

Contentment in Winter

by Douglas "Wookie" Marcks

Most people around me look at winter as a depressing time,
after the holidays that is.
some call it the "Winter Blues."
Some call it the "Holiday Backlash."
Some just get depressed by the lack of sunlight.

But whatever you call it,
I don't feel it.
I look at this time as a

time of reflection.
I rejoice that I made it through
another year.

Sure I still hate the rain (all the time),
and rejoice on a truly sunny day.

So that is how I stay content
all thru the year.
I look at the non-corporeal things:
my health, my friends and relationships.

Hard Knocks Wisdom

by j. mccurdy

In the end
We're
All responsible
For
The decisions we make
And
The state
We're
In...
That being said
I think
Accountability
Its partner,
Responsibility
Are
The
Sexiest
Couple
I've
Ever seen...

Meet Me Last

by Matt Dewart

My name precedes me
into the world.
Louder is the blunt
truth, missing,
till we meet
eye to eye
face to face
smile to smile
and like you am
warm-blooded, kind
and human!

Need help getting health care?

Getting health care can be confusing. CareOregon's goMobile Team and our partners make it easy for you to get covered and get care under the Oregon Health Plan at our Navigation Clinics.

At OHP Navigation Clinics, we will:

- Check your eligibility
- Enroll you in Medicaid or Medicare
- Make your doctor appointments

BUD CLARK COMMONS

650 NW Hoyt Ave
Jan 04 8-10 a.m.
Jan 18 8-10 a.m.

CAREOREGON **NEW**

315 SW 5th Ave
Jan 17 11 a.m.-3 p.m.
Jan 19 11 a.m.-3 p.m.
Jan 24 11 a.m.-3 p.m.
Jan 26 11 a.m.-3 p.m.
Jan 31 11 a.m.-3 p.m.

CITY TEAM PORTLAND

526 SE Grand
Jan 11 8-10 a.m.

CLACKAMAS COUNTY TRANSITIONS

2219 Kaen Rd
Jan 11 1-3 p.m.
Jan 25 1-3 p.m.

careoregon.org

CLACKAMAS RESOURCE CENTER

8800 SE 80th Ave
Jan 31 1-4 p.m. **NEW**

IRCO

Jan 21 11 a.m.-3 p.m.

PORTLAND RESCUE MISSION

111 W Burnside
Jan 05 8-10 a.m.
Jan 12 8-10 a.m.
Jan 19 8-10 a.m.
Jan 26 8-10 a.m.

STREET ROOTS 211 NW DAVIS

Jan 10 8-10 a.m.

UNION GOSPEL MISSION 3 NW 3rd

Jan 24 2-4 p.m.
Jan 31 2-4 p.m.



How do you share health?

At Health Share, we believe good health is more than what happens inside your doctor's office. Good health starts in your community and includes staying active, eating healthy food and getting regular check-ups.

Share your healthy habits with family and friends. We can all have better health when we share it together.

**health
share**

**Better health
together.**

www.healthshareoregon.org

