

# OSCILLATOR

October 2, 2009

ISSUE 40



## 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 - Capt. D. Scott  
Physical Plant Manager - Mr. T. Cage  
Recreation - Mr. J. Sipple  
Religious Services - Chaplain K. Rath  
Safety Manager - Mr. W. Hensell  
Acting Security Manager - Capt. H. Myers  
Special Operations Captain - Mr. H. Myers  
Transition Coordinator - Ms. K. Hollingsworth  
Transition Services Mgr - Mr. R. Briones

## From the Security Manager

**NIGHT YARD:** Evening recreation yard will end on Saturday, October 3, 2009. Due to the lack of daylight, recreation yard operations have been very limited. Our goal is to enhance current leisure time activities available to the inmate population by making the Multi-purpose building available sooner than in the past.

**RED SHORTS:** Effective Saturday, October 3, 2009, inmates will no longer be allowed to wear red shorts outside of their housing units, except to Multi-purpose. Failure to comply may result in disciplinary action.

Thank you for your cooperation.

## From Health Services

Effective 9/3/09 new pharmacy policy mandates the crushing of all Bupropion (wellbutrin) tablets at all facilities statewide. The tablets are currently designed to quickly dissolve on contact with the mouth. Crushing does not alter Bupropion's effectiveness but may actually enhance it's therapeutic benefit through faster absorption. There are no reported undue side effects related to crushing Bupropion.

As with any crushed medication, there may be an unpleasant taste with Bupropion which can be easily tolerated when mixed with water. The crushed medication must be floated in water prior to taking just as any other medication. Please do not discontinue your medication suddenly without discussing with your prescriber first. There may be unpleasant withdrawal symptoms by suddenly stopping Bupropion. Please discuss any issues surrounding this policy with your prescriber.

Thank you.

## Religious Services Announcements

**Week of 9/27 - 10/3**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
12:30 Academics - Buddhist Study & Meditation led by Gregory  1:30 Chapel - General Protestant Service led by Sonrise Church.  7:00 Chapel - Catholic Communion Service.	<b>No Services</b>	3:30 Chapel - Relationships Study  7:00 Chapel - Bilingual Protestant Service. Servicio Bilingue Protestante.  7:00 Academics - - LDS Service - Native Drumming (cancelled this week) - Prison Fellowship - Russian Bible Study - SDA Bible Study - Discipleship Study	5:00 Chapel - Hatha Yoga  7:00 Chapel - Meditation Buffet led by Zen Buddhists.  7:00 Academics - - Jehovah's Witness Service. Waldie's Bible Study - Catholic Bible & Catechesis Study	9:30 Chapel -  - Hispanic Catholic Service. Servicio Católico en Español.	9:00 Chapel - - Thresholds Transitions Group  1:30 Academics - - Jumah Prayer  7:00 Chapel - - United Pentecostal Services.	9:00 Academics - - Muslim study - Beit Am Jewish Service  1:30 Chapel - - SDA Service  1:30 Academics - - Hispanic SDA Service  Hispanic Jehovah's Witness  - Hispanic Purpose Driven life Study. Estudio de vida con proposito.

If you have any questions about the nature of these services, please send your questions to Ms. Raths, Chapel.

Steve Eldredge's Christian Faith-based relationships group will reset on 10/20. Anybody interested, please kyte Chapel

## From Food Services



### OSCI CYCLIC MENU FOR WEEK OF OCTOBER 5, 2009

## From Transitions

### **Road to Success** ***Transitional Enrichment Program***

#### *Program Information*

**Road to Success** is the Oregon Department of Correction's intensive transition program. The program was designed and written by Volunteers of America, a non-profit organization. Using the experiences of offenders who have successfully completed supervision, Volunteers of America wrote a five-part program that is designed to pass on this valuable knowledge to offenders being released from prison.

**Employment** – This intensive 18 hour section of the program includes job search methods resume writing, interviewing techniques, working as a team, second chance employers, the “Have you ever been convicted of a felony?” question and many other topics that will help you find and maintain stable employment.

**Your Parole Officer and You** – Yes, whether you like it or not, you **WILL** have one until you complete supervision. This three-hour class is the most popular part of the program. It provides detailed information about the supervision experience from both the perspectives of the offender and the P.O. Parole Officers from different counties may even drop by to speak to the class and give a personal, off the record presentation of what they expect and what you can expect while on supervision.

**Your Family and Your Release** – The most vital and personal segment of the program is another three-hour class that deals with you and your family. Your family members are a valuable cornerstone to your successful transition. If you have a spouse, siblings or parents, if you have been incarcerated for a long period of time and have had little or no contact with your kid(s), or you want to have kids of your own someday, then this **IS FOR YOU!!!**

**Obtaining Housing** – A vital component of a successful re-entry into society is having a place to live. This 15-hour section of the program will cover how to find housing, and will give you an opportunity to learn how to be a successful tenant. In these 6 sessions we will go over getting started and goal setting; Rental history; tenant responsibility; landlord-tenant law In Oregon; budgeting and money management; cleaning & home maintenance; moving in and moving out. You will also learn of several housing options you may have never considered that are available in almost every county in Oregon. To receive a Certificate of Completion for this course participants need to attend all classes and fully participate in all classroom exercises.

#### **Enhancing Success-**

When you are within four to six months of release you will be scheduled for an assessment. At that time you will be given an opportunity to sign-up for one or more of the different components of **Road to Success**. If you would like to participate in this great program early or need any assistance in your transition programming send an inmate communication to Mrs. Hollingsworth, Transition Coordinator – stating your request.

ROAD TO SUCCESS: Transitions' Fall 2009 Fair

**October 20<sup>th</sup> 8:30am to 1:30pm**

When you get out, where are you going to live? Where are you going to stay? Where are you going to work?

Even with the best intentions when those 'missed meal cramps' hit or the cold rain bounces of your head and you have no warm place to go or the bills (can you say child support) are sitting on your shoulder like a 400lb gorilla, most are going to do what they think they need to do. 9 times out of 10 that will lead back to prison to more pain and heartache.

What can you do? For real, what can be done?

October 20<sup>th</sup> is the date when over 100 service providers come to OSCI for Transitions Fall Fair. These are real people with real solutions. They might not have all the answers, but they do have some.

- **Arches** (The RENT program people), **Oregon Recovery Homes**, **Oxford House**, **Sponsors**, **Bridges To Change** and others will be there to help out with you housing needs.
- **Portland Prisoners Re-Entry**, **Life Works NW**, **Shepard's Ministries**, **Turning Point Prison Ministries**, **Washington County**, **Clackamas County Recovery Mentor**, **Gang Outreach** and many others will be there as mentors. Mentors are a very important part for anyone trying to get ahead. Successful people in the business world have been using them for years. Why can't you?
- **Prison Fellowship**, **Home For Good**, **NW Senior & Disability Services**, **Oregon Health Action Campaign**, **Callahan and Associates**, **St. Vincent DePaul Society** and the **Department of Human Services** (food stamps) will be there to assist with health, criminal, and spiritual issues.
- Many of us need to continue further in the legal system to deal with our kids. **DADS – Dads America** will be there to help you in that area.
- Interested in getting into tattoo field, outside of prison? There will be a tattooist there. **Goodwill VOC Service** and others will be there to help with employment issues.
- There will be parole and probation offices from many counties. Start off right. Meet your PO in a cool setting.
- The **African American Program** and the **Mexican Consulate** as well as the **Klamath Tribes**, the **Confederated Tribes of Siletz**, **Red Lodge Transition Service**, **NARA**, and the **Bureau of Indian Affairs** will be there to assist all those who fall into those categories.
- David Fitzgerald from the movie "**Finding Normal**" and Central City Concern mentor program will be present to speak.

These are just a few of the service providers who will be there to help you with your transitional concerns. We may not have all the answers, but we can get you on the right road to keep you out of prison. Isn't that what you want? Take advantage and come on down to the Transitions fair.

See you there!

**ROAD TO SUCCESS:** Transitions' Fall 2009 Fair

OSCI's biannual Transitions' Fair will be held for all inmates 240 days or less before their release date.

If you are 240 days or less, then you will automatically be placed on call-out for the Fair at the following time:

<b>0 – 60 days to release</b>	<b>8:30am – 9:30am</b>
<b>61 – 120 days to release</b>	<b>9:30am – 10:30am</b>
<b>180 – 240 days to release</b>	<b>12:30pm – 1:30pm</b>
<b>121 – 180 days to release</b>	<b>1:30pm – 2:30pm</b>

Due to the Fall 2009 Transitions' Fair, Transitions will be in a "slow down" mode. All Road To Success classes will be suspended during the month of October. Small Business, Goodwill Job Skills Connection, Better Dads, CPRP, & PO Reach-Ins will continue as scheduled.

**PLEASE do not send a kyte to Transitions about the Fair.** If you have an emergency, please contact your Release Counselor.

## From Health Services

There will be a second influenza vaccine available this year, against the H1N1 "swine flu". This is different from the seasonal influenza vaccine. Many of you will receive both vaccines. We are scheduled to receive a shipment of H1N1 vaccine in the near future, and will be setting up immunization clinics again. We advise:

If you have not received the seasonal influenza vaccine, and you think you qualify, send us a kyte, explain why you think you need one.

Expect a call out for the H1N1 vaccine (the SECOND vaccine) sometime in late October or early November if you think you qualify. The government has set up a priority list. Notice that people over 50 without high risk medical conditions are not on the priority list. This does not necessarily mean you will not be offered a vaccination, only that we are asked to get vaccine to the priority list first.

The priority list is:

- Children and young adults 6 months to 24 years old;
- Pregnant women;
- People caring for or living with infants under 6 months of age;
- People aged 25 to 64 with medical conditions that put them at a higher risk for influenza-related complications;
- Health care workers;
- Frontline law enforcement and public safety workers.

Health Services will send out more information on the vaccine process when we receive it. Watch this space during the weeks ahead.

Public health experts continue to advise the public to take basic precautions to help slow the spread of all influenza:

- Wash your hands;
- Cover your cough;
- Stay home if you are sick.

