

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.
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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

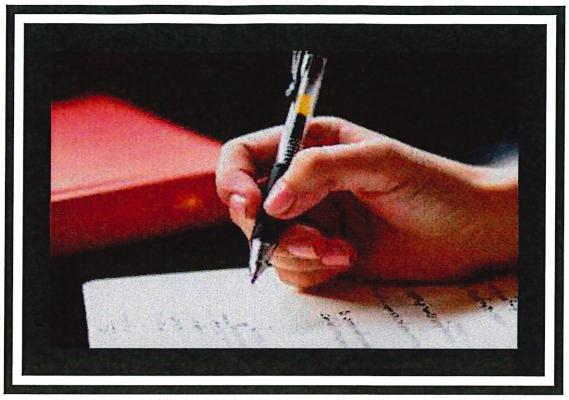
Weekly Chapel Schedule

"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





VICTIM SERVICES PROGRAMS

RESPONSIBILITY LETTER BANK

The Responsibility Letter Bank is a structured letter writing process that provides adults in custody (AIC) with the opportunity to demonstrate responsibility for their crimes and express remorse for the harm they may have caused.

The program provides crime victims/survivors with the choice to receive information in a safe manner.

- AIC's may initiate the process by applying to participate in the program
- Crime victims/survivors may inquire with Victim Services to find if they have a letter available for them
- Victims are not contacted about the availability of a letter if they have not registered with the Bank through Victim Services
- Victims decide whether or not they wish to receive a responsibility letter and whether or not the AIC is informed that the victim received or read the letter
- Participation does not constitute permission for the AIC to make additional contact
- Victims may choose to respond to a responsibility letter through the program, however, further correspondence requires the approval to participate in the FDP
- Letters will be reviewed by the Victim Services Program for appropriateness
- Accepted AIC letters will be deposited in the Responsibility Letter Bank maintained by Victim Services
- Letters are voluntary and will not affect an AICs good time, release date, or post-prison conditions

To request additional information about the Responsibility Letter Bank, please contact Victim Services at:

DOC Headquarters
Victim Services- Responsibility Letter Bank
3723 Fairview Industrial Drive SE Suite 200
Salem, OR 97302-4975

Financial Services
Informational Briefing
Adult in Custody (AIC) Trust Accounts

General Spending Account	• Primary spending account for AICs • Eligible deposits are received into this account ○ *Examples: Deposits received from friends/family, and PRAS* • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account • Funds in this account are not protected from debt/obligation collection or garnishment
Protected Spending Reserve Account	• This is a spending account established for AICs who receive protected money ○ *Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards* • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
Transitional Savings Account	• Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches $500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, *available electronically and in paper*) up to $500 • AICs may continue a 5% deduction of their eligible deposits beyond $500 if court-ordered financial obligations (COFOs) are satisfied • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
General Savings Account	• Established as a means for AICs to save funds outside of the Transitional Savings Trust Account • AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, *available electronically and in paper*) • Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
Obligated Reserve Accounts	• Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

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 11/09/2026	Tuesday 11/10/2026	Wednesday 11/11/2026	Thursday 11/12/2026	Friday 11/13/2026	Saturday 11/14/2026	Sunday 11/15/2026
	BREAKFAST						
Week 4	Oatmeal - 8 OZ Canned Fruit (Sug) - 8 OZ Fried Egg (Sfa,Chl) - 1 EA Cheese Slice (Sfa,Chl) - 1 SLC English Muffin - 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 Veggie & 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	Farina - 8 OZ Canned Fruit (Sug) - 8 OZ Sausage Gravy (Chl) - 6 OZ Biscuit (Sfa,Sod) - 1 EA Fried Potatoes - 6 OZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Oatmeal - 8 OZ Fresh Fruit - 1 EA Waffles (Sod) - 2 EA Peanut Butter (Sfa) - 1 OZ Maple Syrup - 2 FLOZ Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA	Dry Cereal - 8 OZ Canned Fruit (Sug) - 8 OZ Scrambled Eggs (Sfa,Chl) - 4 OZ Shredded Cheese (Sfa,Chl) - 1 OZ Scone (Sfa,Sod,Chl) - 1 EA 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 *Pork Bacon (Sfa,Sod,Chl) - 3 SLC 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	Multigrain Hot Cereal - 8 OZ Chilled Fruit - 8 OZ Yogurt (Sug) - 6 OZ Breakfast Pastry (Sfa,Chl,Sug) - 1 EA Skim Milk - 16 FLOZ Coffee - 8 FLOZ Sugar PC - 2 EA
	LUNCH		Veterans Day				
Week 4	Coleslaw (Sod) - 6 OZ *Barbeque Pork (Sod,Chl,Sfa) -4 OZ Wheat Hoagie Roll - 1 EA Green Beans - 6 OZ Macaroni & Cheese (Sfa,Sod,Chl) - 6 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	*Soup of the Day (Sod,Chl) -10 FLOZ Turkey & 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	Coleslaw - 6.00 OZ Beef Patty - 2 EA Sliced Cheese - 1.00 SLC Hamburger Bun - 1 EA Onions & Pickles (Sod) - 2 OZ Mayo & Mustard (Sod) - 1 OZ Ketchup - 1.00 OZ Seasoned Potatoes - 6.00 OZ Corn - 6.00 OZ Apple Pie & Ice Cream - 1 EA Fortified Drink - 8 FLOZ	Taco Salad with Meat (Chl,Sfa) - 1 SV Seasoned Beans - 8 OZ Shredded Cheese (Sfa,Chl) - 1 OZ Salsa (Sod) - 2 OZ Salad Dressing (Sfa,Sod) - 2 FLOZ Spanish Rice - 6 OZ Tortilla Chips - 2 OZ Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Texas Slaw - 6 OZ Hot Dog (Sod,Chl) - 2 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sfa,Chl) - 1 OZ Wheat Hoagie Roll - 1 EA Carrots - 6 OZ Chips - 1 BAG Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Fish Sticks (Chl) - 4.00 EA Tartar Sauce (Sod) - 2 FLOZ Seasoned Potatoes - 6 OZ Ketchup - 0.5 OZ Cauliflower - 6 OZ Breadstick - 1 EA Fresh Fruit - 1 EA Fortified Drink - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing (Sod) - 1 FLOZ Roast Turkey (Chl) - 3 OZCKD Stuffing (Sod) - 6 OZ Green Beans - 6 OZ Wheat Dinner Roll - 1 EA Margarine (Sfa) - 0.5 OZ Frosted Cake (Sfa,Sod,Sug) - 1 PIECE Fortified Drink - 8 FLOZ
	DINNER						
Week 4	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Turkey Noodle Casserole (Sod,Chl) - 10 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 Tortilla Stew (Chl) - 10 FLOZ Brown Rice - 6 OZ Carrots - 6 OZ Tortilla Chips - 1 OZ Sour Cream (Sfa,Chl) - 1 OZ Fruit Bar (Sfa,Sod,Chl,Sug) - 1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Meat Sauce (Chl,Sfa) - 8 OZ Pasta (Sod) - 8 OZ Broccoli - 6 OZ Focaccia Bread (Sod) - 1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Cheese Pizza (Sod,Chl,Sfa) - 1 EA Blended Vegetables - 6 OZ Apple Crisp (Sfa,Sod,Sug) - 1 EA Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Chicken Teriyaki (Sod,Chl) - 6 OZ Brown Rice - 6 OZ Stir-Fry Vegetables - 6 OZ Milk Roll - 1 EA *Gelatin & Whip Topping (Sfa) -4 OZ Tea - 8 FLOZ	Lettuce Salad - 8 OZ Salad Dressing - 1 FLOZ Beef Patty (Chl,Sfa) - 1 EA Onions & Pickles (Sod) - 2 OZ Mayo & Mustard (Sod) - 1 OZ Wheat Burger Bun (Sfa,Chl) - 1 EA Potato Salad (Sfa,Chl) - 6 OZ Peas - 6 OZ Tea - 8 FLOZ	Texas Slaw - 6 OZ Burrito Beans - 6 OZ Shredded Cheese (Sfa,Chl) - 1 OZ Salsa (Sod) - 2 OZ White Flour Tortilla (Sfa,Sod) - 2 EA Spanish Rice - 6 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