

Don't Forget to Vote!

Election Day is approaching November 8th

U.S. Attorney Natalie Wight announced today the appointment of two District Election Officers to oversee the handling of complaints of voting rights concerns, threats of violence to election officials or staff, and election fraud in the District of Oregon for the upcoming Election Day.

Assistant U.S. Attorneys Quinn P. Harrington and Austin Rice-Stitt will lead the office's efforts in coordination with the Justice Department's nationwide Election Day Program.

The Department of Justice has an important role in deterring and combating discrimination and intimidation at the polls, threats of violence directed at election officials and poll workers, and election fraud. The department will address these violations wherever they occur. The department's long standing Election Day Pro-



Multnomah County Voting Box

gram furthers these goals and also seeks to ensure public confidence in the electoral process by providing local points of contact

within the department for the public to report possible federal election law violations.

Election Day for the general

election falls on Tuesday, November 8. Community members should have received their ballots in the mail but if you have not,

you can pick a replacement up at your local County Clerk's office. Voters can return their voted ballots in the mail or use any Official Ballot Drop Site in the state. You can find your nearest location with the Oregon Drop Box Locator from the Secretary of State. Mailed ballots must be postmarked on or before Election Day, November 8 or returned to an Official Ballot Drop Site before 8:00pm on Election Day.

People with disabilities have the right to vote in Oregon and can request accommodations such as a large print ballot, an electronic ballot that is screen reader accessible, a signature stamp from the county clerk to allow a voter who has difficulty signing a way to sign their ballot envelope or a tablet-based voting process, when a paper ballot is not accessible to the voter.






If you want to find out more about how to make voting more accessible to you, please contact the Oregon Elections Division at Oregonvotes.gov/Access or call 866-673-8683 or TTY 1-800-735-2900.

Welcome back to care

November is Diabetes Awareness Month

Diabetes is a serious disease that affects more than 30 million people in the United States. Make sure you get the care you need. If you have diabetes, manage the disease to help yourself stay healthy. Many clinics have teams that can help. Ask your clinic what's best for you.

Talk to your provider about the care you need:

-  **Blood work:** Get an A1C blood test to earn your reward.
-  **Kidneys:** Screen a urine sample to spot kidney damage early.
-  **Medication:** Talk about the best way to help you take meds as directed.
-  **Eyes:** Find slight changes to your eyes while there is time to protect your vision.
-  **Oral health:** Talk to your provider about the link between diabetes and oral health.

If you need help finding a clinic that offers diabetes care, contact CareOregon Customer Service.

Reach us 8 a.m. to 5 p.m. Monday through Friday at 503-416-4100, 800-224-4840 or TTY 711.