



## HEALTH SERVICES

### ALLERGY SEASON

Achoo! Sneezing, runny nose, itchy watery eyes, and nasal congestion – it's allergy season.

Oregon is known as one of the worst states for allergy sufferers due to the long growing season. Allergies are particularly bad here in the Willamette Valley with almost 500,000 acres of land used to grow commercial grass seed. We are on the tail end of tree pollen season, but in peak grass pollen levels until about July 4<sup>th</sup>.

What to do? The canteen offers the allergy medication loratadine which is an antihistamine that helps turn down your body's response to the allergens. If you've tried this and are still having significant symptoms,

Health Services can help. Depending on your situation, you may be prescribed a nasal spray, a different antihistamine, or an increased dose. Oral steroids are reserved for only the most severe cases which are not relieved by other methods. Injectable steroids are NOT recommended to treat seasonal allergy symptoms. Side effects are likely to be more severe from oral or injected steroids than the nasal sprays or antihistamines. Unfortunately, even with multiple treatments, often symptoms cannot be fully relieved.

How can you help? Wash your face at night, minimize outside time when your symptoms are significant and pollen counts are very high, and use your medications as directed. It can take 2-3 weeks to see the full effects of some medications. Use the appropriate channels if you need assistance from Health Services.

/s/ H. Hodges, NP

## JOB ANNOUNCEMENTS

### MHI/BHU Unit Peer Wellness Specialist

Mental Health Infirmary (MHI) and Behavioral Health Unit (BHU) Behavioral Health Services (BHS) are now

recruiting candidates to serve as Peer Wellness Specialists (previously known as Peer Companions). We are currently seeking individuals at OSP that are committed to promoting mental wellness and have an interest in helping others. This is a paid, primary position, with varied working hours/days, and cannot be held with other paid positions.

Individuals selected for this position will receive initial and on-going training from or identified by Behavioral Health Services, as well as ongoing supervision toward skill development. Selected candidates will receive on-going training for the position through job shadowing, individual skills coaching, and ongoing staff supervision.

#### \*Minimum Required Qualifications:

- Clear conduct for 1 year
- In compliance with your Oregon Corrections Plan
- Treatment compliance if you receive Behavioral Health Services yourself
- Engaged in positive, prosocial programming or activities
- Ability to attend all the required training
- Willingness to commit to the position as your only job for a minimum of a year
- Ability to participate in physical activities

#### \*How to apply:

Interested candidates will need to complete an application through IVP. In addition to this application, please submit a letter that includes the following:

- Why do I want to be a Peer Companion?
- How do I meet each of the minimum required qualifications for this position?

Following a review of all applications by BHS, qualified applicants will be further screened to include the AIC's assigned Correctional Counselor, past work supervisors, and security staff. Following this screening process, AICs will be notified and scheduled for a formal interview.

Please submit an application to Cassie Fort, MHI Manager, if you are interested. Applications will be accepted until all positions is full.

/s/ T. Assad, QMHP

# RELIGIOUS SERVICES

## Angel Tree

Angel Tree is finally here. Please write the Chapel to receive an application. Application needs to be turned in by September 8, 2025.

If you would like the child or children in, your life to receive a Christmastime gift and personal note from you here is your chance through Angel Tree. Those caring for the child you love will gain access to encouraging, practical resources like Angel Tree's Family Portal and their newsletter, The Hope Connection. Sign up Today!!!

/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 kyte to the Chapel to sing up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

/s/ A. Y. Perlstein, Chaplain

## Weekly Chapel Schedule

### Saturday, July 12<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, July 13<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, July 14<sup>th</sup>:

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

### Tuesday, July 15<sup>th</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, July 16<sup>th</sup>:

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

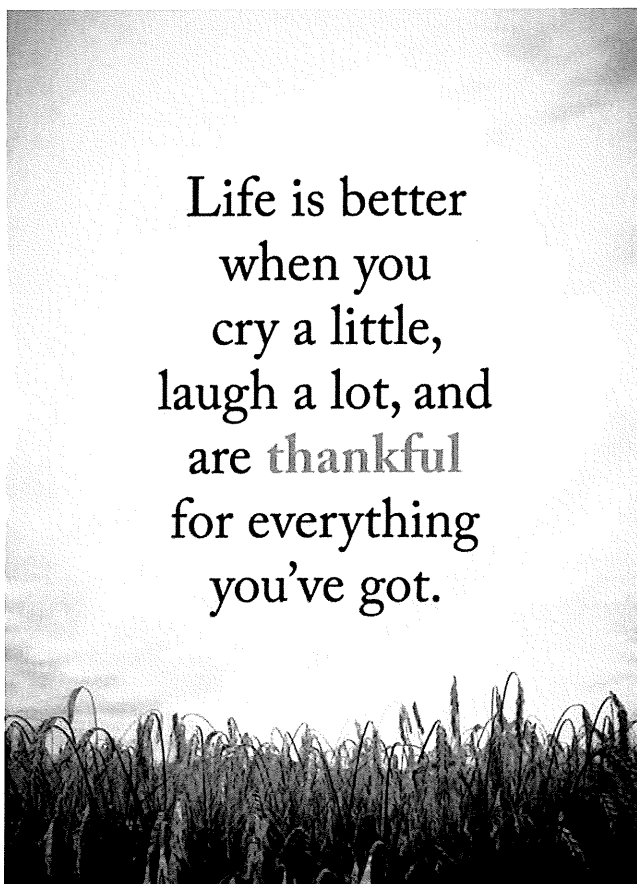
### Thursday, July 17<sup>th</sup> :

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

### Friday, July 18<sup>th</sup>:

- |         |                    |
|---------|--------------------|
| 1:00 pm | NOI Jumma Prayer   |
|         | Sunni Jumma prayer |

## POINT TO PONDER



# Updated USPS:

The USPS (United States Postal Service) has announced a postage rate increase. The new mailing services pricing will go into effect on Monday 7/14/2025. We apologize for the short notice. We are updating the commissary orders forms as quickly as possible. The new pricing can be seen below:

|      |                       |         |
|------|-----------------------|---------|
| 1035 | #10 Standard Envelope | \$1.05  |
| 1037 | International         | \$2.15  |
| 1069 | Domestic 6.5x9.5      | \$2.55  |
| 1072 | Domestic 10x13        | \$3.05  |
| 1077 | 9x12 International    | \$4.70  |
| 1078 | 9x12 International    | \$5.95  |
| 1079 | 9x12 International    | \$6.55  |
| 1076 | 9x12 Domestic         | \$5.20  |
| 1074 | 12.5x18.5             | \$7.05  |
| 1075 | Priority Mail         | \$11.80 |
| 1080 | Small shipping box    | \$12.35 |
| 1081 | Med shipping box      | \$22.20 |
| 1082 | Large shipping box    | \$31.55 |

Thank you,  
Commissary



# Financial Services

## *Informational Briefing*

### *Court Ordered Financial Obligations (COFOs)*

---

#### **What are Court Ordered Financial Obligations (COFOs)?**

COFOs are financial obligations owed by an Adult in Custody (AIC) assigned during a legal proceeding. COFOs may consist of restitution, fines, fees, child support, or civil judgments including money owed to a victim. *Note: COFOs are not the same as County and U.S. Court Filing Fees.*

#### **Why does the Department of Corrections (DOC) collect COFOs?**

Oregon Revised Statute (ORS) 423.105 became law in 2017, directing DOC to collect COFOs on behalf of the Oregon Judicial Department (OJD) and the Department of Justice (DOJ).

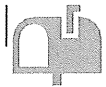
#### **How are COFOs collected?**

COFOs are collected from eligible deposits, or deposits that are not protected from debt and obligation collection. Examples of eligible deposits include AIC performance monetary awards (PRAS) and moneys received from an AIC's family or friends.

10% of each eligible deposit is collected until the AIC's transitional savings has reached \$500. After the AIC's transitional savings has reached \$500, 15% of each eligible deposit is collected for COFOs until those obligations are satisfied.

#### **Who do I contact if I have questions about COFOs?**

DOC is unable to provide case-specific information. AICs with questions or concerns about their COFO details should contact OJD/DOJ or the appropriate court of record.



**Oregon Judicial Department (OJD)**  
Business and Fiscal Services Division  
Attn: Collections  
1163 State St  
Salem OR 97301

**Department of Justice (DOJ)**  
Division of Child Support  
PO Box 14680  
Salem, OR 97309  
(800)-850-0228

---

#### **Questions?**

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to [dldoctrustinfo@doc.state.or.us](mailto:dldoctrustinfo@doc.state.or.us).



Oregon DOC

Mainline

Week at a Glance

|               | Monday 7/14/2025  | Tuesday 7/15/2025  | Wednesday 7/16/2025  | Thursday 7/17/2025  | Friday 7/18/2025   | Saturday 7/19/2025   | Sunday 7/20/2025  |
|---------------|---|--|--|---|--|--|---|
| <b>Week 4</b> | <b>BREAKFAST</b>  |  |  |   |  |  |   |
|               | Fried Egg (Sta,Chl) - 1.00 EA<br>Cheese Slice (Sta,Chl) - 1.00 SLC<br>Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>English Muffin - 1.00 EA<br>Fried Potatoes - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP<br>Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Fried Potatoes - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sta) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                      | Farina - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Sausage Gravy (Chl) - 0.75 CP<br>Biscuit (Sta,Sod) - 1.00 EA<br>Fried Potatoes - 0.75 CP<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA                           | Waffles (Sod) - 2.00 EA<br>Dry Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Peanut Butter (Sta) - 3.00 TBS<br>Maple Syrup - 2.00 FLOZ<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA   | Scrambled Eggs (Sta,Chl) - 0.50 CP<br>Oatmeal - 1.00 CP<br>Canned Fruit - 0.50 CP<br>Scone (Sta,Sod,Chl) - 1.00 EA<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sta) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA | Canned Fruit - 0.50 CP<br>Scrambled Eggs (Sta,Chl) - 0.33 CP<br>*Pork Bacon (Sta,Sod,Chl) - 3.00 SLC<br>Fried Potatoes - 0.75 CP<br>Wheat Toast - 2.00 SLC<br>Jelly (Sug) - 2.00 TBS<br>Margarine (Sta) - 1.00 TBS<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA               | Multigrain Hot Cereal - 1.00 CP<br>Fresh Fruit - 1.00 EA<br>Yogurt (Sug) - 0.75 CP<br>Breakfast Pastry (Sta,Chl,Sug) - 1.00 EA<br>Skim Milk - 16.00 FLOZ<br>Coffee - 8.00 FLOZ<br>Sugar PC - 2.00 EA  |
| <b>Week 4</b> | <b>LUNCH</b>  |  |  |   |  |  |   |
|               | *Barbeque Pork (Sod,Chl,Sta) - 0.50 CP<br>Coleslaw (Sod) - 0.75 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Green Beans - 0.75 CP<br>Seasoned Potatoes - 0.75 CP<br>Ketchup - 1.00 TBS<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ         | *Soup of the Day (Sod,Chl) - 10.00 FLOZ<br>*Roast Beef & Cheese Sandwich on Wheat (Sod,Chl,Sta) - 1.00 EA<br>*Sliced Onions - 2.00 TBS<br>Shredded Lettuce - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Peas - 0.75 CP<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>*Fortified Drink - 8.00 FLOZ | Minestrone Soup - 10.00 FLOZ<br>Chicken Salad (Chl) - 0.50 CP<br>Shredded Lettuce - 0.25 CP<br>Wheat Hoagie Roll - 1.00 EA<br>Blended Vegetables - 0.75 CP<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ | Taco Salad with Meat (Chl,Sta) - 1.00 SV<br>Seasoned Beans - 0.75 CP<br>Shredded Cheese (Sta,Chl) - 2.00 TBS<br>Salsa (Sod) - 0.25 CP<br>Salad Dressing (Sta,Sod) - 2.00 FLOZ<br>Spanish Rice - 0.75 CP<br>Tortilla Chips - 2.00 OZ<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ | Hot Dog (Sod,Chl) - 2.00 EA<br>Wheat Hoagie Roll - 1.00 EA<br>EAColeslaw (Sod) - 0.75 CP<br>Ketchup - 1.00 TBS<br>Mustard - 1.00 TBS<br>Peas - 0.75 CP<br>Chips - 1.00 BAG<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ               | Breaded Fish (Chl) - 1.00 EA<br>Tartar Sauce (Sod) - 2.00 FLOZ<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Macaroni & Cheese (Sta,Sod,Chl) - 0.75 CP<br>Cauliflower - 0.75 CP<br>Breadstick - 1.00 EA<br>Fresh Fruit - 1.00 EA<br>Fortified Drink - 8.00 FLOZ                          | Roast Turkey (Chl) - 3.00 OZCKD<br>Poultry Gravy - 2.00 FLOZ<br>Lettuce Salad - 1.00 CP<br>Salad Dressing (Sod) - 1.00 FLOZ<br>FLOZ Mashed Potatoes - 0.75 CP<br>CP Green Beans - 0.75 CP<br>Wheat Bread - 2.00 SLC<br>Margarine (Sta) - 1.00 TBS<br>Chocolate Cupcake (Chl) - 1.00 EA<br>Fortified Drink - 8.00 FLOZ |
| <b>Week 4</b> | <b>DINNER</b>   |  |  |   |  |  |   |
|               | Turkey Noodle Casserole<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>(Sod,Chl) - 1.25 CP<br>Broccoli - 0.75 CP<br>Wheat Bread - 2.00 SLC<br>Margarine (Sta) - 1.00 TBS<br>Tea - 8.00 FLOZ  | Chicken Tortilla Stew (Chl) - 10.00 FLOZ<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Brown Rice - 0.75 CP<br>Carrots - 0.75 CP<br>Tortilla Chips - 1.00 OZ<br>Sour Cream (Sta,Chl) - 2.00 TBS<br>Fruit Bar (Sta,Sod,Chl,Sug) - 1.00 EA<br>Tea - 8.00 FLOZ                              | Spaghetti (Sod) - 1.00 CP<br>Meat Sauce (1 CP) (Chl,Sta) - 1.00 CP<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Blended Vegetables - 0.75 CP<br>Broccoli - 0.75 CP<br>Focaccia Bread (Sod) - 1.00 EA<br>Tea - 8.00 FLOZ | Cheese Pizza (Sod,Chl,Sta) - 1.00 EA<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Blended Vegetables - 0.75 CP<br>Choice Dessert (Sta,Chl,Sug) - 1.00 EA<br>Tea - 8.00 FLOZ  | Chicken Teriyaki (Sod,Chl) - 1.00 CP<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Brown Rice - 0.75 CP<br>Stir-Fry Vegetables - 0.75 CP<br>Milk Roll - 1.00 EA<br>Gelatin & Whip Topping (Sta) - 0.50 CP<br>Tea - 8.00 FLOZ       | Beef Patty (Chl,Sta) - 1.00 EA<br>Lettuce Salad - 1.00 CP<br>Salad Dressing - 1.00 FLOZ<br>Onions & Pickles (Sod) - 0.25 CP<br>Mayo & Mustard (Sod) - 2.00 TBS<br>Wheat Burger Bun (Sta,Chl) - 1.00 EA<br>Seasoned Potatoes - 0.75 CP<br>Peas - 0.75 CP<br>Ketchup (Sod) - 2.00 TBS<br>Tea - 8.00 FLOZ | Bean & Cheese Burrito<br>Texas Slaw - 0.75 CP<br>Burrito Beans - 0.75 CP<br>Shredded Cheese (Sta,Chl) - 2.00 TBS<br>Salsa (Sod) - 0.25 CP<br>Whole Wheat Tortilla (Sta,Sod) - 2.00 EA<br>Spanish Rice - 0.75 CP<br>Fresh Fruit - 1.00 EA<br>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

03/25/2025, 11:01 AM

# JULY 2025

| SUNDAY                    | MONDAY                    | TUESDAY  | WEDNESDAY             | THURSDAY  | FRIDAY   | SAURDAY   |
|---------------------------|---------------------------|--|-----------------------|---|--|---|
| 29-Jun<br>AM<br>PM<br>EVE | 30-Jun<br>AM<br>PM<br>EVE | 1<br>AM<br>PM<br>EVE<br><i>Canada Day (Canada)</i> | 2<br>AM<br>PM<br>EVE  | 3<br>AM<br>PM<br>EVE  | 4<br>AM<br>PM<br>EVE<br><br><i>Independence Day</i> | 5<br>AM<br>PM<br>EVE                                |
| 6<br>AM<br>PM<br>EVE      | 7<br>AM<br>PM<br>EVE      | 8<br>AM<br>PM<br>EVE                               | 9<br>AM<br>PM<br>EVE  | 10<br>AM<br>PM<br>EVE<br><br><i>PRAS</i> | 11<br>AM<br>PM<br>EVE  | 12<br>AM<br>PM<br>EVE                               |
| 13<br>AM<br>PM<br>EVE     | 14<br>AM<br>PM<br>EVE     | 15<br>AM<br>PM<br>EVE                              | 16<br>AM<br>PM<br>EVE | 17<br>AM<br>PM<br>EVE   | 18<br>AM<br>PM<br>EVE<br><br><i>OCE TGA</i>         | 19<br>AM<br>PM<br>EVE<br><i>CAR &amp; BIKE SHOW</i> |
| 20<br>AM<br>PM<br>EVE     | 21<br>AM<br>PM<br>EVE     | 22<br>AM<br>PM<br>EVE                              | 23<br>AM<br>PM<br>EVE | 24<br>AM<br>PM<br>EVE   | 25<br>AM<br>PM<br>EVE  | 26<br>AM<br>PM<br>EVE                               |
| 27<br>AM<br>PM<br>EVE     | 28<br>AM<br>PM<br>EVE     | 29<br>AM<br>PM<br>EVE                              | 30<br>AM<br>PM<br>EVE | 31<br>AM<br>PM<br>EVE   | 1-Aug<br>AM<br>PM<br>EVE<br><i>MAINLINE SHOWERS</i>  | 2-Aug<br>AM<br>PM<br>EVE<br><i>MAINLINE SHOWERS</i> |

A.M. - MORNING YARD ( 7:45 A.M. - 9:45 A.M. )

P.M. - AFTERNOON YARD ( 1:00 P.M. - 3:30 P.M. )

EVE - EVENING YARD ( 4:30 P.M. - SUNSET )