DEER RIDGE PRINTS

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September 16TH, 2022

WHO'S WHO AT DRCI

Superintendent – Mr. Randall
Asst. Supt. General Services – Ms. Peel
Asst. Supt. Security – Ms. Plummer
Business Services Office – Ms. Bryan
Correctional Services Manager – Mr. Duncan
Education Director – Mr. Sklenar
Food Services Manager – Mr. Pritchard
Grievance Diversity Coordinator – Mr. Ybarra
Health Services Manager – Ms. Carter
Hearings Officer – Mr. Capps
Inmate Work Program – Mr. Chapman
Library Coordinator – Ms. Carrion
Mailroom Manager – Ms. Hofman
Mental Health Services Manager – Ms. Watson
Physical Plant Manager – Mr. Schlegel
Religious Services – Mr. Ball
OCE Call Center – Mr. Chryssanthis- & Ms. Smith
OCE Laundry – Mr. Wright
Transitions Coordinators- Ms. Wilson & Ms. Madden
Warehouse & Commissary Manager-Ms. Simmelink-Rask

DOC/DRCI/Health Services

DRCI HEALTH SERVCIES

WEIGHT MANAGEMENT TIPS

Adults In Custody who have been advised by their providers to lose some weight can use the following tips to navigate mainline meals and meet their goals.

Standard recommendations for weight loss are a reduction of 5-10% body weight within 6 months. Reducing calories is a large contributor to weight loss, but physical activity is necessary as well. For adults with a BMI of 27-35, plan for a reduction of 300-500 calories per day to lose about ½ - 1 pound per week.

Use the Calorie Report menu to select lower-calorie food items at meals. The Calorie Report may be posted in your living unit, available at the library, or printed in the institution newsletter. Ask Food Services staff how to get one at your location.

- Did you know you can request smaller portions at the serving line? By taking a smaller portion of high-calorie foods, you are reducing your calorie intake while still eating foods that you enjoy.

- Choose Meat-Alternative Tray (aka: Veggie Trays) often. These meals provide more fiber from vegetables which keeps you feeling full. Plus, MAT meals provide around 200 less calories per meal than mainline meals.

- Ask for fruit instead of dessert when dessert is served. You will be eliminating around 250-300 calories from your meal by making this simple switch.

- Ask for sugar substitute, sugar-free jelly, sugar-free syrup, and diet salad dressing at meals.

You will be eliminating 80-170 calories from your meal for each regular food item you replace.

Watch what you order, how much you order, and how much you eat from canteen. Additional snacks are not necessary for most AICs. Let the meals from Food Service provide for your nutritional needs. That's what they are designed for!

- Don't forget exercise! Cutting calories rarely produces weight loss on its own, you must also increase activity. Even simple exercises that you can do around your unit like push-ups and walking can help. Find a way to move a little more every day.

- Don't give up! The recommended rate of weight loss may seem slow, but if you lose weight slowly and steadily you are more likely to keep it off long-term. Everyone's metabolism is different, so you may not see results right away after changing your eating habits, or you may hit a point where it seems like weight loss has stopped. Keep at it! Stick with your habits, try to increase your activity, and your body will respond in time.

If your provider has advised you to gain weight, try these tips.

- Attend all institution meals and try to finish the entire meal tray. If you have a poor appetite due to medical complications, it may take you a while to work up to eating a full tray. Try to eat a little bit more each day until you can finish a tray.

- Choose healthier snacks from canteen and eat small snacks regularly. Look for the heart symbols next to canteen food items to make healthier choices.

- Tell your provider if you are experiencing nausea, stomach upset, irregular bowels, dental issues, or anything else which makes eating difficult.

DOC/DRCI/SECURITY

Security Notice:

Each bunk in the institution has been issued two laundry bags that are tagged, and color coded to each specific unit. These laundry bags are assigned to specific bunks and specific units they do not go with you if your housing assignment changes. Do not make changes to the original laundry tag, doing so may result in progressive discipline. When moving into a new housing assignment it is your responsibility to make sure that you have two laundry bags that have been assigned to your bunk with the proper colored tag.

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- You are responsible for inspecting your assigned bunk area prior to moving in to ensure there is no damage to report. If damage is found, report it immediately to the Housing Unit Officer for documentation. You will be held responsible for all damage in your assigned bunk area that you haven't reported.

LIQUID SOAP DISPENSERS

- Liquid soap dispensers have been added to the sink area J unit in hope of providing a more sanitary environment for washing hands. The liquid soap in these dispensers is only for washing your hands.

DOC/AOC/ARP/DRCI

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 07/19/2022.

PROPOSED RULES:

291-026 Contracts and Governmental Agreements

- Repealed for a rewrite per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).
- Last day to provide comments: 11/2/2022 at 5:00 PM

291-031 Community Corrections Programs

- Amended to clarify requirements specific to the submission timeframe for the biennial community corrections plan, update definitions of the funded workload as a result of SB497 (2021), replace the term "offender" with the "adult on supervision", and make necessary housekeeping changes as a result of changes in business practices as well as those identified during the DOJ review.
- Last day to provide comments: 11/2/2022 at 5:00 PM

291-159 DOC Procurements for Institutions and Administration

- Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.
- Last day to provide comments: 11/2/2022 at 5:00 PM

291-160 DOC Procurements for Operational Support and Adult in Custody Programs

- Amended to meet DOJ requirements and to make the procurement process clearer for procurement staff and others.
- Increases purchase limit for some opportunity buys and some institution purchases.
- Last day to provide comments: 11/2/2022 at 5:00 PM

291-164 Purchasing

- Repealed for a rewrite per DOJ to correct conflicts and provide clarification to the procurement process. Will replace with new rules (Divisions 159 and 160).
- Last day to provide comments: 11/2/2022 at 5:00 PM

PERMANENT RULES:

291-019 Transfer (Community Corrections)

- Amends the rules to update or add business terminology, reorganize to improve comprehension and convenience for reader, and create a rule specific to the transfer of those on leave status.
- Effective: 8/8/22

291-073 Mandatory and Desired Criteria for Siting Oregon Correctional Facilities

- Amends the rules reflect current terminology related to Oregon Health Plan and adults in custody, and for minor technical correction.
- Effective: 8/16/22

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amended to clarify the definition of Sexual Activity, to clarify language for Staff Assault I, and to add exceptions around DSU sanctions for AICs designated as Seriously Mentally III (SMI) and acts of self-harm.
- Effective: 9/6/2022

Rulemaking comments must be provided to the DOC Rules Coordinator in writing at the address in the rulemaking notice. Communications submitted should be limited to providing comments on only one division and topic per communication. Do not include multiple divisions and topics in one communication, they will be returned. DOC notices and rules are available for review and copies in the AIC law library.

DOC/DRCI/FOOD SERVICES

New Menu Printout

New Menu Printout

When the Fall-Winter 2022-2023 menus are released, you will notice that the menus will have a different "look" to them. The ODOC is using a new menu planning computer program for the week-at-a-glance menus, calorie report, and carb report.

You will notice that the way the serving sizes are described has changed. The previous menu planning program used volume-ounces (vol-oz) to describe items served by volume. The new menu planning program does not do that; it uses cups to describe items served by volume.

We will continue to produce 5-week cycle menus which will change twice yearly. You will be able to view all three meals per day for each week of the cycle on the week-at-a-glance menus. The menus will continue to be posted in the dining hall and/or in the living units. Each institution may do this a little differently.

The menu symbols will change to letter codes. Food items that contain high amounts of nutrients which some AICs may want to eat less of will be marked with a 3-letter code instead of a picture symbol. There will be a key at the bottom of the menu printout which describes each code.

The accuracy of the nutrition content of foods and recipes has improved with this new program. You may notice that some of the calorie or carbohydrate content of foods is slightly different on the new reports. The calorie report is available to all AICs. Each institution makes this report available differently. The carbohydrate report is for AICs with diabetes. Talk with your healthcare provider if you need the carb report.

Elena Guevara RD, LD

CENTRAL OREGON IN THE FALL



DOC/DRCI/Tid Bits

Florence is known as Oregon's Rhododendron capital.

Oregon is the home of the largest Cheesecake factory in the World!

The only US President with a September Birthday was William Taft (president from 1909-1913)

September is the only month with the same number of letters in its name, in English as the number of the month.

The Jewish New Year, Rosh Hashanah is celebrated in September.

The first know copyright was granted on September 1, 1486 in Venice, Italy.

The Labor Reform Act passed in the US on Sept 4th 1959.

In September of 1888, George Eastman patented the roll of film for the Kodak camera.

ESPN debuts on cable on September 7th, 1979.

Sept 8, 1966 for the first time, the USS Enterprise appears on the TV screen.

On Sept 13th, 1959 the first man-made object (Luna 2) reaches the moon.

9/15/1971 the environmental group Greenpeace was founded.

9/17/1962 The first federal suit to end public school segregation is filed by the US Justice Dept.

9/20/1952 Scientists confirm that DNA holds hereditary data.