

# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

April 17, 2025,

Page 1

## GROUP LIVING

### Oregon State Penitentiary Internal PREA Audit

April 16th-18th

In 2003 the federal government enacted the Prison Rape Elimination Act (PREA). In May 2012, the US Department of Justice released its final rule in accordance with PREA. The purpose of this law is to reduce sexual abuse and sexual harassment in confinement settings by focusing on prevention, detection, and response.

The Oregon Department of Corrections fully supports the guidelines set forth in this law and remains committed to a zero-tolerance policy for sexual abuse and sexual harassment and retaliation for reporting an incident. Sexual abuse or harassment from other AICs or staff is never okay and never your fault.

There are some key things you can do to protect yourself from being a victim.

- Avoid isolated or secluded areas
- Be aware of your body language
- Never share personal information
- Never borrow canteen items
- Never accept gifts from another AIC
- Be cautious of AICs offering to protect you
- Report all acts of violence against you

If you are the victim of sexual abuse or sexual harassment, your best defense is to report the incident as quickly as possible. There are multiple ways to report, including reporting anonymously.

- In person to any staff
- Through an AIC communication
- Through the grievance system
- Call the Inspector General's Hotline (Pick up handset, make language selection and dial "91")
- Write the Governor's Office (State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301), and you can request to remain anonymous

- Friends or family can report on your behalf (877- 831-0389)

You can be assured that the information will be received in a confidential manner.

If you have been victimized, it is important to remember not to wash away the evidence.

- Don't shower
- Don't remove or wash your clothes
- Don't brush your teeth

The Department of Corrections rules prohibit any form of sexual activity. Beyond rules, forced or coerced sexual behavior is a criminal offense, and the department will take every action possible to hold perpetrators accountable, including prosecution resulting in additional time in prison.

You need to be aware that it is against the law for staff, contractors, or volunteers to engage in any type of sexual activity with an AIC. By law, an incarcerated person is unable to legally consent to sexual activity of any kind with a staff member. This type of activity is referred to as Staff Sexual Misconduct and is punishable up to and including loss of employment, or imprisonment. Any reports of such incidents will be investigated thoroughly by State Police, and the employee will be held accountable if found guilty.

AICs who allege sexual misconduct by staff or other AICs, and whose allegations are proven by investigators to be false, or who through investigation have been determined to have engaged in sexual solicitation of staff or AICs, will be held accountable through all means available to the DOC. That said, if you make a report that is investigated, but cannot be proven, you will not be punished for making the report.

As part of the PREA standards, staff must announce their presents when they enter a housing unit where there are AIC's of the opposite gender as themselves. This must be done any time the status quo of the gender supervision on a housing unit

changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). These opposite gender announcements are done utilizing a doorbell system. When you hear the doorbell, opposite gender staff will be entering the housing unit.

It is also important you undress in the appropriate locations. There are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments.

/s/ S. Brown, Correctional Lieutenant

## Facilities

### Courtesy message for AIC phones in the Yard



Facilities team is upgrading all Yard Phones. The 30 phones near mini golf will remain up and functioning for the whole project. The 10 phones at the turn-style will be temporarily down. They are going to be moved and renovated with new wire for this project. Facilities has been informed that A- Block, Stage, and Barn phones will remain available.

Thank you,  
/s/ S. Boren, Electrician Facilities

## LEGAL LIBRARY

### Law Library Closure: Week of April 28-May 2, 2025



DOC Law Libraries will be closed across the state for all-staff training during the last week of April. Annual training allows us to keep Library Coordinators up-to-date and increase the quality of services provided within institutions and to AICs. We appreciate your understanding and look forward to resuming regular services after this event.

Please plan to make law library requests around these closures. If you have a deadline during this time, please plan to have all work completed prior as we will be unable to provide services during our planned closure.

Institution-specific information is posted in the facility library.

/s/ J. Janis, Legal & Library Services Manager

## HEALTH SERVICES



### KYTES for medical records

Health Service would appreciate your understanding regarding kynes for medical records.

Due to several changes within medical records, there is a backlog of kynes. The new records specialist will get them caught up as fast as they can while also doing other requests. Thank you and we appreciate your understanding.

/s/ K. Ross RN, Medical Service Manager

## JOB ANNOUNCEMENTS

### OSP Call Center Clerk-



PRAS Points: 14 to 17 After 6mo.

REQUIREMENTS: INC Level 3, Apply by 4/30/25, 2 Years Remaining in DOC custody

### INTRODUCTION:

This Call Center Provides outside contractors the infrastructure and AIC phone agents to make outbound calls for lead generation, prospecting cold call sales, surveys, polls, and questionnaires.

### QUALIFICATIONS:

To be considered for an OCE Clerk assignment you must meet the following criteria: A strong work ethic and clerical experience is preferred. Upon a successful interview, the OCE Clerk selected must meet the approval of the Call Center Manager. OCE clerks must be able to take direction and perform their duties in a professional and timely manner while working in an office setting with other AIC's, DOC, OCE, and customer staff. OCE clerk positions require the AIC to be able to demonstrate a positive attitude towards the Call Center in all aspects of behavior.

### DUTIES & RESPONSIBILITIES:

The focus of the OCE clerk is to act as OCE staff support by being able to perform all duties and responsibilities with efficient professionalism and a sense of dedication to the call center, Braille, and DDT; that involves, and is not limited to: The maintaining of office files, daily information tracking, generating reports, and accurate data entry. In addition to basic clerical duties, the OCE clerk will perform a wide variety of tasks as directed by OCE staff. The OCE clerk helps maintain office equipment while communicating with phone agents, trainers, and OCE Staff.

## Additional Skills/ Knowledge Needed:

- Knowledge of the structure and content of the English language: Spelling, definition, composition, and grammar.
- Knowledge of Microsoft word, Excel, PowerPoint, and Outlook.
- Knowledge of administrative and clerical procedure systems such as word processing, filling/record management, formatting design, and clerical terminology.
- Proficiency in writing, proofreading, and editing.
- Prioritizing work while utilizing time management techniques.
- Strong verbal and written communication skills.
- Must be detail oriented
- Must be adaptable to a high pace work environment.

**To apply – Sent application to OCE Call Center – Rick Masterson or provide to any OCE staff member**

/s/ R. Masterson, Production Supervisor

## RELIGIOUS SERVICES

### Read music? Play piano?



You're our person!



We need someone

who can play the piano and read music.

Are you that fellow? This is a volunteer position for Sunday afternoons in the Chapel. We meet in the Chapel between 12:30 and 3:15 pm on Sunday afternoons. The Catholics have various songs throughout Mass as well as singing a hymn before and after service.

If you feel the call to give us some assistance, you do not have to be a Catholic to fill this position. Please join us to try out. We look forward to meeting you.

/s/ C. Kyle, Volunteer

### Restorative Justice Survivor of Harm Group

The Survivor of Harm Group is designed to bring people who have been harmed together with people who have harmed for an open and honest discussion on creating harm, the ripple effects, what acts of accountability looks like, needs of both harmed and the responsible person, making amends, and what healing looks like through a Restorative Justice approach.

Most people who have harmed never hear about the psychological, physical, social, financial, and spiritual impact of their actions on the people they harmed. Some may not even understand how such harms have impacted themselves.

- **The group consists of 13 weeks and will be facilitated by outside volunteers.**
- **Group is held every Monday afternoon 1:00 p.m. through 3:00 p.m. on the Chapel floor starting March 3.**

There is limited space, so if you cannot make the time commitment, please do not sign up. All are welcome. If you are interested send a kite to the Chapel address R.J. Survivor's Group.

/s/ I. Witcraft, Chaplain

### Find Freedom and Hope Service

UPCI is offering a renewed service starting in January on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays.

We understand the challenges of feeling locked in and locked out. These services are a time to reflect on how the Lord delivers us from what binds us and brings us into His freedom.

- Hear testimonies of transformation and hope.
- Discover the healing, freeing power of Jesus Christ
- Embrace the joy of living victoriously through Him.

Come as you are and discover true freedom in Jesus Christ.

Please send a kite to the Chapel to sing up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

/s/ A. Y. Perlstein, Chaplain

### \*\*Circle of Peace on the Inside Group (COPING)\*\*

Circles of Peace on the Inside Group (COPING) is a *Restorative Justice* approach to treatment, allowing all who have been impacted by domestic violence to collaboratively repair and prevent future destructive behavior(s) upon release.

COPING consists of 15 weekly *Circles* that bring prisoners together who want to transform their trauma.

- **The first Circle begins: Wednesday, January 22<sup>nd</sup> from 1:00 to 3:00 pm.**
- **We will meet: Every Wednesday for the next 15 weeks, until April 30<sup>th</sup>.**
- There is limited space, so if you cannot make the time commitment, please do not sign up. All are welcome. Send your kites to the Chapel.

- *"Trauma untransformed becomes transferred."*

/s/ A. Y. Perlstein, Chaplain

## Weekly Chapel Schedule

### Saturday, April 19<sup>th</sup>:

8:00 am LDS Services  
 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, April 20<sup>th</sup>:

8:00 am Protestant (Spanish service)  
 Jehovah's Witness (Spanish service)  
 Urantia (1<sup>st</sup> and 3<sup>rd</sup> Sundays)  
 1:00 pm: Catholic  
 6:00 pm Lutheran (1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sunday)  
 Agape Family Services (2<sup>nd</sup> and 4<sup>th</sup>)

### Monday, April 21<sup>st</sup>:

1:00 pm Catholic (Spanish service)  
 6:00 pm Pentecostal service

### Tuesday, April 22<sup>nd</sup>:

8:00 am Becoming 01 (2<sup>nd</sup>, 4<sup>th</sup>)  
 1:00 pm Orthodox Christianity (1<sup>st</sup> & 3<sup>rd</sup> Tuesday)  
 Art of Living (Meditate) (2<sup>nd</sup> & 4<sup>th</sup> Tuesdays)  
 6:00 pm Buddhist (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)

### Wednesday, April 23<sup>rd</sup>:

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

### Thursday, April 24<sup>th</sup>:

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

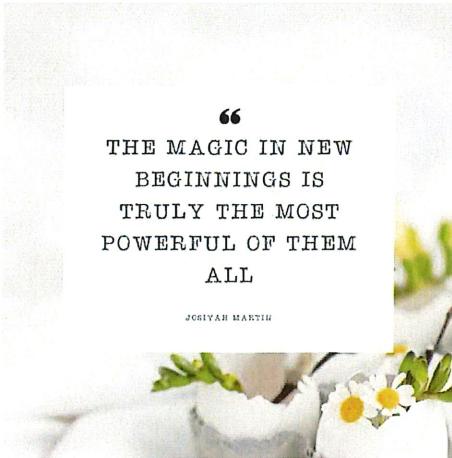
### Friday, April 25<sup>th</sup>:

1:00 pm NOI Jumma Prayer  
 Sunni Jumma prayer  
 6:00 pm Anger and the Bible (2<sup>nd</sup> and 4<sup>th</sup>)

## POINT TO PONDER

“  
 THE MAGIC IN NEW  
 BEGINNINGS IS  
 TRULY THE MOST  
 POWERFUL OF THEM  
 ALL

JURIYAH MARTIN



# Summer Night Yard Procedures

## 2025

Summer evening yard will begin on March 30, 2025 with C/E Blocks, **This will be a Sunday night.** The following procedures will be in effect for the duration:

1. AIC's whose block has summer evening yard may go to yard at the 4:30 p.m. optional yard line or after their block is released for the evening meal. They may eat and then go directly to the yard. **(This does not apply to NCI Level 1's on the weekends)**
2. NCI Level 3 AIC's will be allowed to attend summer night yard, in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit when released for chow, or after completing their meal.
3. Any AIC's who returns to his housing unit from the dining room will not be permitted to go to the yard.
4. No turnouts will be run from the recreation yard. The only exception will be AIC's on education turnouts. These AIC's will be called off of the yard by the yard sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will immediately go to their callout destination.
5. AIC'S leaving the porch area of the dining room for the recreation yard will go to the yard and will not be permitted to loiter by the yard fence.
6. AIC's who shower in the Clothing Room at 7:00 p.m. will be permitted to go to the yard after their shower; or go directly to the yard from work. AIC's that return to their housing unit after showering may not be allowed to go to the yard.
7. A pill line is run after yard comes in, if yard comes in before 8:00p.m. During long yard periods (lasting until **after** 8:00 p.m.) an optional cell line will be called at 7:30p.m. AIC's needing medication would come in with the optional cell line and **will** be allowed to return to the yard.
8. Showers on the yard will start at 6:00p.m. and will stop 45 minutes before yard is recalled.
9. Ice and/or beverages cannot be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather.
10. Yard recall will be determined by the Officer-in-Charge.
11. When the yard is recalled, all AIC's will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say your goodbyes on the telephone, to gather items and prepare to leave.
12. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal.
13. During softball season, players and officials will normally be afforded 20 minutes to shower at the conclusion of a game. If the evening meal is running quickly, players may be called to dinner before being given time to shower. They will then be required to leave the yard **unless** it is their housing unit's normal night for evening yard.
14. NCI Level 1 AIC's will not be authorized to attend the evening weekend yard (Saturday and Sunday).

Captain B. Gaither  
Group Living Captain, OSP



# OSP MAILROOM NEWSLETTER

ISSUE 15

APRIL 2025

## REGARDING THE NEW MAIL RULES EFFECTIVE 1/13/2025

AICs WITH QUESTIONS ABOUT THE NEW RULES MAY SEND AN INMATE COMMUNICATION FORM TO C. TOOMBS, LEAD WORKER, OSP MAILROOM

EXCEPTIONS CANNOT BE ADDRESSED AT THE INSTITUTION LEVEL  
BRIAN STEPHEN, DOC CHIEF OF SECURITY at DOCHQ OVERSEES THE MAIL RULE

### ♦ RESOURCES FOR FRIENDS AND FAMILY

**VISIT [WWW.OREGON.GOV/DOC](http://WWW.OREGON.GOV/DOC) TO VIEW THE NEW RULES**

**EMAIL QUESTIONS TO [DOC.MAILROOM.QUESTIONS@WWW.OREGON.GOV](mailto:DOC.MAILROOM.QUESTIONS@WWW.OREGON.GOV)**

**SOME ARE NOT FAMILIAR WITH THE TERM “SECURITY FEATURES”  
REGARDING ENVELOPES. THIS IS THE PRINTING ON THE INSIDE OF THE  
ENVELOPE USED TO CONCEAL THE CONTENTS, SUCH AS CHECKS**



**THESE ENVELOPES ARE NO LONGER PERMITTED**

**EXCEPTION: GOVERNMENT AGENCIES/  
FINANCIAL INSTITUTIONS**



### ♦ PUBLICATIONS - BOTH BOOKS AND MAGAZINES

**BOOKS & MAGAZINES MUST COME FROM A PUBLISHER OR DISTRIBUTOR  
BOOKS FROM RESIDENTIAL ADDRESSES ARE NOT PERMITTED**

**FOR EXAMPLE:**

**YES AMAZON**

**NO AMAZON MARKETPLACE /PRIVATE SELLER ADDRESS**

**UNFORTUNATELY WE DON'T HAVE A STATEWIDE LIST OF AUTHORIZED SELLERS  
AT THIS TIME, BUT WE HOPE FOR ONE TO BE AVAILABLE IN THE FUTURE.**



## INMATE COMMUNICATION FORMS

### "KYTES"

**KYTES NEED TO HAVE A DEPARTMENT LISTED ON THE FRONT**

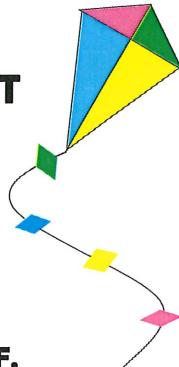
◆ **DESCRIPTIONS SUCH AS "PROGRAMS" ARE NOT SUFFICIENT**

**THERE ARE MANY PROGRAMS PROVIDED BY MANY DEPARTMENTS.**

◆ **JUST A STAFF NAME IS NOT SUFFICIENT**

**NEW STAFF JOIN OSP REGULARLY AND ARE UNKNOWN TO MAILROOM STAFF.**

**KYTES LACKING SUFFICIENT INFORMATION WILL BE RETURNED TO SENDER.**



## OUTGOING MAIL

**THE NEW RULES AFFECT AIC TO AIC MAIL**

**IF AN AIC SENDS AN ITEM NO LONGER ALLOWED IN INCOMING MAIL TO ANOTHER AIC, THE RECEIVING INSTITUTION WILL VIOLATE/CONFISCATE. EXAMPLES: NON WHITE PAPER, NON WHITE ENVELOPES, COLORED PENCIL, ETC.**

## ENVELOPE WEIGHT LIMITS AND POSTAGE

**ENVELOPE WEIGHT LIMITS ARE AVAILABLE FROM CANTEEN**

**POSTAGE SCALES ARE AVAILABLE IN THE BLOCKS.**

**USPS WILL RETURN MAIL THAT EXCEEDS THE WEIGHT LIMIT.**



## Mainline

|        |  | Week at a Glance                      |   |                                  |                                 |   |  |  |
|--------|--|---------------------------------------|---|----------------------------------|---------------------------------|---|--|--|
|        |  | Monday 4/1/2025                       | Tuesday 4/22/2025   | Wednesday 4/23/2025              | Thursday 4/24/2025              | Friday 4/25/2025                        | Saturday 4/26/2025                       | Sunday 4/27/2025                         |
|        |  | Mainline                              |   |                                  |                                 |   |  |  |
| Week   |  |                                       |   |                                  |                                 |   |  |  |
| Week 2 | <b>BREAKFAST</b>   |                                       |   |                                  |                                 |   |  |  |
|        | Oatmeal - 1.00 CP  | Dry Cereal - 1.00 CP                  | Canned Fruit - 0.50 CP  | Farina - 1.00 CP                 | Dry Cereal - 1.00 CP            | Canned Fruit - 0.50 CP                  | Oatmeal - 1.00 CP                        | Canned Fruit - 0.50 CP                   |
|        | Canned Fruit - 0.50 CP                                   | Fried Egg (Sfa,Chl) - 1.00 EA         | Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP                    | Biscuit (Sfa,Sod) - 1.00 EA      | Waffles (Sod) - 2.00 EA         | Peanut Butter (Sfa) - 3.00 TBS          | Maple Syrup - 2.00 FLOZ                  | Scrambled Eggs (Sfa,Chl) - 0.50 CP       |
|        | Fried Egg (Sfa,Chl) - 1.00 EA                            | Cheese Slice (Sfa,Chl) - 1.00 SLC     | Fried Potatoes - 0.75 CP  | Fried Potatoes - 0.75 CP         | Skim Milk - 16.00 FLOZ          | Skim Milk - 16.00 FLOZ                  | Skim Milk - 16.00 FLOZ                   | Shredded Cheese (Sfa,Chl) - 2.00 TBS     |
|        | Cheese Slice (Sfa,Chl) - 1.00 SLC                        | English Muffin - 1.00 EA              | Wheat Toast - 2.00 SLC  | Jelly (Sug) - 2.00 TBS           | Coffee - 8.00 FLOZ              | Coffee - 8.00 FLOZ                      | Coffee - 8.00 FLOZ                       | Fried Potatoes - 0.75 CP                 |
|        | English Muffin - 1.00 EA                                 | Fried Potatoes - 0.75 CP              | Margarine (Sfa) - 1.00 TBS                                      | Margarine (Sug) - 2.00 TBS       | Sugar PC - 2.00 EA              | Sugar PC - 2.00 EA                      | Sugar PC - 2.00 EA                       | Pork Bacon (Sfa,Sod,Chl) - 3.00 SLC      |
|        | Fried Potatoes - 0.75 CP                                 | Skim Milk - 16.00 FLOZ                | Skim Milk - 16.00 FLOZ  | Skim Milk - 16.00 FLOZ           | Skim Milk - 16.00 FLOZ          | Skim Milk - 16.00 FLOZ                  | Skim Milk - 16.00 FLOZ                   | Wheat Toast - 2.00 SLC                   |
|        | Skim Milk - 16.00 FLOZ                                   | Coffee - 8.00 FLOZ                    | Coffee - 8.00 FLOZ  | Coffee - 8.00 FLOZ               | Coffee - 8.00 FLOZ              | Coffee - 8.00 FLOZ                      | Coffee - 8.00 FLOZ                       | Margarine (Sfa) - 1.00 TBS               |
|        | Coffee - 8.00 FLOZ                                       | Sugar PC - 2.00 EA                    | Sugar PC - 2.00 EA  | Sugar PC - 2.00 EA               | Sugar PC - 2.00 EA              | Sugar PC - 2.00 EA                      | Sugar PC - 2.00 EA                       | Skim Milk - 16.00 FLOZ                   |
|        | Sugar PC - 2.00 EA                                       |                                       |   |                                  |                                 |   |  | Sugar PC - 2.00 EA                       |
|        |  | <b>LUNCH</b>                          |   |                                  |                                 |   |  |  |
|        | Potato Soup - 10.00 FLOZ                                 | Mинestrone Soup - 10.00 FLOZ          | Corn Chowder (Sod) - 10.00 FLOZ                                 | Bean Soup - 10.00 FLOZ           | Texas Slaw - 0.75 CP            | *Soup of the Day (Sod,Chl) - 10.00 FLOZ | Lettuce Salad - 1.00 CP                  | Lettuce Salad - 1.00 CP                  |
|        | *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA | Tuna Salad (Chl) - 0.50 CP            | *Grilled Ham & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA | *Chili Mac (Chl,Sfa) - 1.25 CP   | Chili Mac (Chl,Sfa) - 1.00 EA   | Shredded Cheese (Sfa,Chl) - 2.00 TBS    | Salad Dressing (Sod) - 1.00 FLOZ         | Salad Dressing (Sod) - 1.00 FLOZ         |
|        | Sliced Onions - 2.00 TBS                                 | Shredded Lettuce - 0.25 CP            | Peas - 0.75 CP  | Shredded Lettuce (Chl) - 0.50 CP | Wheat Hoagie Roll - 1.00 EA     | Wheat Hoagie Roll - 1.00 EA             | Roast Turkey (Chl) - 3.00 OZCKD          | Roast Turkey (Chl) - 3.00 OZCKD          |
|        | Shredded Lettuce - 0.25 CP                               | Wheat Hoagie Roll - 1.00 EA           | Chips - 1.00 BAG  | Shredded Lettuce - 0.25 CP       | Blended Vegetables - 0.75 CP    | Blended Vegetables - 0.75 CP            | Poultry Gravy - 2.00 FLOZ                | Poultry Gravy - 2.00 FLOZ                |
|        | Mayo & Mustard (Sod) - 2.00 TBS                          | Blended Vegetables - 0.75 CP          | 2.00 TBS  | Broccoli - 0.75 CP               | Chips - 1.00 BAG                | Chips - 1.00 BAG                        | Mashed Potatoes - 0.75 CP                | Mashed Potatoes - 0.75 CP                |
|        | Green Beans - 0.75 CP                                    | Chips - 1.00 BAG                      | Fresh Fruit - 1.00 EA   | Margarine (Sfa) - 1.00 EA        | Margarine (Sfa) - 1.00 EA       | Margarine (Sfa) - 1.00 EA               | Green Beans - 0.75 CP                    | Green Beans - 0.75 CP                    |
|        | Chips - 1.00 BAG   | Fresh Fruit - 1.00 EA                 | Fortified Drink - 8.00 FLOZ                                     | Fresh Fruit - 1.00 EA            | Fresh Fruit - 1.00 EA           | Fresh Fruit - 1.00 EA                   | Wheat Bread - 2.00 SLC                   | Wheat Bread - 2.00 SLC                   |
|        | Fresh Fruit - 1.00 EA                                    | Fortified Drink - 8.00 FLOZ           | Fortified Drink - 8.00 FLOZ                                     | Fortified Drink - 8.00 FLOZ      | Fortified Drink - 8.00 FLOZ     | Fortified Drink - 8.00 FLOZ             | Margarine (Sfa) - 1.00 TBS               | Margarine (Sfa) - 1.00 TBS               |
|        | Fortified Drink - 8.00 FLOZ                              |                                       |   |                                  |                                 |   | Chocolate Cupcake (Chl) - 1.00 EA        | Chocolate Cupcake (Chl) - 1.00 EA        |
|        |  | <b>DINNER</b>                         |   |                                  |                                 |   |  |  |
|        | Lettuce Salad - 1.00 CP                                  | Lettuce Salad - 1.00 CP               | Lettuce Salad - 1.00 CP   | Lettuce Salad - 1.00 CP          | Lettuce Salad - 1.00 CP         | Lettuce Salad - 1.00 CP                 | Lettuce Salad - 1.00 CP                  | Lettuce Salad - 1.00 CP                  |
|        | Salad Dressing - 1.00 FLOZ                               | Salad Dressing - 1.00 FLOZ            | Salad Dressing - 1.00 FLOZ                                      | Salad Dressing - 1.00 FLOZ       | Salad Dressing - 1.00 FLOZ      | Salad Dressing - 1.00 FLOZ              | Salad Dressing - 1.00 FLOZ               | Salad Dressing - 1.00 FLOZ               |
|        | Chicken Quesadilla (Sod,Chl,Sfa) - 2.00 EA               | Slippy Joe (Sod,Chl,Sfa) - 0.75 CP    | Meat Loaf (Chl,Sfa) - 1.00 EA                                   | Meat Loaf (Chl,Sfa) - 1.00 EA    | Meat Loaf (Chl,Sfa) - 1.00 EA   | Meat Loaf (Chl,Sfa) - 1.00 EA           | Beef Enchilada Casserole (Chl) - 1.25 CP | Beef Enchilada Casserole (Chl) - 1.25 CP |
|        | Salsa (Sod) - 0.25 CP                                    | Wheat Burger Bun (Sfa,Chl) - 1.00 EA  | Baked Potato - 1.00 EA  | Sour Cream (Sfa,Chl) - 2.00 TBS  | Sour Cream (Sfa,Chl) - 2.00 TBS | Sour Cream (Sfa,Chl) - 2.00 TBS         | Carrots - 0.75 CP                        | Carrots - 0.75 CP                        |
|        | Sour Cream (Sfa,Chl) - 2.00 TBS                          | Spanish Rice - 0.75 CP                | Carrots - 0.75 CP   | Green Beans - 0.75 CP            | Green Beans - 0.75 CP           | Green Beans - 0.75 CP                   | Wheat Bread - 2.00 SLC                   | Wheat Bread - 2.00 SLC                   |
|        | Spanish Rice - 0.75 CP                                   | Corn - 0.75 CP                        | Seasoned Potatoes - 0.75 CP                                     | Margarine (Sfa) - 4.00 SLC       | Margarine (Sfa) - 4.00 SLC      | Margarine (Sfa) - 4.00 SLC              | Margarine (Sfa) - 1.00 TBS               | Margarine (Sfa) - 1.00 TBS               |
|        | Corn - 0.75 CP   | Tea - 8.00 FLOZ                       | Ketchup - 1.00 TBS  | Tea - 8.00 FLOZ                  | Tea - 8.00 FLOZ                 | Tea - 8.00 FLOZ                         | Gelatin & Whip Topping (Sfa) - 0.50 CP   | Gelatin & Whip Topping (Sfa) - 0.50 CP   |
|        | Tea - 8.00 FLOZ  | Fruit Bar (Sfa,Sod,Chl,Sug) - 1.00 EA | Fruit Bar (Sfa,Sod,Chl,Sug) - 1.00 EA                           | Tea - 8.00 FLOZ                  | Tea - 8.00 FLOZ                 | Tea - 8.00 FLOZ                         | Tea - 8.00 FLOZ                          | Tea - 8.00 FLOZ                          |
|        |  |                                       |   |                                  |                                 |   |  |  |

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

\*Contains or may contain pork.

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

# APRIL FOOLS DAY

| SUNDAY                                   | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|--|---------|---------|-----------|----------|---------|----------|
| 30-MAR                                   | 31-MAR  |         |           |          |         |          |
| AM C/E                                   | AM A/D  | AM      | SHOWERS   | AM A/D   | AM C/E  | SHOWERS  |
| PM A/D                                   | PM C/E  | PM A/D  | PM C/E    | PM A/D   | PM C/E  | AM C/E   |
| EVE C/E                                  | EVE A/D | EVE C/E | EVE A/D   | EVE C/E  | EVE A/D | PM A/D   |
| <b>EVENING YARD BEGINS</b>               |         |         |           |          |         |          |
| 6  | 7       | 8       | 9         | 10       | 11      | 12       |
| AM A/D                                   | AM C/E  | AM C/E  | AM C/E    | AM A/D   | AM A/D  | SHOWERS  |
| PM C/E                                   | PM A/D  | PM C/E  | PM A/D    | PM C/E   | PM A/D  | AM A/D   |
| EVE A/D                                  | EVE C/E | EVE A/D | EVE C/E   | EVE A/D  | EVE C/E | PM C/E   |
| <b>APRIL FOOLS DAY</b>                   |         |         |           |          |         |          |
| 13                                       | 14      | 15      | 16        | 17       | 18      | 19       |
| AM C/E                                   | AM A/D  | AM A/D  | AM A/D    | AM C/E   | AM C/E  | SHOWERS  |
| PM A/D                                   | PM C/E  | PM C/E  | PM C/E    | PM A/D   | PM C/E  | AM C/E   |
| EVE C/E                                  | EVE A/D | EVE C/E | EVE A/D   | EVE C/E  | EVE A/D | PM A/D   |
| <b>PASAS</b>                             |         |         |           |          |         |          |
| 20                                       | 21      | 22      | 23        | 24       | 25      | 26       |
| AM A/D                                   | AM C/E  | AM C/E  | AM C/E    | AM A/D   | AM A/D  | SHOWERS  |
| PM C/E                                   | PM A/D  | PM C/E  | PM A/D    | PM C/E   | PM A/D  | AM A/D   |
| EVE A/D                                  | EVE C/E | EVE A/D | EVE C/E   | EVE A/D  | EVE C/E | PM C/E   |
| <b>EASTER</b>                            |         |         |           |          |         |          |
| 27                                       | 28      | 29      | 30        | 1-JAY    | 2-JAY   | 3-JAY    |
| AM C/E                                   | AM A/D  | AM      | SHOWERS   | AM A/D   | AM C/E  | AM C/E   |
| PM A/D                                   | PM C/E  | PM A/D  | PM C/E    | PM A/D   | PM C/E  | PM A/D   |
| EVE C/F                                  | EVE A/D | EVE C/F | EVE A/D   | EVE C/F  | EVE A/D | EVE C/F  |
| <b>EARTH DAY</b>                         |         |         |           |          |         |          |
| 4-MAY                                    | 5-MAY   |         |           |          |         |          |
| AM A/D                                   | AM C/E  |         |           |          |         |          |
| PM C/E                                   | PM A/D  |         |           |          |         |          |
| EVE A/D                                  | EVE C/E |         |           |          |         |          |
| <b>MORNING YARD - 7:45AM TO 9:45AM</b>   |         |         |           |          |         |          |
| <b>AFTERNOON YARD - 1:00PM TO 3:30PM</b> |         |         |           |          |         |          |
| <b>EVENING YARD 4:30PM TO SUNSET</b>     |         |         |           |          |         |          |

REVISED

3/24/25

# ATTENTION: NEW MAIL RULE UPDATE

*On March 26, 2025, Chief of Security, Mr. Brian Stephen, sent this message to all Mailroom Staff:*

The mail rule was recently changed in an effort to mitigate known methods of contraband introduction via mail. One of the changes is here:

## **Incoming Mail**

(4) Authorized Envelopes:

- (a) Except for mail that is addressed and received directly from the Corrections Ombudsman, a government entity, an approved vendor, publisher, treatment facility, health care provider, or is properly marked as “legal” or “official” mail, incoming mail must be enclosed in a commercially produced envelope using standard weight (20 pound or less) white paper that is no larger than 9” x 12”.
- (b) Examples of envelopes that will not be accepted include, but are not limited to, the following:
  - (A) Any non-white envelope.
  - (B) Envelopes larger than 9” by 12” (except as provided in subsection (4)(a) of this rule).
  - (C) Envelopes that are not commercially produced.
  - (D) Envelopes made of cardboard, padded, corrugated, or tear-resistant material.
  - (E) Envelopes constructed of heavy weight paper (that is, greater than 20 pound) or **with security screening features.**

An unintended consequence of this rule change has been discovered:

***It was not, and is not, the intention of the ODOC to prevent AICs from receiving banking, other financial, or stock information.*** Some of this information is important for AICs to receive to allow them to file tax information correctly. Envelopes from businesses who deal with this information are predominantly “security” envelopes. It is a policy decision to allow these envelopes, coming from financial institutions into the facilities. These are not “legal mail” or “official mail” so can still be searched as normal, but this mail should be allowed in the facility despite the coloring or security features on the envelope. If there are other violations or concerns, they can be addressed individually and dealt with accordingly.

Acting LIO/PIO, Sandra Curtiss

Date: April 4, 2025

To: All Adults in Custody

From: DOC Health Services Division

Beginning May 1st, aspirin will no longer be offered at medline. For those patients who are suffering from mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, backaches and other associated symptoms, ibuprofen and acetaminophen are available at the housing unit. In addition to calcium carbonate (Tums®) for acid indigestion, heartburn and upset stomach, these products are available for self-use. If your health care needs are of a greater need, please see your medical provider.

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Fecha: 4 de abril de 2025

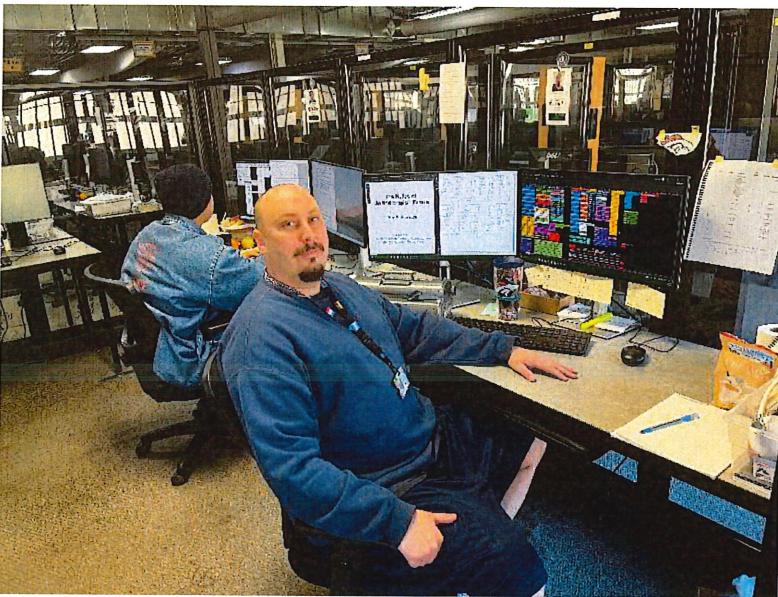
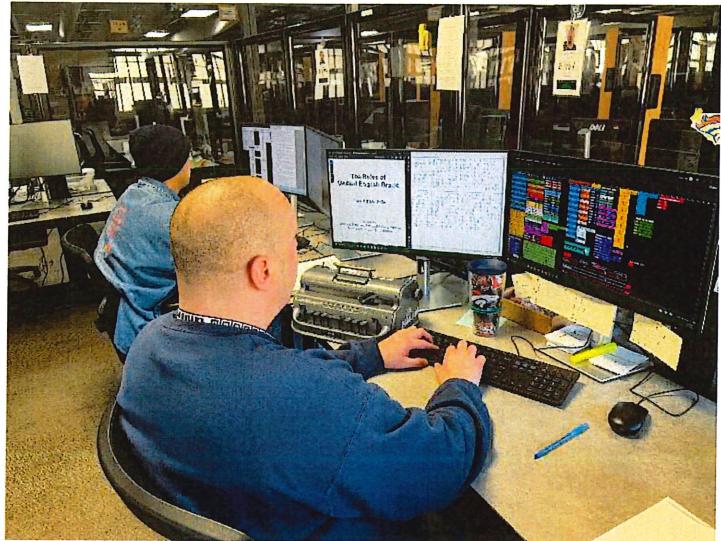
Para: Todos los adultos en custodia

De: División de Servicios Salud

Comenzando el 1 de mayo, la aspirina ya no se ofrecerá en medline. Para esos pacientes que padecen dolor leve a moderado de dolor de cabeza, dolores musculares, periodo menstrual, resfriado y dolor de garganta, dolor de espalda y otros síntomas asociados, ibuprofeno y paracetamol están disponible en la unidad de Vivienda. Además del carbonato de calcio (Tums®) para indigestión acida, acidez y malestar estomacal, estos productos estarán disponibles para uso propio. Si sus necesidades de atención medica son mayores, por favor vea a su proveedor médico.

## **'The Braille Cell' Through the Eyes of an AIC at OSP**

Hello, my name is Jason Cizek, and I work in The OCE Braille Program at OSP. I am currently halfway through the NLS UEB Literary Braille Certification Course through the National Federation for the Blind, where I'm learning how to transcribe Braille for the visually impaired community. Having been incarcerated for 13 years, this is the first time I've ever felt that I've been given a real opportunity to learn a new skill that will truly change my future for the better. Upon my release from prison, I will be 54 years old, and I will have a trade I can take with me that will translate into job opportunities. After spending most of my life as a mechanic and welder, I'll have the chance to work at a desk for those later years of my life.



This job has not only taught me valuable skills, but I also plan to start my own business. My goal, after my release, is to hire a few fellow AICs from this program once they are released. I aim to help them transition into productive members of society by offering employment and supporting them through appointments like meetings with parole officers, AA, NA, food stamps, or any other required classes. I truly believe in the power of this program, and I hope OCE will offer more job skills training

programs like this one to give us all a real chance at a productive life upon release.

My coworkers and I have come up with the name "The Braille Cell." Be sure to share it with everyone you know!

Application submission process: If you are interested in applying, complete a DOC Work Application referencing the OCE Braille Program C/O La'Stasha Kellogg and send it to the OSP Contact Center. We will continue accepting applications for future openings.



## State of Oregon Department of Corrections Commissary

DATE: TUESDAY, APRIL 08, 2025  
TO: Adults in Custody  
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager  
SUBJECT: Commissary News, Updates and Reminders

News:

  
Due to year-end inventory, sales of the following pre-sale items will be suspended from  
May 5<sup>th</sup> close of business – June 30<sup>th</sup>, 2025.

### Incentive form

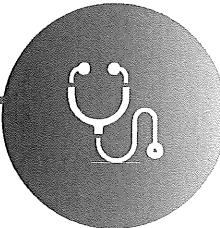
#### Incentive Order Form

|  |                  |  |            |
|--|------------------|--|------------|
| Please use my Protected Funds for this order |                  | Please allow upto 6 weeks for delivery as we do not carry an inventory of items. |            |
| Signature Required                           |                  | Your order was processed   |            |
| SID: _____                                   | Date: _____      | Shoe Order #   |            |
| Name _____                                   |                  | Incentive Order #  |            |
| Institution _____                            | Last _____       | First _____  | TV Order # |
|  | Block-Unit _____ | Cell-Bunk _____  |            |

Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning June 30, 2025.

# ODOC Health Services

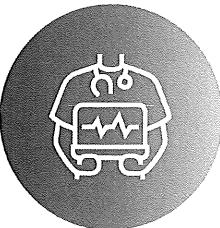
## Health Matters: Learn About the New EHR System



### Your Health

Taking care of your health is important, and the new Electronic Health Record (EHR) system will help make it easier. This new system stores your healthcare information safely on a computer instead of paper, helping your healthcare team understand your health better. It can:

- Keep your medical history accurate.
- Help healthcare workers share information quickly.



### Why You Should be Involved in Your Healthcare

You are an important part of your healthcare! Asking questions and talking to your healthcare team helps them understand your needs. Being involved means:

- You can make good choices about your health.
- You can work better with your healthcare providers.
- You stay on track to improve your health.



### How to Ask Questions About the EHR System

It's okay to ask about the EHR. Here's how:

- Submit your questions on a Kyte addressed to: ASKEHR.
- Watch for flyers and additional articles in AIC Newsletters.
- Join Info Sessions: Attend Town Hall about the EHR system when offered.

**We look forward to hearing from you!**



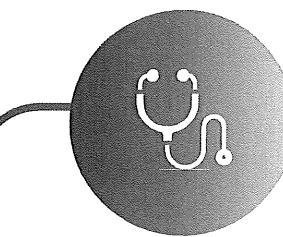
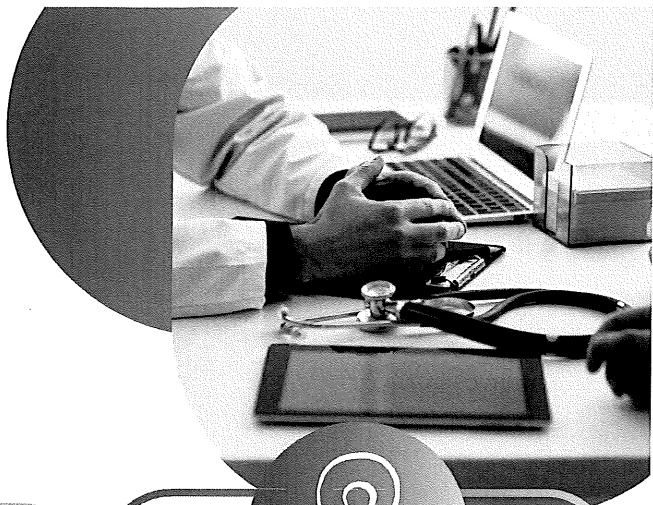
### Take Charge of Your Health

The EHR system is here to help you. Asking questions and learning about it lets you stay involved and take charge of your healthcare. Your health is your journey—be an active part of it!



# Servicios de salud de ODOC

## La salud importa: Conozca el nuevo sistema EHR

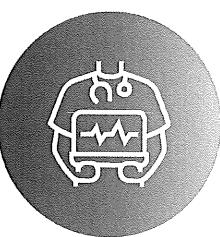


### Su salud

Cuidar su salud es importante, y el nuevo sistema de Historia Clínica Electrónica (EHR por sus siglas en inglés) le facilitará este proceso. Este nuevo sistema almacena su información médica de forma segura en una computadora en lugar de papel, lo que ayuda a su equipo médico a comprender mejor su salud.

Puede:

- Mantener la exactitud de su historial médico.
- Ayudar al personal sanitario a compartir información rápidamente.



### Por qué debe participar en su atención médica

Usted es una parte importante de su atención médica. Hacer preguntas y hablar con su equipo de atención médica les ayuda a comprender sus necesidades. Participar significa:

- Podrá tomar buenas decisiones sobre su salud.
- Podrá colaborar mejor con el personal sanitario.
- Podrá seguir mejorando su salud.



### Cómo hacer preguntas sobre el sistema EHR

Está bien preguntar sobre EHR. A continuación le explicamos cómo:

- Envía sus preguntas en un Kyte dirigido a: ASKEHR.
- Esté atento a los folletos y artículos adicionales en los boletines de AIC.
- Únase a las sesiones informativas: Asista al ayuntamiento sobre el sistema EHR cuando se ofrezca.

**¡Esperamos saber de usted!**



### Tome el control de su salud

El sistema de EHR está aquí para ayudarle. Hacer preguntas e informarte sobre él te permite mantenerte involucrado y tomar el control de tu atención médica. Tu salud es tu camino: ¡sea parte activa de él!