

Angels & Airwaves

by Tory Breise

Stories spin themselves around me
 Gripping my soul, tipping my mind
 Making me blind, as my eyes chase shadows
 In the thick of waking dreams
 Like all dreams, ephemeral they dissipate
 As soon as I look away
 Without conveying a single thought
 Yet these visceral reactions remain
 And my heart is stirred to action
 Through non-logic and absence
 I find tears in my eyes
 My hand is stuck tightly in a fist
 Waiting for this tempest to subside
 So I may decide
 How I truly feel
 I am at the whim of the airwaves
 I sit on the edge of my seat
 Ready to flee
 But I do not leave

Awakening

by Mariya Vulevich

The latest hitch quivers.
 I know the sun is behind
 and I'm quiet in these bleak days.
 The fate of leaves reminds me
 that all flows in the form of a circle.
 Starting point and ending point
 are actually the same point.
 However, each time is different.
 Autumn brings back blinding flashbacks
 and I feel I am not here.
 God, what is the reality?
 From whose perspective do I look?
 For a moment, I open my eyes,
 but an image is the same.

Onward

by Eileen Vizenor

It has been said, "You cannot move forward when you
 live in the past."
 I believe this.
 I can learn from my past.
 But it doesn't have to reflect my present.
 Nor define my future.
 Living in the present will keep me moving forward.
 Onward to my goals.

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.

 CareOregon
 goMobile team

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.

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Better health together.

www.healthshareoregon.org

