Clothing should be worn as it is intended and not cause undue attention.
- At no time should your undergarments be visible.
- Clothing cannot be altered from its original state, nor can it be rolled up or pulled down to expose more of the body.
- Transgender women are not allowed to remove their shirts on the yard.
- AICs must always wear their blue/red shorts over their underwear while utilizing the outdoor showers.

/s/ C. Porter, Group Living Captain

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.

/s/ C. Porter, Group Living Captain

Prison Rape Elimination Act Questions and Answers



Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?
Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.
2. If I use the PREA hotline or advocacy hotline are my calls confidential?
Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.
3. What is the buzzer sound I hear in all housing blocks, units and infirmary?
Answer: That buzzer sound is to make all AICs aware a staff member of the opposite gender has entered the area.
4. Is there a resource outside of the institution I can talk to about PREA confidentially?
Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to:

Amplify the victim's voice
Redirect victim blaming

Provide emotional support
 Explain options for reporting
 Help victim process decision (not guide, recommend or suggest what is right)
 Provide resources and referrals
 Sit through forensic exam / investigatory interview if desired by the victim.
 Support family and friends of the victim.

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

If you have any other PREA-related questions or concerns, please send an AIC Communication to Lt. Hakola or Capt. Porter.

/s/ C. Porter, Group Living Captain

HEALTH SERVICES

Update On STD Testing



I have received your surveys back and am slowly scheduling those that wish to be tested. It will occur over the next four to five months. I appreciate everyone's patience during this long process.

If you are going to parole or need testing sooner, please send me an AIC communication letting me know your parole date so I can make sure you are tested and get your results prior to your exit date.

Once you have had your blood drawn, I will schedule you in the next couple of weeks to go over your results. Please feel free to send me an AIC communication to remind me. If you have had your lab drawn and are still waiting for your results, please send me an AIC communication to let me know. If you would like a copy of your lab results, please send an AIC communication to medical records.

If you have not received a survey and would like testing, just send me an AIC communication letting me know. You will be scheduled.

If at any time you change your mind and want testing or do not want testing once again, just send me an AIC communication to let me know.

/s/ T. Ralls, RN, Health Services

Optical Services

Due to the extreme back log and staffing shortages in health services/optical the refraction exams are about 8 – 10 months out from the date that services are requested. Eyeglass repairs and ordering are generally addressed in house within 1 – 2 weeks

and submitted to Central trust for processing. Once orders are submitted, CCCF eyeglass Lab is about 8 + weeks out for new orders.

The Optometrist is here only 2 to 4 times a month and the priority are diabetic exams and doctor referrals.

Please continue to be patient and thank you for using OSP health services for your needs.

/s/ M. Lundquist, OS2 Health Services

GENERAL SERVICES

Plumbing Work/Repair Requests

For timely processing of work/repair requests for plumbing in your housing cell or at your work location, please follow the procedure outlined below:

For housing cell:

Notify your tier officer or block sergeant as soon as an issue arises. Provide a brief but detailed explanation.

An electronic work order request will be submitted to the Physical Plant Office for processing.

For work location (i.e., OCE, Food Services, Yard):

Notify your staff supervisor as soon as an issue arises. Provide a brief but detailed explanation. An electronic work order request will be submitted to the Physical Plant Office for processing.

All work order requests are prioritized based on the nature of the request and the current workload of the Plumbing Shop. Lower priority items such as a dripping cell faucet will be addressed as the workload allows.

/s/ J. Ellertson, Physical Plant Manager



JOB ANNOUNCEMENTS

Physical Plant General Maintenance Position

The Physical Plant General Maintenance Shop is accepting applications for a new AIC team member.

Applicants are required to have one year clear conduct and must possess the following skills:

- Be a self-motivated & dependable team player with good communication skills.
- Be able to read a tape-measure and have a general knowledge of hand tools.



- Be capable of working in conditions that require performing tasks at heights and in confined spaces.

If you are interested, please send a completed AIC application form to Physical Plant General Maintenance, Attention Harris/Rains/Hegeman.

/s/ E. Harris, Physical Plant



Physical Plant Preventative Maintenance Shop

The Physical Plant Preventative Maintenance Shop has an exciting opportunity to fill two openings. The qualifying candidates will have no STM, clear conduct for at least one year, and a background with commercial kitchen repair/maintenance. Candidates will need to be able to carry and move heavy equipment, be able to carry heavy items upstairs, and be in good overall physical health. This position is currently on a Monday through Thursday four ten-hour shifts with weekends off. There will be times that after hours work will be required.

If you are ready to work with an outstanding team that keeps this place together, send your fully completed AIC application, resume, and cover letter to S. Rains, Interim Preventative Maintenance Shop Supervisor.

/s/ S. Rains, Physical Plant

Physical Plant Carpenter Shop Position

The Physical Plant Carpenter Shop is accepting applications for an additional crew member with some previous carpentry experience. Applicants must have at least one year clear conduct and possess the following desired skills:

Self-motivated individual who will apply and/or eagerly learn new construction carpentry and finish carpentry skills

Ability to follow directions, take constructive criticism, and work well with others

Ability to lift and carry 50+ pounds

Reliable attendance and communication skills

Send completed AIC application form to Physical Plant Carpenter, H. Baray.

/s/ H. Baray, Physical Plant



Physical Plant Electronics shop

The Electronics shop is accepting applications for AIC's 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.

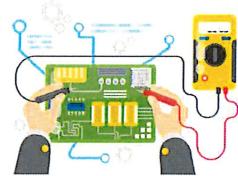
The desired candidate will embody this list of personal traits and meet the following criteria.

- 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 1-year clean conduct. Have a minimum of 5 years left on sentence.
- Have High school diploma/GED and ability to pass math test.
- Ability to work in confined spaces and lift at least 75 pounds.

All applicants are required to have close to five years left on their sentence or more, must have a year of clear conduct with a level 3 NCI. Must have desire to be able to be a productive member of society when released. High school diploma or GED.

Send applications with Resume and cover letter to Palmer/ Schaeffer Physical plant Electronics shop. Good Luck!

/s/ S. Palmer and S. Schaeffer, Physical Plant



Education

August 2nd GED & VT Auto graduation

Chemeketa Community College and the Department of Corrections is proud to announce our annual graduation. We will have 28 GED graduates and two VT Auto graduates this year. Grads will be able to invite friends and family to the event which will begin at 12:30 p.m. Guests may check in between 10:45 a.m. and 12:15 p.m. For those inviting relatives and friends, please be aware that they must stay for the entire event (12:30 to 2:30). We will start to wind things up at approximately 2:30 and guests will need to leave no later than 3:00 p.m. This event means so much to our graduates. It is a wonderful accomplishment, and we want to honor and celebrate them.

Thank you so much to everyone who was instrumental in each graduate's success!

/s/ L. Lacy, OSP Education Coordinator

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, July 13:

| | |
|---------|---|
| 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 nd and 4 th Saturdays) |

Sunday, July 14:

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|----------|---|
| 8:00 am | Spanish Protestant |
| | Spanish Jehovah's Witness |
| 1:00 pm: | Catholic |
| 6:00 pm | Lutheran (1 st , 3 rd , and 5 th Sunday) |

Monday, July 15:

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|---------|---------------------------|
| 1:00 pm | Hispanic Catholic service |
| 6:00 pm | Pentecostal service |

Tuesday, July 16:

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

Wednesday, July 17:

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|---------|---------------------------|
| 1:00 pm | Justice issues |
| 1:00 pm | Native drumming |
| 6:00 pm | Most Excellent way chapel |

Thursday, July 18:

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|----------|-----------------------|
| 12:30 pm | Biblical Hebrew class |
| 1:00 pm | TUMI |
| 6:00 pm | Gospel service |

Friday, July 19:

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|---------|--|
| 1:00 pm | Nation of Islam |
| 1:00 pm | Sunni Jumma prayer |
| 6:00 pm | Anger and the Bible (2 nd and 4 th) |

Point to Ponder

**It is never too late to be
who you might have been.**

-- George Elliot



sourcesofinsight.com

Electrolytes

Food Services has started to provide electrolyte water in most institutions on hot days.

Adequate hydration is essential for overall health. Water is necessary for virtually all body functions. Both electrolyte and regular water count towards your daily fluid needs, as do other beverages such as coffee, tea, fruit juices, and milk.

It's a common misperception that electrolyte water is better than plain water for hydration. In reality, it depends on the circumstances.

More specifically, electrolyte water may be beneficial if you're at risk for quick losses of minerals. You may want to consider an electrolyte-enhanced drink if:

- You're exercising for more than one hour.
- You sweat heavily during exercise.
- You're sick with vomiting or diarrhea.
- You will be exposed to heat for long periods of time.

One or two electrolyte drinks should be enough for most people to reach a safe and healthy balance after you lose electrolytes from sweat. Outside of sports, hot weather, and illness, plain water works just fine to meet your day-to-day hydration needs.

People with certain medical conditions should limit or avoid electrolyte drinks. The ODOC Dietitian recommends only one serving of electrolyte water daily for most AICs with the following conditions. Talk to your medical provider if you have questions.

Diabetes – people with diabetes need to limit how much sugar they have daily, and sports drinks usually contain sugar. The electrolyte water supplied by ODOC contains 9 grams of total carbohydrate per 16 fl. oz. serving.

Heart Disease or High Blood Pressure – people with these conditions often need to limit how much sodium they have daily, and sports drinks contain salt. The electrolyte water supplied by ODOC contains 256 mg of sodium per 16 fl. oz. serving.

Kidney Disease – people with kidney disease often need to limit how much sodium and potassium they have daily, and sports drinks usually contain both. The electrolyte water supplied by ODOC contains 63 mg of potassium per 16 fl. oz. serving.

FYI: The electrolyte water supplied by ODOC contains 33 calories per 16 fl. oz. serving.

One more thing to consider before having a sports drink: you also get electrolytes from the foods you eat. Electrolytes are found mainly in fruits and vegetables. If you're eating plenty of fruits and vegetables, you're going to meet your basic electrolyte needs unless you do something extra (like exercise) and need to restore what you have lost.

Sports drinks can be an effective way to replenish lost electrolytes after a tough workout or sweating during a very hot day. But these drinks aren't meant to be an all-day beverage.

Melatonin

**NWC has the Melatonin \$6.08
in stock.**

**If you're wanting to order it,
hand write it in on your form
until we can get our forms
updated.**

**Thank you,
North Warehouse Commissary**

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Week at a Glance

| Monday 7/22/2024 | Tuesday 7/23/2024 | Wednesday 7/24/2024 | Thursday 7/25/2024 | Friday 7/26/2024 | Saturday 7/27/2024 | Sunday 7/28/2024 |
|------------------|--|---|--|--|---|---|
| BREAKFAST | | | | | | |
| Week 3 | Dry Cereal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa,Chl) - 1.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA | Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 EA English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FL0Z Sugar PC - 2.00 EA | Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 0.75 CP Maple Syrup - 2.00 FL0Z Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Sugar PC - 2.00 EA | Farina - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z Sugar PC - 2.00 EA | Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FL0Z 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 FL0Z Coffee - 8.00 FL0Z Sugar PC - 2.00 EA |
| LUNCH | | | | | | |
| Week 3 | Asian Cabbage Salad - 0.75 CP Sweet & Sour Chicken (Chl) - 0.75 CP Brown Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Japanese Milk Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z | *Soup of the Day (Sod,Chl) - 10.00 FL0Z Tuna Melt Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Potato Salad (Sfa,Chl) - 0.75 CP Peas & Carrots - 0.75 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z | Corn Chowder (Sod) - 10.00 FL0Z *Soup of the Day (Sod,Chl) - 10.00 FL0Z Cher Salad with Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa,Chl) - 1 EA Shredded Cheese (Sfa,Chl) - 2 TBS Salad Dressing (Sfa,Sod) - 2.00 FL0Z Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z | *Soup of the Day (Sod,Chl) - 10.00 FL0Z Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP Lemon Cilantro Rice - 0.75 CP Orions & Bell Peppers - 0.50 CP Salsa (Sod) - 0.25 CP 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 FL0Z | Texas Slaw - 0.75 CP Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Wheat Tortillas (Sfa,Sod) - 2.00 EA Wheat Tortillas (Sfa,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Chicken Quarter (Chl,Sfa) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FL0Z 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 FL0Z |
| DINNER | | | | | | |
| Week 3 | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Beef Stroganoff (Chl,Sfa) - 0.75 CP Pasta - 0.75 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z *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 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Turkey Tetrazzini (Sod,Chl) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Bread Pudding (Sod,Chl) - 0.50 CP Tea - 8.00 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Beef Patty (Chl,Sfa) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 SLC Wheat Burger Bun (Sfa,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Tea - 8.00 FL0Z | Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FL0Z Macaroni & Cheese (Sod,Chl,Sfa) - 1.25 CP Cauliflower - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FL0Z |

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.

*Contains or may contain pork.

Sod = High Sodium Sfo = High Saturated Eat Chi = High Cholesterol Sust = High Sust.

Sug = High sugar

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