



*We nurture, uplift and empower the most vulnerable members of our community.*



**Volunteers of America®**

**OREGON**

(503) 235-8655 | www.voaor.org

**Our Mission**

Volunteers of America Oregon changes lives by promoting self-determination, building strong communities and standing for social justice.



Full spectrum light bulbs bring in the sunshine.

## Come Play with Our Lights

BY KAY NEWELL

**THE LIGHTBULB LADY**

Over 25 years ago I responded to this question and my reply is still true today.

Will you be my Valentine and give me sunshine? I walk into my house, turn on all the lights, and still cannot make it bright enough to chase away the winter blues. How come?

My answer: The right light to chase the winter blues is a light that is very close to the light na-

ture created.

Early man lived by light, sun up -- go to work. Sundown -- go to sleep. Today, we are expected to work before sunrise and after sunset we are home doing the family thing. We go from one dark cave to another. Our lights let us see what we are doing but do not provide sunlight.

At Sunlan Lighting, 3091 N. Mississippi Ave., I offer full spectrum bulbs to help bring sunshine into the home. Lights that provide 90 percent of the Color Rendering Index [CRI] of sunshine can help with what's called seasonal affective disorder (SAD), a type of depression that's related to changes in the season. Sunlan stocks Halogen and Neodymium CRI bulbs, and today we can offer some LED bulbs, also with a CRI of 90.

## 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

**CLACKAMAS COUNTY**

**MULINO CHILDHOOD DEVELOPMENT COALITION**  
13700 S Freeman Rd, Mulino  
Feb 19.....9:15-11:15 a.m.

**SALVATION ARMY NORTH CLACKAMAS**  
8495 SE Monterey, Happy Valley  
Feb 15.....11:30 a.m.-12:30 p.m.

**MULTNOMAH COUNTY**

**CAREOREGON**  
315 SW 5th Ave, Portland  
Feb 6 ..... 9-11 a.m.  
Feb 13 ..... 9-11 a.m.  
Feb 20 ..... 9-11 a.m.  
Feb 27 ..... 9-11 a.m.

**CLACKAMAS SERVICE CENTER**  
8800 SE 80th Ave, Portland  
Feb 12 ..... 10 a.m.-12 p.m.

**DEPARTMENT OF HUMAN SERVICES**  
50 SW 2nd Ave, Portland  
Feb 5 ..... 9-11 a.m.  
Feb 12 ..... 9-11 a.m.  
Feb 19 ..... 9-11 a.m.  
Feb 26 ..... 9-11 a.m.

**DEPARTMENT OF HUMAN SERVICES ALBERTA**  
30 N Webster St Ste A, Portland  
Feb 5 ..... 1-3 p.m.

**DEPARTMENT OF HUMAN SERVICES SE**  
8129 SE Malden St, Portland  
Feb 12 ..... 1-3 p.m.

**JOIN**  
1435 NE 81st Ave Ste 100, Portland  
Feb 14 ..... 12-2 p.m.

**PORTLAND RESCUE MISSION**  
111 W Burnside, Portland  
Feb 14 ..... 8-10 a.m.  
Feb 28 ..... 8-10 a.m.

**SALVATION ARMY SOCIAL SERVICES FAIR**  
5325 N Williams Ave, Portland  
Feb 8 ..... 11:30 a.m.-12:30 p.m.

**UNION GOSPEL MISSION**  
3 NW 3rd, Portland  
Feb 26 ..... 2-4 p.m.

**WASHINGTON COUNTY**

**BEAVERTON LIBRARY**  
12375 SW 5th St, Beaverton  
Feb 13 ..... 1-3 p.m.

**CHINESE NEW YEAR CULTURAL FAIR**  
Convention Center  
Feb 2.....10 a.m.-5 p.m.

**VIETNAMESE NEW YEAR**  
Holiday Inn, Portland Airport  
Feb 2.....9 a.m.-4 p.m.

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

careoregon.org/gomobile



## State Panel Adopts Diversity Rule

CONTINUED FROM PAGE 3

member of the council. "If we are not serious about diversity, we risk losing out."

"We are investing in a diverse world, and diverse perspectives will help ensure we are making good decisions and recognizing the best opportunities," said Oregon Investment Council Chair Rukaiyah Adams, the chief investment officer for Meyer Memorial Trust. "If you want to achieve long-term financial and investment success, a commitment to diversity and inclusion must be embedded in your business practices."