

CORRECTIONAL REHABILITATION

New Program Opportunities:

Creating Calm (CC):

Designed for adults involved in the justice system who may benefit from learning how to live and cope with extreme stress, anger, and anxiety. This program helps participants respond proactively and successfully to life's challenges. Grounded in neuroscience, trauma and resilience research, the workbook integrates strengths-based mindfulness, and cognitive-behavioral strategies.

You will learn how to:

- Manage stress, anger, and anxiety
- Use mindfulness to stay present
- Build healthier ways of thinking and responding
- Increase self-control and make positive choices
- Build resilience for a stronger future.

- CC consists of 10 sessions over 5 weeks.
- Classes are held 2 days a week for 1 ½ hours. (Tuesday & Thursday)
- There will be an a.m. class from 7:30 – 9:30 a.m. and a separate p.m. class from 12:30 p.m. to 2:30 p.m.)
- Start date: December 22, 2027, on the Education Floor
- Eligibility: An ACRS of .15 or higher and a projected release date after February 15, 2027

/s/ C. Lenex, Correctional Rehabilitation Mgr.

Free Your Mind Core (FYM-CORE):

The curriculum incorporates the latest research on the neuroscience of criminal behavior. Participants learn about the basic brain structures involved in interpreting and responding to environmental stimuli and explore how to use this knowledge to establish new neural pathways and behavioral patterns. The curriculum introduces an innovative (and streamlined) approach to structured skill building. Rather than learning different steps for each social skill, the same four general steps are used to facilitate meaningful repetition of self-control strategies and social skills. FYM consists of 55 sessions for a total of 110 total hours

- Classes are held 4 days a week for 2 hours a day (Tuesday – Friday)
  - Options to choose from: morning - 7:30 am to 9:30 a.m. or afternoon - 12:30 pm. to 2:30 p.m.
- Start date: December 16th on the Education Floor
- Eligibility: An ACRS of .15 - .70 and a projected release date after May 2027

If you are interested, please send a communication to your Correctional Counselor or Ms. Lenex on the CSF. Please indicate a preference of a.m. or p.m. in your request.

/s/ C. Lenex, Correctional Rehabilitation Mgr.

HEALTH SERVICES

Sweatpants Reminder

Health Services is starting to see many requests for sweatpants. There are only conditions for which sweatpants will be CONSIDERED.

If you meet those conditions, please place an AIC communication form (Kyte) into the Health Services box. Please do not go to triage.
Once we receive the kyte, the nurse will schedule you a sick call appointment to be assess for this need.

Conditions:
Deficit to hand or upper limb dexterity
Missing hand/arm
Deficit to abdominal integrity
Colostomy
Alteration to lower extremity
Recent hip/knee operation

/s/ B. Smith MD, Chief Medical Officer

JOB ANNOUNCEMENTS

JOB OPENING: GROUNDS MAINTENANCE

Location: OSP Physical Plant

Position Overview
OSP Physical Plant is seeking a dependable, hardworking individual to fill a Grounds Maintenance position within the walls of OSP.

The selected individual will be responsible for maintaining outdoor grounds and keeping designated areas clean, orderly, safe, and presentable. Duties will include using weed eaters, brooms, blowers, lawn mowers, shovels, and other hand tools to perform general grounds maintenance.

Job Responsibilities
- Maintain outdoor grounds and designated areas.
- Keep work areas clean, orderly, and presentable.
- Safely operate and handle assigned equipment and tools.
- Perform general outdoor maintenance and related duties as assigned.
- Follow instructions and complete tasks responsibly.
- Work safely and cooperatively with others.

Eligibility Requirements
Applicants must meet the following requirements:
- Have at least one year of clean conduct.
- Have been at OSP for at least one year.
- Demonstrate responsibility, dependability, and a strong work ethic.
- Be willing to perform outdoor work and follow instructions.
- Demonstrate the ability to work safely and cooperatively with others.
-

Physical Requirements
Applicants must be able to:
- Perform physical work outdoors.
- Stand, walk, bend, lift, and perform repetitive tasks.
- Work in varying weather conditions.
- Safely operate and handle assigned equipment and tools.

How to Apply
Interested individuals who meet all eligibility requirements and are willing to work responsibly and maintain good conduct should submit a resume and cover letter to:

C. Hegeman-OSP Physical Plant Grounds Maintenance

OSP Physical Plant
Take advantage of this opportunity to demonstrate your reliability, work ethic, and commitment to maintaining a clean and presentable environment.

/s/ C. Hegeman, Grounds Maintenance

LOCK SHOP JOB POSTING

Position Overview
The Lock Shop is seeking a dependable and motivated individual to assist with maintenance, repair, and related shop duties. This position provides an opportunity to develop and utilize hands-on skills while working with a variety of tools, equipment, mechanisms, and hardware.

Applicant Requirements
Applicants must meet **all** of the following requirements:
- Be a **Level 3**.
- Have at least **one year of incarceration with clear conduct**.
- Have at least **two years remaining at OSP**.
- Demonstrate dependable and predictable attendance.
- Be able to work effectively with others.
- Be able to follow directions and instructions from the Shop Supervisor(s).
- Be willing and able to learn new skills and perform assigned duties safely and responsibly.

Job Duties
Work will include, but is not limited to, **basic maintenance and repair work in a variety of trades**.
The ideal candidate will be able to work independently and demonstrate the ability to:
- Disassemble faulty mechanisms using hand tools and power tools.
- Identify defective or worn components.
- Replace defective or worn parts.
- Clean and lubricate parts and mechanisms.
- Reassemble mechanisms and devices properly.
- Test repaired devices to ensure they function correctly.
- Follow established procedures and complete tasks without requiring repeated, step-by-step instructions.
- Maintain a clean, organized, and safe work area.

- Assist with other Lock Shop duties as directed by the Shop Supervisor(s).

Physical Requirements
The selected candidate must be physically capable of performing the duties associated with the position, including:

- Reaching overhead while lifting up to **50 pounds** on a semi-regular basis.
- Climbing stairs on a daily basis.
- Using hand tools and power tools as required.
- Standing, walking, bending, reaching, and performing other physical activities necessary to complete assigned work.

Desired Qualities
The ideal candidate will be:

- Dependable and punctual.
- Safety-conscious.
- Willing to learn.
- Able to follow directions.
- Comfortable working independently when appropriate.
- Able to work cooperatively with supervisors and coworkers.
- Detail-oriented and capable of troubleshooting basic mechanical problems.
- Willing to take initiative and complete assigned tasks without constant supervision.

Interested Applicants
Qualified applicants who are interested in working in the Lock Shop should submit their interest through the appropriate process. **A Cover Letter and Resume in addition to the application must be submitted to be considered.** Applicants may be contacted for further information or an interview.

/s/ A. Miller, OSP Lock Shop

🎨 Painting Apprenticeship Opportunity!
Ready to learn a skilled trade, earn valuable experience, and build a career you can be proud of? We're looking for a **motivated and dependable Painter Apprentice** to join our team!
We're seeking someone with a strong work ethic, positive attitude, and willingness to learn. If you take pride in your work, work well with others, and are ready to develop your skills in the painting trade, **we want to hear from you!**
What We're Looking For

- **Apprenticeship Eligibility:** You must have served at least **one year of incarceration with clear conduct** and have **three years remaining on your sentence** to be considered.
- A strong desire to **learn the painting trade** and build a long-term career.
- Ability to **work safely on ladders** and follow workplace safety procedures.
- Willingness to **learn, take direction, and follow instructions**.
- **Positive attitude** and dependable attendance.
- Ability to work effectively as part of a **team**.
- Hardworking, reliable, and committed to doing quality work.

What You Bring Matters
You don't need to know everything on day one. **We're looking for someone who is willing to learn, show up, work hard, and grow.** This is an opportunity to develop a valuable trade, gain hands-on experience, and become part of a team that supports your growth.
Ready to Get Started?
If you're hardworking, dependable, and ready to **turn an opportunity into a career**, we'd love to hear from you!
A cover letter and resume are required for consideration.
Take the first step toward building your future — apply today!

/s/ T. Beyer, OSP Paint Shop

RELIGIOUS SERVICES

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 sign up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

/s/ A. Y. Perlstein, Chaplain

Weekly Chapel Schedule

"Due to the ongoing construction and status of the Chapel/Education floor, the Chapel is operating on a modified schedule. Please monitor the AIC news channel and housing unit bulletin boards for updates to the Chapel Schedule."

/s/ Chaplains Perlstein, Richter, and Witcraft

POINT TO PONDER

"The best way to predict your future is to create it."

- Abraham Lincoln

Oregon

Tina Kotek, Governor

Oregon Department of Corrections
Operations Division
3723 Fairview Industrial Drive SE. Ste 200
Salem, OR 97301-4667
Voice: (503) 945-9090

New Year's Meal Update: Steaks Replaced with Half Chickens

As we approach the New Year, we want to keep everyone informed about changes to the holiday meal tradition. Historically, steaks have been served as part of the New Year's celebration for adults in custody. However, due to rising costs and budget constraints, it has become increasingly difficult to continue this tradition while staying within our allocated food budget. After careful consideration and feedback from both staff and the adults in custody population, the department has decided to make a change to this year's meal.

Instead of steaks, we will be serving half chicken for the New Year's meal. This decision was made to ensure we can provide a festive and hearty meal while maintaining nutritional standards and staying within budget. The switch to half chicken allows us to offer a substantial entrée that meets dietary needs and supports operational efficiency.

We understand that traditions are important, and changes can be disappointing. Please know that this adjustment was made thoughtfully, with input from kitchen teams and leadership, and with the goal of providing the best possible meal experience for everyone. We appreciate your understanding and look forward to celebrating the New Year together with a meal that reflects both care and practicality.

As we welcome the New Year, we hope the updated meal brings a sense of celebration and comfort to everyone. Our commitment remains to serve nourishing food and foster a positive holiday spirit throughout the facility.

Thank you,

Liza Emory, Acting Food Services Administrator
Operations Division

On Sale and available starting Thursday 10/1/2026:

Holiday Card single for $3.03
OR
Buy 10 and get 2 free
12 ct for $30.30

(Reminder that the holiday cards do not count against your spending limit)

Thank you,
Commissary

MAILROOM NEWSLETTER



OCTOBER 2026

OREGON STATE PENITENTIARY

ISSUE 18



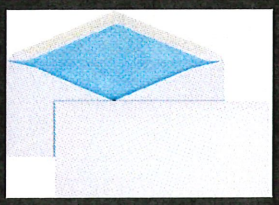
AMAZON

Amazon orders shipped and sold by Amazon are accepted. Amazon Marketplace are private sellers. These are not accepted. Amazon and DOC have an agreement that orders must be shipped by UPS, USPS, or Fedex. Amazon drivers are not allowed at OSP. Amazon drivers are turned away and the orders are not accepted.

Inmate Communication Forms (kytes) to OISC

Do not send kytes for OISC to HQ. There is no OISC at HQ. Please place kytes for OISC in the Records box at the base of the stairs to C Block.

The most common reason for incoming mail to be refused continues to be the use of envelopes with security features. These envelopes have not been permitted since January of 2025. See photo below:



TABLET DEPLOYMENT

Tablet deployment has been delayed. HQ will be updating AICs and the public.

Friends and Family can view the mail rules, and updates on Department of Corrections projects, at www.oregon.gov/doc

Mainline

Week at a Glance

	Monday 11/02/2026	Tuesday 11/03/2026	Wednesday 11/04/2026	Thursday 11/05/2026	Friday 11/06/2026	Saturday 11/07/2026	Sunday 11/08/2026
	BREAKFAST						
Week 3	Oatmeal - 8 OZ Canned Fruit (Sug) - 8 OZ Peanut Butter (Sfa) - 1 OZ Pancakes (Sod,Chl) - 3 EA Maple Syrup - 2 FLOZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Dry Cereal - 8 OZ Fresh Fruit - 1 EA Fried Egg (Sfa,Chl) - 2 EA Refried Beans - 4 OZ Ranchero Sauce (Sod) - 2 OZ White Flour Tortilla (Sfa) - 1 EA Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Multigrain Hot Cereal - 8 OZ Canned Fruit (Sug) - 8 OZ Fried Egg (Sfa,Chl) - 1 EA Cheese Slice (Sfa,Chl) - 1 SLC English Muffin (Sfa,Chl) - 1 EA Fried Potatoes - 6 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Dry Cereal - 8 OZ Fresh Fruit - 1 EA Poultry Sausage (Chl) - 1 EA French Toast (Chl) - 2 SLC Maple Syrup - 2 FLOZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Farina - 8 OZ Canned Fruit (Sug) - 8 OZ *Ham & Cheese Scramble (Chl,Sfa) - 6 OZ Fried Potatoes - 6 OZ Wheat Toast - 2 SLC Jelly (Sug) - 1 OZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Canned Fruit (Sug) - 8 OZ Scrambled Eggs (Sfa,Chl) - 3 OZ Poultry Sausage (Chl) - 1 EA Fried Potatoes - 6 OZ Wheat Toast - 2 SLC Jelly (Sug) - 1 OZ Margarine (Sfa) - 0.5 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Oatmeal - 8 OZ Fresh Fruit - 1 EA Peanut Butter (Sfa) - 1 OZ Hard Boiled Egg (Sfa,Chl) - 1 EA Breakfast Pastry (Sfa,Chl) - 1 EA Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA
	LUNCH						
Week 3	Lentil Soup - 10 FLOZ Barbeque Chicken (Chl) - 4 OZ Wheat Hoagie Roll - 1 EA Brown Rice - 6 OZ Blended Vegetables - 6 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	*Soup of the Day (Sod,Chl) - 10 FLOZ Tuna Melt Sandwich on Wheat (Sod,Chl,Sfa) - 1 EA Peas & Carrots - 6 OZ Seasoned Potatoes - 6 OZ Ketchup - 0.50 OZ Choice Cookie (Sfa,Chl,Sug) - 1 EA Fortified Drink - 8 FLOZ	Coleslaw (Sod) - 6 OZ Turkey Club Sandwich on Wheat (Sod,Chl) - 1 EA Shredded Lettuce - 2 OZ Mayonnaise - 0.50 OZ Carrots - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	*Soup of the Day (Sod,Chl) -10 FLOZ Ham & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1 EA Shredded Lettuce - 2 OZ Mayo & Mustard (Sod) - 1 OZ Peas - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Vegetable Soup (Sod) - 10 FLOZ Chicken over Lettuce Salad (Chl) - 1 SV Sliced Onions - 1 OZ Shredded Cheese (Sfa,Chl) -1 OZ Salad Dressing (Sfa,Sod) - 2 FLOZ Broccoli - 6 OZ Wheat Dinner Roll - 1 EA Margarine (Sfa) - 0.5 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Texas Slaw - 6 OZ Chicken Fajita Mix (Chl) - 4 OZ Onions & Bell Peppers - 4 OZ Salsa (Sod) - 2 OZ White Flour Tortilla (Sfa,Sod) - 2 EA Lemon Cilantro Rice - 6 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken Quarter (Chl,Sfa) - 1 EA Mashed Potatoes - 6 OZ Poultry Gravy - 2 FLOZ Peas - 6 OZ Wheat Dinner Roll - 1 EA Margarine (Sfa) - 0.5 OZ Ice Cream Cup - 1 EA Fortified Drink - 8 FLOZ
	DINNER						
Week 3	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Beef Stroganoff (Chl,Sfa) - 8 OZ Pasta (Sod) - 8 OZ Broccoli - 6 OZ Wheat Bread - 2 SLC Margarine (Sfa) - 0.5 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken & White Bean Chili (Chl) - 10 FLOZ Shredded Cheese (Sfa,Chl) - 1 OZ Brown Rice - 6 OZ Green Beans - 6 OZ Cornbread (Sod,Chl) - 1 EA Margarine (Sfa) - 0.5 OZ Sugar Cookie (Sfa,Chl,Sug) - 1 EA Tea - 8 FLOZ	Canned Fruit (Sug) - 8 OZ Creamed Ground Beef (Chl,Sfa) - 6 OZ Fried Potatoes - 6 OZ Spinach - 6 OZ Biscuit (Sfa,Sod) - 1 EA Margarine (Sfa) - 0.5 OZ Coffee - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Taco Pizza (Sod,Chl,Sfa) -1 EA Blended Vegetables - 6 OZ Peach Crisp (Sfa,Chl,Sug) - 1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Cheeseburger (Chl,Sfa) - 1 EA Onions & Pickles (Sod) - 2 OZ Wheat Burger Bun (Sfa,Chl) - 1 EA Zucchini - 6 OZ Seasoned Potatoes - 6 OZ Ketchup (Sod) - 1 OZ Bread Pudding (Sod,Chl,Sug) - 4 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ *Jambalaya (Sod,Chl) - 1.25 CP Corn - 6 OZ Wheat Bread - 2 SLC Margarine (Sfa) - 0.50 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing (Sod) - 1 FLOZ Macaroni & Cheese (Sod,Chl,Sfa) - 10 OZ Cauliflower - 6 OZ French Bread - 1 SLC Margarine (Sfa) - 0.5 OZ Fresh Fruit - 1 EA Tea - 8 FLOZ

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NOVEMBER 2026

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
AM	A/D	AM	C/E	AM	MAINLINE SHOWERS	AM	C/E	AM	A/D	AM	MAINLINE SHOWERS	AM	A/D
PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E
EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D
DAYLIGHT SAVINGS TIME ENDS													
8		9		10		11		12		13		14	
AM	C/E	AM	A/D	AM	MAINLINE SHOWERS	AM	A/D	AM	C/E	AM	MAINLINE SHOWERS	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	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C
						VETERANS DAY							
15		16		17		18		19		20		21	
AM	A/D	AM	C/E	AM	MAINLINE SHOWERS	AM	C/E	AM	A/D	AM	MAINLINE SHOWERS	AM	A/D
PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E
EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E
22		23		24		25		26		27		28	
AM	C/E	AM	A/D	AM	MAINLINE SHOWERS	AM	A/D	AM	C/E	AM	MAINLINE SHOWERS	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	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D
				FULL MOON				THANKSGIVING					
29		30		1-Dec		2-Dec		3-Dec		4-Dec		5-Dec	
AM	A/D	AM	C/E	AM	MAINLINE SHOWERS	AM	C/E	AM	A/D	AM	MAINLINE SHOWERS	AM	A/D
PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E	PM	A/D	PM	C/E
EVE	A/C	EVE	E	EVE	D	EVE	A/C	EVE	E	EVE	D	EVE	A/C

AM - MORNING YARD (7:45 am - 9:45 am)
PM - AFTERNOON YARD (1:00 pm - 3:30 pm)
EVE - EVENING YARD (4:30 pm - SUNSET)

APPROVED BY: Capt. M. Mullin

10/27/2026