



**OSP Executive Management Team**

**July 3, 2025,**

**Page 1**

## **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

## 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 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 5<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 6<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 7<sup>th</sup>:

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

### Tuesday, July 8<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 9<sup>th</sup>:

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

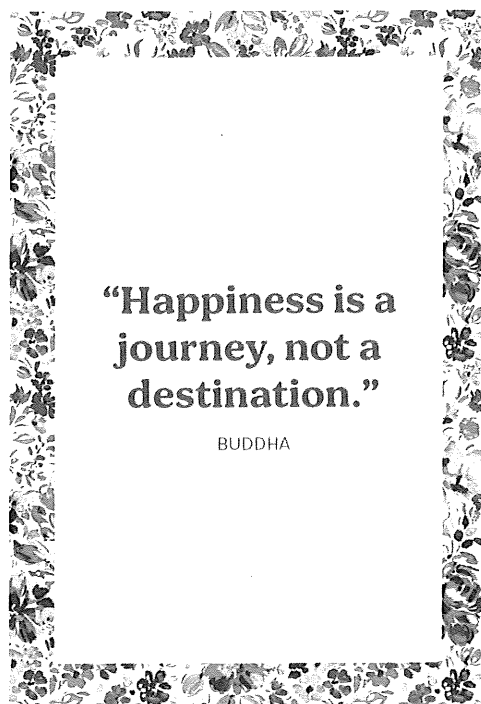
### Thursday, July 10<sup>th</sup> :

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

### Friday, July 11<sup>th</sup>:

1:00 pm NOI Jumma Prayer  
Sunni Jumma prayer

# POINT TO PONDER





# Financial Services

## *Informational Briefing*

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

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#### **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).

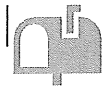
#### **How are COFOs collected?**

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

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#### **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

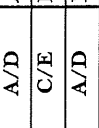
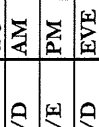
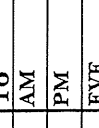
	Monday 7/7/2025	Tuesday 7/8/2025	Wednesday 7/9/2025	Thursday 7/10/2025	Friday 7/11/2025	Saturday 7/12/2025	Sunday 7/13/2025
	<b>BREAKFAST</b>						
<b>Week 3</b>	Pancakes (Sod,Chl) - 3.00 EA Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Huevos Rancheros Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP White Flour Tortilla (Sfa) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sfa,Chl) - 1.00 EA Cheese Slice (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP 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	Farina - 1.00 CP Canned Fruit - 0.50 CP *Ham & Cheese Scramble (Chl,Sfa) - 0.75 CP 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 Hard Boiled Egg (Sfa,Chl) - 1.00 EA
	<b>LUNCH</b>						
<b>Week 3</b>	Barbeque 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	*Soup of the Day (Sod,Chl) - 10.00 FLOZ 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 Drink - 8.00 FLOZ	Turkey Club Sandwich on Wheat (Pork Bacon) (Sod,Chl,Sfa) - 1.00 EA Coleslaw (Sod) - 0.75 CP Shredded Lettuce - 0.25 CP Mayonnaise - 1.00 TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Vegetable Soup (Sod) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Ham & 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	Beef Fajita Mix (Sod,Chl,Sfa) - 0.50 CP Texas Slaw - 0.75 CP Onions & Bell Peppers - 0.50 CP Salsa (Sod) - 0.25 CP Whole Wheat Tortilla (Sfa,Sod) - 2.00 EA Lemon Cilantro Rice - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Chicken Quarter (Chl,Sfa) - 1.00 EA Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
	<b>DINNER</b>						
<b>Week 3</b>	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	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 Choice Cookie (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Canned Fruit - 0.50 CP Creamed Ground Beef (1.5 CP) (Chl,Sfa) - 1.50 CP Fried Potatoes - 0.75 CP Biscuit (Sfa,Sod) - 1.00 EA Margarine (Sfa) - 1.00 TBS Coffee - 8.00 FLOZ	*Pizza - Garlic Chicken - (Sod,Chl,Sfa) - 1.00 EA Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Cheeseburger (Chl,Sfa) - 1.00 EA Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Green Beans - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Bread Pudding (Sod,Chl,Sug) - 0.50 CP Tea - 8.00 FLOZ	*Jambalaya (Sod,Chl) - 1.25 CP Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Blended Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Macaroni & Cheese (Sod,Chl,Sfa) - 1.25 CP Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Cauliflower - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 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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# JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29-Jun AM PM EVE	30-Jun AM PM EVE	1 AM PM EVE <i>Canada Day (Canada)</i>	2 AM PM EVE	3 AM PM EVE	4 AM PM EVE 	5 AM PM EVE
6 AM PM EVE	7 AM PM EVE	8 AM PM EVE	9 AM PM EVE	10 AM PM EVE 	11 AM PM EVE	12 AM PM EVE
13 AM PM EVE	14 AM PM EVE	15 AM PM EVE	16 AM PM EVE	17 AM PM EVE	18 AM PM EVE 	19 AM PM EVE
20 AM PM EVE	21 AM PM EVE	22 AM PM EVE	23 AM PM EVE	24 AM PM EVE	25 AM PM EVE	26 AM PM EVE
27 AM PM EVE	28 AM PM EVE	29 AM PM EVE	30 AM PM EVE	31 AM PM EVE	1-Aug AM PM EVE	2-Aug AM PM EVE

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 )