

Understand Me

by Eileen V.

Sorry my depression encumbers you at times.
 Don't yell at me to get out of bed.
 I'm depressed.
 Don't hit me because I haven't showered.
 I'm depressed.
 Research it instead of yelling.
 It doesn't help.
 It might be seasonal or my meds don't work.
 But regardless the reasons,
 Please don't hit me.
 Just love me.
 Understand me.

The Comfort Zone

by Ron Sanford

Education can be very therapeutic
 To take your thoughts off of the daily grind
 When I learn about something exotic
 It reverses my concentration
 So as to stimulate and free my mind

One step at a time, line upon line
 I find myself in a better place
 Even distractions don't bother me
 When in a group I can still relate
 No need to rush, no need to hesitate

Now having the tools for self-expression,
 They are not just a means to an end
 I feel so free! I can spout anything
 No urge for comparing scores,
 Writing is beautiful in itself

Alright! Alright! Back to the comfort zone.

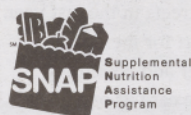
Refresh

by Aileen McPherson

Blue white skies float
 Suspended bobbing gently
 Beneath wave's crest

Need health insurance?

CareOregon's goMobile Team makes it easy for you to get dental, mental and physical health care under the Oregon Health Plan (OHP). Our community partners host us on these dates, where we can check your eligibility for OHP, enroll you in Medicaid/OHP and make your doctor appointments!



SNAP assistance available at ALL locations

MULTNOMAH COUNTY

CAREOREGON

315 SW 5th Ave, Portland
 Dec 5..... 9-11 a.m.
 Dec 12 9-11 a.m.
 Dec 19 9-11 a.m.

CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland
 Dec 11.....10 a.m.-12 p.m.

DEPARTMENT OF HUMAN SERVICES

50 SW 2nd Ave, Portland
 Dec 4..... 9-11 a.m.
 Dec 18 9-11 a.m.

JOIN

1435 NE 81st Ave, Suite 100
 Portland
 Dec 13..... 12-2 p.m.

MT OLIVET BAPTIST CHURCH

8725 N Chautauqua St, Portland
 Dec 8..... 10 a.m.-1 p.m.

PORTLAND RESCUE MISSION

111 W Burnside, Portland
 Dec 13..... 8-10 a.m.

UNION GOSPEL MISSION

3 NW 3rd, Portland
 Dec 18 2-4 p.m.

WORKSOURCE GRESHAM

19421 SE Stark St, Portland
 Dec 6..... 2-4 p.m.

WASHINGTON COUNTY

BEAVERTON LIBRARY

12375 SW 5th St, Beaverton
 Dec 12 1-3 p.m.

For information, or to host our team, call Tamara at 503-416-1479 or Caleb at 503-416-4883.

careoregon.org/gomobile



CareOregon
 goMobile team