WALLED STREET BULLETIN
OREGON STATE PENITENTIARY SALEM OREGON

CORRECTIONAL REHABILITATION



OSP Visiting Book Program

The Oregon State Penitentiary (OSP) has been blessed with donated books through a book drive headed by Judge Trish Brown and shared with us through our partners at Coffee Creek Correctional Facility.

These books are located in the Visiting Room and categorized by age group – toddlers, elementary, middle school and high school. We hope you select a book that you can read and enjoy together with your child. At the end of visiting, the child may take the book home with them to continue reading. Selected books can unfortunately not be stored for later visits. Children are not required to take the books home but know it may not be there the next time.

This was a one-time gift to our OSP families and once the books are gone, they will not be replaced. Please be mindful of this and select only one book per child so that we are able to create a world of great readers. Prior to books exiting the Visiting Room, they will need to be reviewed by the Visiting Staff.

Visiting Points:

Effective September 22, 2022, OSP will not deduct visiting points for children ages 17 and under. This is a pilot program that will run through November 1, 2022.

/s/ C. Lenex, Correctional Rehabilitation Manager

COMMISSARY

Commissary News, Updates and Reminders

Announcing Ice Cream Price Increase:

Value Novelty $1.45
Premium Novelty $1.95
Value Pint $3.85
Premium Pint $4.55
Deluxe Pint $6.80





Commissary is excited to announce that we will be bringing on the below item:

Please write in the amount you would like on your commissary order form, as the new updated form will be out shortly.



Snicker-Doodle
Crème Pies
$2.59

/s/ S. Jurgensmeier, NWC Commissary Manager

HEALTH SERVICES

Cold and Flu Season is Coming: Washing Your Hands is Your Defense!

"I don't have to wash my hands; they aren't dirty." Hmmmm. Actually, unless you are a surgeon freshly scrubbed and ready to operate, they are and you just can't see the germs.

Let's talk about bacteria and viruses, which are the germs that make us sick. Germs are so small the only way to see them is through a microscope, which is why we can't just look at our hands to tell if they are clean. Germs hang out in all sorts of places like door knobs, telephones, on pens and pencils, hand railings, keyboards, and remote controls to name a few; so, it is a good habit to wash your hands after you've been touching those things, especially before you prepare or eat food.

The best way to clean the germs off of hands is to wash them with warm water and soap and yes, the water and soap at OSP are perfect. The best way to dry your clean hands is with a clean towel or airing them dry, so your pant legs or shirt front do not count. The last thing

to do in order to effectively wash your hands after you get them wet is to rub soap all over them and keep rubbing and scrubbing for 20 seconds. Unless you have a timer handy, singing the Alphabet song or Twinkle, Twinkle Little Star twice just happens to be around 20 seconds! I'll let you decide whether you sing to yourself or out loud, though.

Now you know that we have the two things needed for effective hand washing: clean water and soap. No excuses. Wash those hands and help keep yourself and others healthy.

All facts in this article obtained from Center for Disease Control and Prevention (CDC) website: https://www.cdc.gov/handwashing.html

/s/ A. Stedronsky-Soward, Health Services RN

Get your COVID Vaccination and Booster



COVID vaccines are safe and effective.

The Food & Drug Administration (FDA) requires rigorous safety testing before it will authorize any vaccine for emergency use. The COVID-19 vaccines ODOC offers from Moderna and Johnson & Johnson were tested in tens of thousands of study participants and generated enough data to convince the FDA that the vaccines were safe and effective.

Mass vaccination will help slow the spread of COVID-19.

Safe and effective vaccines are the key to achieving community immunity from COVID-19 and returning to normal life as soon as possible.

The COVID-19 vaccine is free.

The vaccines will be provided at no cost to you.

Please send an AIC Communication Form to OSP Medical Services ATTN "VACC" to request your COVID Vaccination or Booster.

Thank you for helping keep our OSP Community Healthy.

/s/ C. Coffey, Health Services Manager

COUNSELING SERVICES

Inside/Out Dads Program

Being a parent is one of the most challenging, and rewarding, experiences of our lives. With that said, I am very pleased to finally be able to offer the Inside/Out Dads program at OSP. The Inside/Out Dads program seeks to achieve the following:



Increase in pro-fathering knowledge, attitudes, and skills.

Increase in frequency of healthy interactions with your children.

Increase in healthy interactions with the mother(s) of your children.

Increase in the likelihood of family reunification.

Increase in the likelihood of reentry success.

This is a twelve-week program that will meet on Mondays in the afternoon on the Education Floor beginning October 24, 2022. If you are interested in this opportunity, send an AIC communication form to your Correctional Counselor stating your interest.

/s/ J. Rumney, Correctional Counselor

JOB ANNOUNCEMENTS

Activities of Daily Living (ADL) Aides

OSP Health Services is looking for and accepting applications for Activities of Daily Living (ADL) Aides for General Population.

Duties would include assisting AICs to medication lines, meals, to and from showers, cell sanitation, and other activities of daily living. Shifts available Sunday – Saturday from 5:30 a.m. – 2:00 p.m. and 1:00 p.m. to 8:30 p.m. Starting at 10 PRAS. The individuals selected would report to the designated housing unit for their shifts.

We are looking for motivated, responsible individuals who have the willingness to work with all other AICs who need additional support caring for themselves. To be eligible you must be an incentive level 2 or 3 and have clear conduct for at least one year.

/s/ S. Bailey, Health Services



MHI Unit ADL/Peer Companion Position

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Mental Health Special Housing is now hiring for two, full-time ADL/Peer Companions on the Mental Health Infirmary (MHI) unit. The Individuals selected for this position will report to the MHI unit for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with individuals unable to care for their own ADLs as well as individuals experiencing significant mental health symptoms. It is

important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest, modeling patience, respectful communication, and the following of all unit and institution rules.

MHI Unit ADL/Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHPs and treatment staff in ensuring that identified AICs housed on MHI are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include assisting individuals around ADL coaching and skill building, increasing social interactions, and guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities on the unit, during day room, or out for MHI yard time.

Please submit an application AIC communication form to Kirsen Leep, MHI Program Manager, if you are interested. Applications will be accepted until this position is full. To be eligible, you must be an incentive Level 3 and have clear conduct for at least one year; it is preferred that you have one or more years left on your sentence.

/s/ K. Leep, MHI Manager



OSP/IM Photo Job Opportunity

With the influx of new work being placed on the Photo program, two new clerk positions in the AIC Photo Program have become available.

If you are interested, please send a job application to T. Olsen in Activities.

You must be NCI Level 3 to qualify. You can obtain applications from your tier officer. Complete one and drop it into the Activities mailbox at the bottom of the Activities stairs.

/s/ T. Olsen, Activities Rec. Specialist Lead





A Point to Ponder

"Education is not the learning of facts but the training of the mind to think."

~ Albert Einstein



Join us for a

HALLOWEEN PARTY

2 SESSIONS 12:00-1:30 & 1:45-3:15

CALL TO RESERVE YOUR SPOT BY 10.21.22

503-373-1330

There will be a scavenger hunt, coloring pages, and photos

This event is only for visitors with children. Although all children may attend, only CHILDREN 10 & UNDER MAY ATTEND IN COSTUME

(NO COSTUME MASKS)



OSP CALORIE MENU WEEK 5: October 10 2022 THROUGH October 16 2022

Monday 10/10/22	Tuesday 10/11/22	Wednesday 10/12/22	Thursday 10/13/22	Friday 10/14/22	Saturday 10/15/22	Sunday 10/16/22
☐ Pancakes - 3 ea (524)	Egg & Cheese Muffin	Biscuit & Gravy	◊ French Toast - 3 sl (793)	♥ Veggie Scramble - 4 oz (108)	Turkey Bacon & Eggs	✕ Pastry With Maple Frosting - 1 ea
♥ Oatmeal - 8 oz (138)	♥ English Muffin - 1 ea (286)	∇ Biscuit (large) - 1 ea (296)	♥ Dry Cereal - 8 oz cup (119)	♥ Oatmeal - 8 oz (138)	◊ Turkey Bacon - 3 SL (158)	♥ 9 Grain Cereal - 8 oz (100)
♥ Canned Fruit - 4 oz (60)	♥ Dry Cereal - 8 oz cup (119)	♥ Farina - 8 oz (140)	♥ Fresh Fruit - 1 ea (8)	♥ Canned Fruit - 4 oz (60)	♥ Canned Fruit - 4 oz (60)	♥ Fresh Fruit - 1 ea (8)
♥ Hard Boiled Egg - 1 ea (70)	♥ Fresh Fruit - 1 ea (8)	♥ Canned Fruit - 4 oz (60)	⊗ Syrup - 2 fl oz (168)	☐ Fried Potatoes - 6 oz (165)	☐ Fried Eggs - 2 ea (160)	♥ Hard Boiled Egg - 1 ea (70)
⊗ Syrup - 2 fl oz (168)	☐ Fried Egg - 1 ea (80)	◊ Sausage Gravy - 6 oz (299)	☐ Margarine - 0.5 oz (80)	♥ Wheat Toast - 2 SL (164)	☐ Fried Potatoes - 6 oz (165)	♥ Skim Milk - 16 fl oz (169)
☐ Margarine - 0.5 oz (80)	☐ Cheese - 1 SL (50)	☐ Fried Potatoes - 6 oz (165)	♥ Skim Milk - 16 fl oz (169)	☐ Margarine - 0.5 oz (80)	♥ Wheat Toast - 2 SL (164)	⊗ Sugar - 2 pkts (22)
♥ Skim Milk - 16 fl oz (169)	☐ Fried Potatoes - 6 oz (165)	♥ Skim Milk - 16 fl oz (169)	⊗ Sugar - 2 pkts (22)	♥ Skim Milk - 16 fl oz (169)	⊗ Jelly - 1 oz (80)	Coffee - s/s (0)
⊗ Sugar - 2 pkts (22)	♥ Skim Milk - 16 fl oz (169)	⊗ Sugar - 2 pkts (22)	Coffee - s/s (0)	⊗ Sugar - 2 pkts (22)	☐ Margarine - 0.5 oz (80)	
Coffee - s/s (0)	⊗ Sugar - 2 pkts (22)	Coffee - s/s (0)		Coffee - s/s (0)	♥ Skim Milk - 16 fl oz (169)	
	Coffee - s/s (0)	Meat Sub: Peanut Butter - 1.5 oz (239)			⊗ Sugar - 2 pkts (22)	
					Coffee - s/s (0)	
					Meat Sub: Peanut Butter - 1 oz (159)	
Grilled Cheese Sandwich	Tuna Salad Sandwich	Turkey & Cheese Sandwich	Chef Salad	Chicken Salad Sandwich	Tacos	☐ Ⓟ Roast Pork Loin - 3 oz (160)
♥ Tomato Soup - 10 fl oz (68)	♥ Split Pea Soup - 10 fl oz (207)	♥ Ⓟ Soup of the Day - 10 fl oz (144)	♥ Cream of Potato Soup - 10 fl oz (160)	♥ Ⓟ Soup of the Day - 10 fl oz (144)	♥ Cowboy Salad - 6 oz (129)	♥ Tossed Salad - 10 oz bowl (12)
☐ Cheese - 4 SL (200)	♥ Tuna Salad - 4 oz (150)	♥ Turkey - 3 oz (94)	♥ Turkey - 2 oz (62)	☐ Chicken Salad - 4 oz (221)	☐ Taco Meat - 4 oz (203)	☐ Tangy Dill Vinaigrette - 1 oz (102)
♥ Grilled Bread - 4 SL (328)	♥ Shredded Lettuce - 2 oz (3)	☐ Cheese - 1 SL (50)	☐ Shredded Cheese - 1 oz (80)	♥ Shredded Lettuce - 2 oz (3)	☐ Shredded Cheese - 1 oz (80)	♥ Parsley Pasta - 6 oz (170)
♥ Cauliflower - 6 oz (32)	♥ Wheat Hoagie - 1 ea (230)	♥ Shredded Lettuce - 2 oz (3)	♥ Hard Boiled Egg - 1 ea (70)	♥ Wheat Hoagie - 1 ea (230)	♥ Lettuce - 4 oz (6)	♥ Carrots - 6 oz (43)
◊ Chips - 1 bag (120)	♥ Carrots - 6 oz (43)	♥ Onions & Pickles - 1 oz ea (14)	♥ Lettuce - 10 oz bowl (12)	♥ Green Beans - 6 oz (56)	♥ Salsa - 2 oz (26)	♥ Bread Stick - 1 ea (94)
♥ Fresh Fruit - 1 ea (8)	◊ Chips - 1 bag (120)	♥ Multi-Grain Bread - 2 SL (156)	☐ Ranch Dressing - 2 oz (204)	◊ Chips - 1 bag (120)	♥ Flour Tortillas - 2 ea (326)	◊ Ice Cream - 1 ea (80)
♥ Fruit Drink - 8 fl oz (5)	♥ Fresh Fruit - 1 ea (8)	♥ Green Beans - 6 oz (56)	♥ Blended Vegetables - 6 oz (98)	♥ Fresh Fruit - 1 ea (8)	♥ Broccoli - 6 oz (48)	♥ Fruit Drink - 8 fl oz (5)
	♥ Fruit Drink - 8 fl oz (5)	◊ Chips - 1 bag (120)	♥ Bread Stick - 1 ea (94)	♥ Fruit Drink - 8 fl oz (5)	♥ Fresh Fruit - 1 ea (8)	
		☐ Mayonnaise - 0.5 oz (50)	♥ Fresh Fruit - 1 ea (8)		♥ Fruit Drink - 8 fl oz (5)	
		∇ Mustard - 0.5 oz (9)	♥ Fruit Drink - 8 fl oz (5)			
		♥ Fresh Fruit - 1 ea (8)				
		♥ Fruit Drink - 8 fl oz (5)				
◊ Turkey Noodle Casserole - 10 oz (419)	☐ Chicken Lo Mein - 4 oz (233)	☐ Italian Casserole - 10 oz (317)	◊ Pizza - Cheese - 1 slc (337)	Loco Moco	◊ Macaroni & Cheese - 10 oz (403)	BBQ Chicken Burger
♥ Tossed Salad - 10 oz bowl (12)	♥ Tossed Salad - 10 oz bowl (12)	♥ Tossed Salad - 10 oz bowl (12)	♥ Tossed Salad - 10 oz bowl (12)	♥ Tossed Salad - 10 oz bowl (12)	♥ Tossed Salad - 10 oz bowl (12)	☐ Coleslaw - 6 oz (134)
☐ 1000 Island Dressing - 1 oz (102)	☐ Basil Dressing - 1 oz (102)	☐ Creamy Honeymustard - 1 oz (102)	☐ 1000 Island Dressing - 1 oz (102)	☐ French Dressing - 1 oz (102)	☐ Green Goddess Dressing - 1 oz (102)	☐ Chicken Burger Patty - 1 ea (232)
♥ Peas - 6 oz (92)	♥ Spaghetti Noodles - 6 oz	♥ Broccoli - 6 oz (48)	♥ Vegetable Soup - 10 fl oz (63)	☐ Beef Pattie - 1 ea (211)	♥ Blended Vegetables - 6 oz (98)	⊗ BBQ Sauce - 1 fl oz (33)
♥ Dinner Roll - 1 ea (308)	♥ Stir-Fry Vegetables - 6 oz (89)	♥ French Bread - 1 SL (122)	✕ Apple Crisp - 4 oz (340)	☐ Fried Egg - 1 ea (80)	♥ Wheat Dinner Roll - 1 ea (154)	♥ Wheat Hamburger Bun - 1 ea (244)
☐ Margarine - 0.5 oz (80)	♥ Flour Tortilla - 1 ea (163)	☐ Garlic Margarine - 0.5 oz (80)	Tea - s/s (0)	☐ Beef Gravy - 2 fl oz (46)	☐ Margarine - 0.5 oz (80)	♥ Peas - 6 oz (92)
Tea - s/s (0)	◊ PB Chip Cookie - 1 ea (233)	Tea - s/s (0)		♥ White Rice - 6 oz (169)	Tea - s/s (0)	☐ French Fries - 6 oz (245)
	Tea - s/s (0)			♥ Peas & Carrots - 6 oz (66)		∇ Ketchup - 1 oz (34)
				⊗ Pudding - 4 oz (91)		♥ Fresh Fruit - 1 ea (8)
				Tea - s/s (0)		Tea - s/s (0)

Ⓟ Contains pork or may contain pork ♥ Healthy choice ☐ High fat/cholesterol ⊗ High sugar ✕ High fat/cholesterol/sugar ∇ High Sodium ◊ High fat/cholesterol/sodium (#) Calories

This menu can help AICs reduce their calorie intake at each meal by showing how many (Calories) each food item contains. Values listed are best estimates based on current foods purchased. MAT/VEGETABLE TRAYS available for lunch & supper meals only. Menu subject to change without notice.