

Standing

by Jaison Kirk

Picking myself up and knocking off
Dust.
Bystanders looking on checking the
Progress
Changing the way I see the
World.
Change that I needed for myself
I offer to others
Warmth, comfort and a hand to pull
Me from the depths
Standing for myself then, standing
For others now
Standing for the ones who can't
Reaching into the depths for
A hand.
Standing with and never on top of
My fellow
When we stand together no one
Gets left behind.

One Memory

by Aileen McPherson

It's hard to choose one memory, out of
So many, so few, which one, past
Loves, loss, children playing, tempers
Fanning campfires, holidays crossed
Boundaries, found blessings, learning
Memories categorized, bring
Peaceful retrospection, lessons
Recognize old drills, no longer
Terrorizing a mindful will, power
Courage to me, strength to you, Hope
Change our future, we
Bring unity, Represent
Serenity defines the calm
Knowledgeable mind, choose
Your words have Power, making
New memories, Changing History.

Grandmother Grandmother


by Shawn P. Hamilton

Grandmother, grandmother
With your silky soft hair
And your big bright eyes
Behind the spectacles you wear
If I had to find a rose as fine as thee
I would have to walk to the end of eternity.

Writing Music

by Nathan Harmony

Writing music, writing about it,
Playing, want to be a part whether hearing or seeing,
Helping build a future for myself and others.
I hear music in everyone, I stay clean
Even when I don't want to be, finding
That special place, sharing when I can.



Did you **serve** in the
Armed Forces
and are **experiencing**
or at **risk** of
becoming
homeless?

**Transition
Projects**

Please call 855.425.5544
or visit 650 NW Irving Street

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