



WALLED STREET BULLETIN

OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

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

July 3, 2025,

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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

Malachi Dads

Malachi Dads will begin the next module on June 23, 2025.

Join the group to study "The Heart of a Man," discussing the Biblical view of manhood and fatherhood.

If you would like to attend, send a kyte to the Chapel.

This is a 12-week course. To achieve a certificate for the module, you must attend 9 out of the 12 weeks.

/s/ I. Witcraft, Chaplain

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 5th:

8:00 am LDS Services
Sweat Lodge



Jehovah's Witness

Jewish Service

Seventh Day Adventist

Calvary Chapel

Siddha Yoga (2nd and 4th Saturdays)

Sunday, July 6th:

8:00 am Protestant (Spanish service)

Jehovah's Witness (Spanish service)

Urantia (1st and 3rd Sundays)

1:00 pm: Catholic

6:00 pm Lutheran (1st, 3rd, and 5th Sunday)

Agape Family Services (2nd and 4th)

Monday, July 7th:

1:00 pm Catholic (Spanish service)

6:00 pm Pentecostal service

Tuesday, July 8th:

8:00 am Becoming 01 (2nd, 4th)

1:00 pm Orthodox Christianity (1st & 3rd Tuesday)

Art of Living (Meditate) (2nd & 4th Tuesdays)

6:00 pm Buddhist (1st and 3rd Tuesdays)

Wednesday, July 9th:

1:00 pm Justice issues

Native drumming

6:00 pm Most Excellent way chapel

Thursday, July 10th:

12:30 pm Biblical Hebrew class

1:00 pm TUMI

6:00 pm Gospel service

Friday, July 11th:

1:00 pm NOI Jumma Prayer

Sunni Jumma prayer

POINT TO PONDER

"Happiness is a journey, not a destination."

BUDDHA



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 7/7/2025		Tuesday 7/8/2025		Wednesday 7/9/2025		Thursday 7/10/2025	
BREAKFAST						Friday 7/11/2025	
Week 3	Pancakes (Sod, Chl) - 3.00 EA Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa, Chl) - 1.00 EA Cheese Slice (Sfa, Chl) - 1.00 SLC Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 1.00 EA Skin Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Huevos Rancheros Dry Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa, Chl) - 2.00 EA Maple Syrup - 2.00 FLOZ Skin Milk - 16.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fairina - 1.00 CP 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 (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) - 0.33 CP Poultry Sausage (Chl) - 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	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg (Sfa, Chl) - 2.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
Week 3							
Week 3	Barbecue Chicken (Chl) - 0.50 CP Lentil Soup - 10.00 FLOZ Wheat Hoagie Roll - 1.00 EA Brown Rice - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ						
Week 3	Barbecue Chicken (Chl) - 0.50 CP Lentil Soup - 10.00 FLOZ Wheat Hoagie Roll - 1.00 EA Brown Rice - 0.75 CP Blended Vegetables - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ						
Week 3	Beef Stroganoff (1 CP) (Chl, Sfa) - 1.00 CP Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Pasta (Sod) - 1.00 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ						
Week 3	Beef Stroganoff (1 CP) (Chl, Sfa) - 1.00 CP Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Pasta (Sod) - 1.00 CP Broccoli - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ						
Week 3	Chicken & White Bean Chili (Chl) - 10.00 FLOZ Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shredded Cheese (Sfa, Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Cookie (Sfa, Chl, Sug) - 1.00 EA Tea - 8.00 FLOZ						
Week 3	Chicken & White Bean Chili (Chl) - 10.00 FLOZ Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Shredded Cheese (Sfa, Chl) - 2.00 TBS Brown Rice - 0.75 CP Green Beans - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Cookie (Sfa, Chl, Sug) - 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

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

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)