

You're Welcome

by Ron Sanford

The times we share are so precious
 The sun is shining, the sparks in my brain are flying
 The unspoken words in your eyes shine through
 Overcast skies could never dim expectations
 The high standards don't burden me, I'm free
 Tho you challenge me again and again, I'll be me

No worries as I'm on my way, thinking of you know who
 Never mind mistakes, they are but a few
 Time to work. You know what to do. Stick it out.
 At the end of the day you'll have time to count.
 My! What do I have but time left to give? I'm alone
 Until I lose myself again
 The clock is ticking but I can never hear it
 Do come and see me again my dear friend, you're welcome

Forward

by Daniel Cox

When the Herald is finished
 And the guardsman lay down
 Their arms
 On this day meets
 Tomorrow, then and only then
 Is the dawning of a new day.

Swept Through the Splitting Wood

by Larry Richer

Knowing you can never go back
 It's gone
 Circumstances don't counteract
 For long
 Substances don't seem to forget
 For good
 Coincidence is swept through the
 Splitting wood

Knowing you can never go back
 To change
 Something that you've done in the past
 Remains
 Continuously weighing down
 Your mind
 There's cracks in the floor underneath
 Lost time

Reading what you shouldn't have read
 The future will not tell us ahead

Looking at the wrong point of view
 You know just because it's love don't mean it's true
 Although
 You can get caught in it quick
 Unless
 You get out now and you spit out
 The rest
 Avoid the dusty particles that do
 Their best
 Clogging up your mind til your mind is
 A mess

Knowing you can never go back is
 Not enough
 Only knowing what lies ahead
 We rise up

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 **NEW**
 Jan 31 1-4 p.m.

IRCO

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

PORTLAND RESCUE MISSION

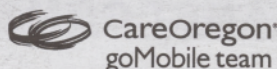
111 W Burnside
 Jan 05 8-10 a.m.
 Jan 12 8-10 a.m.
 Jan 19 8-10 a.m.
 Jan 26 8-10 a.m.

STREET ROOTS 211 NW DAVIS

Jan 10 8-10 a.m.

UNION GOSPEL MISSION 3 NW 3rd

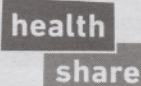
Jan 24 2-4 p.m.
 Jan 31 2-4 p.m.



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.



Better health together.

www.healthshareoregon.org

