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Attend a free information orientation on the 3rd Tuesday of each month from 4:00 - 5:00pm at:

OREGON-COLUMBIA LOCAL 48

NECA IBEW

ELECTRICAL TRAINING CENTER

16021 NE AIRPORT WAY • PORTLAND, OR 97230

GO TO www.nietc.org TO LEARN MORE



Petty Officer 2nd Class Haley Cameron plays the flute while serving with the Navy Band Northeast.

Sailor Serves on Navy Band

Petty Officer 2nd Class Haley Cameron of Portland has served in the Navy for two years as a musician. She currently plays the flute while serving with Navy Band Northeast.

Cameron's military career began with the 234th Army Band in Portland where she served with the Army National Guard for two years. Later, she moved to San Diego and became a member of the 300th Army Reserve Band in Los Angeles for four years.

"My full time civilian job wasn't something that I was willing to stick with for the long term, and one day I joked with my husband about going active duty," Cameron said. "It ended up sounding like a good gig so I weighed pros and cons of active Army duty stations vs. the Navy duty stations, and the Navy seemed to be the best choice for us. I had also heard a lot of good things about the quality of musicians in the Navy Music Program, and definitely wanted to be a part of that!"

Legacy Offers Free Flu Shots

Legacy Health is offering free flu vaccinations for everyone aged 6 months and older during the month of November as permitted by staffing and supply. No insurance is required. Anyone under 15 years old will require a guardian present.

In the Portland and Vancouver area, the Legacy flu clinics will take place at the following locations:

Holladay Park Campus, Sundays, 11 a.m. to 3 p.m.; Tuesdays, 4 p.m. to 8 p.m., Thursdays, expect Thanksgiving, 6 a.m. to 10 a.m.; **Good Samaritan Medical Center**, Tuesdays, 11 a.m. to 3 p.m.; Thursdays, expect Thanksgiving, 4 p.m. to 8 p.m., and Saturdays, 6 a.m. to 10 a.m.;

Emanuel Medical Center, Sundays, 4 p.m. to 8 p.m., Wednesdays, 4 p.m. to 8 p.m., Fridays, 4 p.m. to 8 p.m.; **Randall Children's Hospital**, Tuesdays, 6 a.m. to 10 a.m., Thursdays, except Thanksgiving, 6 a.m. to 10 a.m.; and Saturdays, 6 a.m. to 10 a.m.; **Salmon Creek Medical Center**, Tuesdays, 6 a.m. to 10 a.m.; Thursdays, expect Thanksgiving, 4 p.m. to 8 p.m., Fridays, 4 p.m. to 8 p.m. and Saturdays, 11 a.m. to 3 p.m.; **Mt. Hood Medical Center**, Wednesdays, 4 p.m. to 8 p.m., and Fridays, 4 p.m. to 8 p.m.; **Meridian Park Medical Center**, Mondays, 11 a.m. to 3 p.m., and Saturdays, 11 a.m. to 3 p.m.

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

ALBERTA SELF SUFFICIENCY
30 Webster, Suite A, Portland
Nov 1.....9-11 a.m.

CAREOREGON
315 SW 5th Ave, Portland
Nov 7.....1-3 p.m.
Nov 14.....9-11 a.m.
Nov 26.....1-3 p.m.
Nov 28.....9-11 a.m.

CLACKAMAS SERVICE CENTER
8800 SE 80th Ave, Portland
Nov 13.....10-12 p.m.

DEPARTMENT OF HUMAN SERVICES
50 SW 2nd Ave, Portland
Nov 6.....9-11 a.m.
Nov 27.....9-11 a.m.

NORTH BY NORTHEAST HEALTH FAIR
714 NE Alberta St, Portland
Nov 9.....2-5 p.m.

HIGHLAND CHRISTIAN CENTER
7600 NE Glisan St, Portland
Nov 17.....12-3 p.m.

JOIN
1435 NE 81st Ave, Suite 100, Portland
Nov 8.....12-2 p.m.

OHSU HEALTH FAIR
Pioneer Courthouse Square, Portland
Nov 3.....9 a.m.-2 p.m.

PORTLAND RESCUE MISSION
111 W Burnside, Portland
Nov 08.....8-10 a.m.
Nov 29.....8-10 a.m.

UNION GOSPEL MISSION
3 NW 3rd, Portland
Nov 27.....2-4 p.m.

WORKSOURCE GRESHAM
19421 SE Stark St, Portland
Nov 1.....2-4 p.m.

WASHINGTON COUNTY

BEAVERTON LIBRARY
12375 SW 5th St, Beaverton
Nov 14.....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

