

**alberta coop  
grocery**

small carts  
**big hearts**



**good.local.food**  
1500 ne alberta st.  
albertagrocery.coop  
503 287 4333  
open to all 8:30am- 10pm daily

**Snowplow**

by J. Vega

All is lost in a haze of blindness  
We trudge and squander our fragile minds  
As we scurry like forgotten mummies  
Stiff and crucified  
Our blood is still  
The chill of morning dew is making me  
Lose my mind...pain, and smiles

To clear the streets of commonwealth  
A rapture for our unlamented hearts  
Upon the altar of silence  
Do we creep like new creatures

**Portland Snow Daze**

by William Adams

City of Portland:  
The city that works, until it snows.

**Snow Snow and More Snow**

by Dennis Sigman

As I sit and watch the snow  
fall to the ground,  
I also see not a soul around!  
The winter's come and winter's go,  
And still all I can see,  
Is the winter snow!  
The snow is good, for many things  
Like trees, grass, and even to drink.  
But just be sure it isn't yellow,  
Because then you might turn yellow and get sick!  
A good snowball fight is good,  
As long as no one gets hurt.  
Making a snowman is good,  
Even for grownups.  
Snow can make a person think,  
Even if it's only for a second!  
When I see the snow coming down,  
It makes me think of my childhood!  
Of a time when my brother and I used to go outside  
And play and make igloos and hide from Mom & Dad.  
Our igloos were so well-made,  
We could actually stay warm inside of them.  
But I am a lot older now,  
My brother has passed and I am homeless,  
So I sleep outside come rain or shine!  
The snow doesn't fall on me or get me wet or cold.  
I like the snow.

**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

