

OSCILLATOR

May 1, 2009

ISSUE 18



Who's Who?

Superintendent - Mr. G. Kilmer

Asst. Supt., General Services - Mr. T. Bowser

Asst. Supt., Transitional Services - Ms. C. Tupou

Behavioral Health Services Manager - Ms. R. Nekuda

Diversity Coordinator - Ms. C. Taylor

Education Manager - Ms. N. Green

Executive Asst. to Supt. - Ms. W. Hatfield

Food Services Manager - Ms. L. Macias

Health Services Manager - Ms. A. Parker

Hearings Officer - Ms. D. Goldade

Library Coordinator - Mr. G. Hunter

Management Asst. to Supt. - Ms. K. Buce

Operations Captain - Mr. D. Scott

Physical Plant Manager - Mr. T. Cage

Recreation - Mr. J. Sipple

Religious Services— Chaplain K. Rath

Safety Manager - Mr. W. Hensell

Security Manager - Mr. R. Ogden

Special Operations Captain - Mr. H. Myers

Transition Coordinator - Ms. K. Hollingsworth

Transition Services Mgr - Mr. R. Briones

From the Superintendent

Visiting Cancellation—May 22, 2009

In order to accommodate OSCI's 50th anniversary celebration, there will be no visiting on Friday, May 22, 2009. Normal visiting hours will resume on Saturday, May 23, 2009. Please notify your visitors.

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FROM THE MAILROOM

Inmate to Inmate Photos

On March 6, 2009, all institution mailrooms were notified by Central Mail Services that inmates can not receive a photo of another inmate unless the receiving inmate is also in the photo. Based on this information, OSCI Mailroom staff immediately began violating photos that did not meet this criteria, which resulted in a large number of letters with photos violated.

After further consideration, Central Mail Services determined their direction that an inmate can not receive a photo of another inmate, unless the receiving inmate is also in the photo caused a huge impact to the inmate population, since all mailroom staff have consistently allowed inmates to send other inmates photographs.

Effective immediately, OSCI Mailroom staff will again allow you to receive photos of other inmates regardless of whether the recipient is in the photo.



Religious Services Announcements

The ONLY Religious Service with open attendance is Sunday at 2:20 pm in the Chapel.

Also note: If you are not regularly attending a service your name will be removed from the attendance list.

Asatru Service: Come celebrate fellowship in an ancient Northern European tradition, involving respect of the earth and recognition of ancestry. 2nd Sunday of the month from 2:00-3:30 pm in room 7-6.

Bilingual Protestant Service (English & Spanish): Servicio bilingue venga a celebrar a Jesus con nosotros! En la capilla a las 7:00 p.m. cada Martes. Esperamos verlo alli! Come celebrate Jesus with us, every Tuesday in the Chapel at 7:00 pm.

Catholic English Service: Sunday at 7:00 pm in the Chapel.

Catholic Spanish Service: Los Jueves en la capilla a las 10:00 am.

Christian World Fellowship: Friday at 7:00 pm in the Chapel.

Islam's Friday Jumah Prayer: Friday's in Academics, Room 7-17 at 1:30 pm. Please come on the 1:20 pm line movement.

Jewish Service: A study and contemplation of the Jewish faith through readings of the Torah & discussion. 2nd Saturday of the month in Rm. 7-20 at 9:00 am

Native Sweat Lodge: Next sweat is May 9th

Saturday Service with Dave Leavenworth: Pastor Leavenworth is a Protestant minister who comes in every other week. Next service will be May 2nd.

Seed of Faith: Next service will be May 21st.

Seventh Day Adventist (English) Service: Saturday's at 1:20 pm in the Chapel.

Seventh Day Adventist (Spanish): En Español habra un estudio biblico a la 1:20 pm los Sábados en el departamento de educación (Academics) Sala 7-18.

Sunday Protestant Service: A rotation of Protestant faith communities from around Oregon. Sundays in the Chapel @ 2:20. This Sunday features Ken Willis.

Sunday Buddhist Study and Meditation: Sunday's in Rm 7-18 @ 12:30 pm.

Individual counseling is available in the Chapel with trained volunteer pastoral counselors who are experienced in dealing with spiritual and life issues.

Please send a kite to the Chapel to make an appointment if you are interested in some counseling.

If you would like to receive a Religious Services Schedule of the activities available for all of the faith groups at OSCI, send a kite to the Chapel.

Si a usted le gustaria recibir una copia de los horarios de los grupos de fe en OSCI envíe un kite a la capilla.

RELIGIOUS ACTIVITIES

Catholic Study: This study occurs the 2nd and 4th Wednesdays of the month at 7:00 pm in Academics.

The Church of Jesus Christ of Latter Day Saints: Tuesdays at 7:00 pm in Academics Rm 7-17

Jehovah's Witnesses: English services on Wednesdays at 7:00 pm, and Spanish services on Saturdays at 1:20 pm in Academics.

Native Drumming: Tuesday nights at 7:00 pm in Academics 7-6.

Prison Fellowship English Bible Study: PF meets each Tuesday evening at 7:00 pm in Academics. It is lead by Mark Johnston. This is a good foundational study.

The Purpose Driven Life-Book Study: This study is in Spanish and English, led by Pastor Noe Pineda. Saturday's at 1:20 pm in Academics.

Russian Bible Study and Service: Russian Bible Study happens every Tuesday night s at 7:00 pm in Academics.

Seventh Day Adventist Church Study: SDA has a study every week on Tuesday nights at 7:00 pm in Academics.

Yoga: The study of Hatha yoga combines body positioning and breathing to live more healthy in mind, body, and spirit. Wednesday's in the Chapel @ 5:00 pm.

Meditation Hour: An hour and a half of mediation on Wednesday nights 7:00-8:30 pm in Academics, kyte the Chaplain to sign up.

Bible studies available in Spanish: You can ask for one when you come to the Chapel or by sending a kyte.

Study and Meditation: Practicing the art of being present in yourself and therefore to those around you. Sundays in Room 7-18 at 12:30 pm

Video Power Program: Changing the way you think about your future through faith—video discussion and reflections that get you to a place where you are willing to be in control of your life. Sundays in the Chapel at 12:30 pm.

Individual counseling is available in the Chapel with a volunteer counselor who is experienced in dealing with spiritual and life issues. If you are interested in scheduling a appointment, send a kyte to the Chapel.

From Health Services

"SWINE FLU"

Public health officials in Oregon are stepping up surveillance for a new strain of influenza known as swine flu, after cases were confirmed in California, Texas and Mexico. Cases of this flu bug in the United States have been mild up to now. Here in Oregon, the flu season has been winding down and there have been no known cases of the swine flu. It's possible that cases of swine flu will emerge in Oregon in the days and weeks ahead.

Here's what you can do:

1. Protect yourself and others by washing your hands often;
2. Cover your mouth with something other than your hand when you cough.
3. If you think you have the flu, send a kyte to Health Services, or ask to be seen.



Remember, at this point, swine flu is still the flu, and nothing more serious than that. Illness caused by this new strain of flu has the same symptoms as illness caused by other strains of flu including fever, fatigue, lack of appetite, coughing, runny nose, sore throat, and can include nausea, vomiting and diarrhea.

ALLERGY PILLS

Benadryl (Diphenhydramine) is a medication sometimes used for allergies that can cause drowsiness and which has been diverted for abuse in the past. This medication will be strictly controlled (NO Keep on Person privileges). You will need to come to the pill line to get this medication if it is continued by your medical provider.

Your health services staff is interested in treating your severe allergy symptoms, but for most patients, Benadryl will no longer be used. Newer, effective medications with fewer possible side effects will be used instead to treat your severe allergy symptoms. These changes will be effective in the near future.

From Food Services



OSCI CYCLIC MENU FOR WEEK OF MAY 4, 2009

OREGON DEPARTMENT OF CORRECTIONS - Spring 2009 Menu (Week 2)

Betty Hansen, R.D.

Betty Hansen, R.D.

Lucy Macias, Food Service Manager

MONDAY April 6, 2009	TUESDAY April 7, 2009	WEDNESDAY April 8, 2009	THURSDAY April 9, 2009	FRIDAY April 10, 2009	SATURDAY April 11, 2009	SUNDAY April 12, 2009
<ul style="list-style-type: none"> ♥ Oatmeal ♥ Fruit Juice ♥ Pancakes ⊗ Strawberry Syrup □ Margarine ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Dry Cereal ♥ Fresh Fruit Breakfast Burrito ♥ Flour Tortillas (8") □ Scr. Eggs ♥ Onions & Bell Peppers □ Cheese ♥ Refried Beans ♥ Salsa ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Nine Grain Cereal ♥ Fruit Juice ☑ Corn Beef Hash ♥ Biscuits □ Margarine ▽ Catsup ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Farina ♥ Fruit Juice □ French Toast □ or Texas Toast ⊗ Syrup □ Margarine ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Dry Cereal ♥ Fresh Fruit ▽ Sausage Gravy □ Hashbrowns □ Wheat Toast □ Margarine ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Grits ♥ Grapefruit half ♥ Hard Boiled Egg ⊗ Breakfast Pastry ♥ Skim Milk ⊗ Sugar ☐ Coffee 	<ul style="list-style-type: none"> ♥ Fruit Juice □ Fried/Scrambled Eggs □ *Bacon □ Hashbrowns ♥ Wheat Toast ⊗ Jelly □ Margarine ♥ Skim Milk ⊗ Sugar ☐ Coffee
<ul style="list-style-type: none"> ♥ Green Salad □ Salad Dressing ♥ Tuna Salad Sandwich ♥ Tuna Salad ♥ Wheat Hoagie ♥ Carrots ♥ Canned Fruit ▽ Pretzels ☐ Beverage 	<ul style="list-style-type: none"> ♥ Potato Salad Hamburger ♥ Beef Patty (4:1) ♥ Green Beans ♥ Shredded Lettuce ♥ Onions ▽ Pickles ♥ Mayonnaise ▽ Catsup ♥ Canned Fruit ♥ Hamburger Bun ☐ Beverage 	<ul style="list-style-type: none"> ♥ Tomato Soup □ Grilled Cheese Sandwich □ Cheese □ Bread ♥ Blended Vegetables ☑ Chips ♥ Canned Fruit ☐ Beverage 	<ul style="list-style-type: none"> ♥ Texas Slaw □ Tamale Pie ♥ Corn ⊗ Fruit Snack ♥ Canned Fruit ⊗ Beverage 	<ul style="list-style-type: none"> ♥ Soup of the Day ☑ Grilled Turkey Ham & Cheese Sandwich ▽ Turkey Ham □ Cheese □ Grilled Bread ♥ Green Beans ☑ Chips ♥ Canned Fruit ☐ Beverage 	<ul style="list-style-type: none"> ♥ German Potato Salad ▽ Turkey Kielbasa ▽ Sauerkraut ♥ Blended Vegetables ♥ Wheat Bread □ Margarine ♥ Mustard ♥ Canned Fruit ☐ Beverage 	<ul style="list-style-type: none"> ♥ Garden Salad □ Salad Dressing ◆ BBQ ChickenThigh ♥ Rosemary Potatoes ♥ Mustard Greens ⊗ Ice Cream ♥ Wheat Rolls □ Margarine ☐ Beverage
<ul style="list-style-type: none"> ♥ Tossed Salad □ Salad Dressing ◆ Chicken Nuggets ♥ Steamed Rice ♥ Peas ⊗ Cookie ♥ Honey Mustard Sauce ☐ Tea 	<ul style="list-style-type: none"> ♥ Tossed Salad □ Salad Dressing ♥ Turkey Noodle Casserole ♥ Beets ⊗ Chocolate Brownie ♥ Multi-Grain Bread □ Margarine ☐ Tea 	<ul style="list-style-type: none"> ♥ Lettuce Salad □ Salad Dressing Soft Tacos ♥ Flour Tortillas (8") ♥ Beef Filling ♥ Seasoned Beans □ Shredded Cheese ♥ Spanish Rice ⊗ Fruit Crisp ♥ Salsa ☐ Tea 	<ul style="list-style-type: none"> ♥ Soup of the Day ♥ Vegetable Salad □ Salad Dressing ☑ *Italian Salami Pizza ⊗ Baker's Choice ☐ Beverage 	<ul style="list-style-type: none"> ♥ Tossed Salad □ Salad Dressing ♥ Baked Seasoned Chicken Breast ♥ Parsley Pasta ♥ Blended Vegetables ⊗ Baker's Choice □ Focacia Bread ☐ Tea 	<ul style="list-style-type: none"> ♥ Tossed Salad □ Salad Dressing ♥ Ranch Style Chili ♥ Steamed Rice ♥ Corn ⊗ Cookie ♥ Cornbread □ Margarine ☐ Tea 	<ul style="list-style-type: none"> ♥ Coleslaw ☑ Macaroni & Cheese w/Ham ♥ Broccoli ♥ Canned Fruit ♥ Bread Stick ☐ Tea

* Denotes pork items or those that could contain pork. VEGETABLE TRAYS available for lunch & supper meals only.

Menu subject to change without notice.

Last Revision: 05/13/09

♥ Health Choice Items ◆ Healthy Choice AFTER Breeding or Skin is Removed □ High Fat/Chol. ⊗ High Sugar ⊗ High Fat/Chol. & Sugar ▽ High Sodium ☑ High Fat/Chol. & Sodium