



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

July 10, 2025,

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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 4th.

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 IWP. 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 2nd and 4th 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 12th:

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 nd and 4 th Saturdays)



Sunday, July 13th:

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

Monday, July 14th:

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

Tuesday, July 15th:

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

Wednesday, July 16th:

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

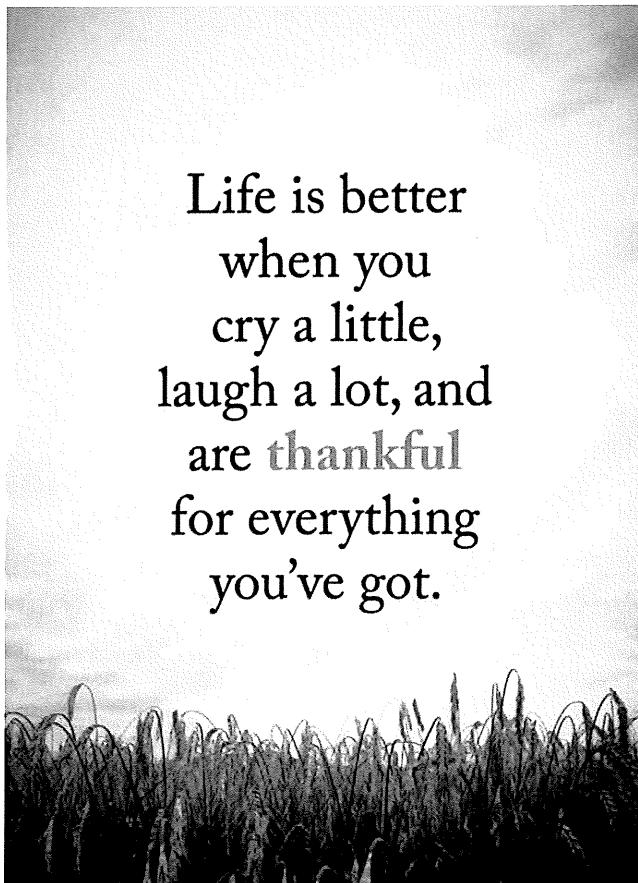
Thursday, July 17th :

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

Friday, July 18th:

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 judgements 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).

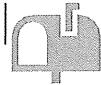
How are COFOs collected?

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.

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	
BREAKFAST													
Week 4	Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC Oatmeal - 0.50 CP Canned Fruit - 0.50 CP English Muffin - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farfina - 1.00 CP Canned Fruit - 0.50 CP Sausage/Gravy (Chl) - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Waffles (Sod) - 2.00 EA Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Scrambled Eggs (Sfa,Chl) - 0.50 CP Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Scone (Sfa,Sod,Chl) - 1.00 EA Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.50 CP *Pork Bacon (Sfa,Sod,Chl) - 3.00 EA SLC Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA		
LUNCH													
Week 4	*Barbeque Pork (Sod,Chl,Sfa) - 0.50 CP Coleslaw (Sod) - 0.75 CP Wheat Hoagie Roll - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA *Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 0.00 FLOZ *Roast Beef & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 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 Drink - 8.00 FLOZ	Minestrone Soup - 10.00 FLOZ Chicken Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Salad Dressing (Sfa,Sod) - 2.00 FLOZ Spanish Rice - 0.75 CP Tortilla Chips - 2.00 OZ Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1.00 EA Wheat Hoagie Roll - 1.00 EA *Coleslaw (Sod) - 0.75 CP Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ		
DINNER													
Week 4	Turkey Noodle Casserole (Sod,Chl,Sfa) - 1.00 CP Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ (Sod,Chl) - 1.25 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Chicken Tortilla Stew (Chl) - 10.00 FLOZ Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Brown Rice - 0.75 CP Tortilla Chips - 1.00 OZ Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Spaghetti (Sod) - 1.00 CP Meat Sauce (1 CP) (Chl,Sfa) - 1.00 EA Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Broccoli - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Brown Rice - 0.75 CP Sir-Fry Vegetables - 0.75 CP Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 1.00 EA Tea - 8.00 FLOZ	Chicken Teriyaki (Sod,Chl) - 1.00 CP Lettuce Salad - 1.00 EA Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 EA Mayo & Mustard (Sod) - 2.00 TBS Milk Roll - 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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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
29-Jun	30-Jun	1	2	3	4	5	6	7	8	9	10	11	12
AM	AM	C/E	MAINLINE SHOWERS C/E	AM	A/D	AM	AM	AM	AM	C/E	C/E	AM	AM
PM	PM	A/D	PM	PM	C/E	PM	PM	PM	PM	A/D	PM	PM	PM
EVE	EVE	C/E	EVE	A/D	EVE	C/E	EVE	A/D	EVE	C/E	EVE	C/E	EVE
		Canada Day (Canada)		Independence Day		PRAS		PRAS		PRAS		OCE TGA	
6	7	14	15	16	17	18	19	21	22	23	24	25	26
AM	AM	A/D	AM	AM	C/E	A/D	AM	AM	AM	AM	C/E	AM	AM
PM	PM	C/E	PM	PM	C/E	A/D	PM	PM	PM	A/D	PM	PM	PM
EVE	EVE	C/E	EVE	A/D	C/E	EVE	A/D	EVE	A/D	C/E	EVE	A/D	EVE
20	21	28	29	30	31	31	31	28	29	30	31	31	31
AM	AM	A/D	AM	AM	C/E	A/D	AM	AM	AM	C/E	A/D	AM	AM
PM	PM	A/D	PM	PM	C/E	A/D	PM	PM	PM	C/E	A/D	PM	PM
EVE	EVE	C/E	EVE	A/D	C/E	EVE	A/D	EVE	A/D	C/E	EVE	A/D	EVE

A M - MORNING YARD (7:45 A M - 8:45 A M)

WILLIAM - MOWBRAY - 23RD MAY.

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