



Corbett School e-Newsletter

Stay Healthy, Be Kind.

February 2022

This institution is an equal opportunity provider and employer.

Dates to Remember:

February 21 - President's Day, no school

February 25 - School in session to make up for Monday holiday

REGULAR SCHOOL BOARD ZOOM MEETING

Wednesday, February 16th, 7 pm



To join the Zoom meeting: The meeting agenda containing the Zoom link will be posted when ready here: <https://meetings.boardbook.org/Public/Organization/1554>

The agenda will also provide instructions for public comments.

2021-22 School Board Members: Michelle Vo - Board Chair; Todd Mickalson- Board Vice Chair
Bob Buttke, Katey Kinnear, Todd Redfern, Rebecca Bratton, David Granberg.
Student Representative - Galilea Rios-Schultz

Regular board meetings are held the third Wednesday of each month, except where noted (*), at 7 pm. Everyone is welcome, and each meeting includes time for public comment.

Future meetings:

February 16, *March 9*, April 20, May 18, and June 15

Special School Board Zoom Meetings

Superintendent Search

Wednesday, February 2nd, 7 pm

February 15-19 (date and time TBD)

Bond Oversight

Tuesday, February 22nd, 6:30 pm

To join the Zoom meeting: The meeting agenda containing the Zoom link will be posted when ready here: <https://meetings.boardbook.org/Public/Organization/1554>

FROM INTERIM SUPERINTENDENT DAN WOLD...

Hey, sports fans! As one of my goals for the 2021-2022 school year, as set with the school board, we have formed a team of stakeholders to take a look at our athletic programs. This "Athletics Study Team" met in December and January to assess where we are currently in regards to programs offered, participation, funding, boosters, and other program components. We will meet in February and March to establish a vision of what an ideal program would look like for our students, and in April and May to form a plan to get there.



Below are a list of who is on this Athletics Study Team, and a summary of our work so far. Go Cardinals!

Angela Davis (Athletic Director, coach, parent)

Brad Garrett (parent, OSAA executive, former athletic director & coach)

Todd Mickalson (Trustee, parent, coach, Corbett Youth Football)

Mac Garrett (student-athlete)

Curtis Young (coach, lottery parent, fundraiser)

Christie Dillard (parent, coach, budget officer, Corbett Youth Sports)

Cindy Duley (parent, budget officer)

Dan Wold (superintendent, former coach and athletic director, parent)

(This group raised sixteen student-athletes, has @ 150 seasons of coaching experience and over 20 years of athletic director experience)

The sports scene in Corbett is largely positive. Just this last fall, football had a large turnout, volleyball and girls soccer qualified for post-season play, and the girls cross country team made it to the state championships. As I write these notes, our girls basketball team is ranked second in state and our boys eighth, and we have students competing in wrestling, swimming and equestrian.

Corbett High School offers five fall sports with 121 students participating, four winter sports with 65 students participating, and five spring sports with 90 students participating.

41% of Corbett's 9-12 students participate in at least one sport. The national average for schools our size is 57%. Mac reported that he talks with his fellow students about joining a sport, but many seem reluctant and question the value of athletics compared to other things they can do with their time. Mac said that Corbett seems to be offering the sports that meet student interest; Angela will put together a student survey to confirm.

We want to collect data on lottery students' participation. It seems that turnout is lower, especially amongst the boys who enter our district through the lottery. Can we encourage student-athlete families to apply for the lottery (which is a blind draw)?

Angela shared data from the National Athletic Directors Conference on the physical, mental and emotional benefits of involvement in athletics. She will share this data with students, staff, community and school board soon. Cindy shared that many students got jobs during the pandemic, for various reasons, and liked or needed the money.

Todd reported that CYS/CYF offers football (volleyball this year), basketball, and softball/baseball/T-ball.

It was discussed that Boosters has been somewhat "on pause" as the pandemic canceled and shortened seasons, and the leadership of boosters has changed. There was agreement that a general booster group that benefits all sports, with each sport having their own accounts and goals, was the preferred model over each sport having their own booster group.

Cindy reported that district expenditures on athletics in the 2019-2020 school year was \$289,000, which was down a little because of the shortened spring seasons. With what Boosters Club contributes, the total is on the low end of average (2.5%) of what schools our size spend (2.4-3.8%) of the general fund.

Brad pointed out, and all agreed, that we need to look at funding not as how our spending compares to the past or the average, but to what it will take to fund our programs as we envision them.

Some preliminary thoughts on where we want to go:

- We want to increase both participation and success. Start with passion! What can kids get excited about?
- Increase school spirit (pep assemblies, spirit weeks). Community investment in youth programs; catch kids early.
- District commitment to getting more coaches on staff, and more effort recruiting and training coaches.
- Kids need a voice (Letter Club?)
- Find best booster model for CSD
- The goal should be for every CSD kid 3-12 grade to have an opportunity to be involved in at least one extra-curricular activity.

community news:

On Thursday, January 6 Immunize Oregon and Legacy Health Systems held a vaccine clinic at Corbett Grade School. Their team provided immunizations to 118 members of our community. They offered COVID first and second doses, along with COVID boosters for those 12 and over. In addition, many participants also received a flu vaccine. We appreciate their dedication in helping our school to remain healthy and in person for 2022!



Band - GRADE SCHOOL, CAPS AND MIDDLE SCHOOL News



We are excited to finally announce The Corbett Winter Band Concert! The Beginning Band and Middle School Band will be performing on Wednesday, February 16th at 7:00pm in the Corbett Grade School Gymnasium. Masks are required (over the nose and under the chin) for all in attendance. We will be sending out a link for families to sign up for seating. We are doing this so we can attempt to

have enough seating for everyone. *Make sure to check the google classroom pages for updates and to complete the Performance T-Shirt order form.*

The bands will be performing some of their favorite highlights from the year as well as some original arrangements. Soloists and smaller groups of musicians will be featured throughout the evening. Please make sure you join us for this fun event!

Mark your calendars now: **Wednesday, February 16th at 7:00pm**

8/9 ACADEMY AND HIGH SCHOOL BANDS AND CHOIR

The Concert Band, Symphonic Band and Cardinal Choir will be performing on Wednesday, February 23rd at 7:00pm in the Multi-Purpose Building. Masks are required (over the nose and under the chin) for all in attendance. We will be sending out a link for families to sign up for seating. We are doing this so we can attempt to have enough seating for everyone. Concert Band families, *make sure to check the google classroom page for updates and to complete the Performance Polo Shirt order form.*

Please mark your calendars: **Wednesday, February 23rd at 7:00pm**

The Symphonic Band will also be representing Corbett at the Mount Hood Community College Band Festival on Friday, March 11th. They will be performing at 11:45am in the MHCC main auditorium. Stay tuned for more details.

From the Culinary Arts Classroom's News Desk



One of the positive developments that we've seen this school year has been the establishment of our Culinary Arts classroom's student-use pantry. It is an as-yet-still-growing collection of small kitchen appliances and supplies that the Culinary Arts students can use to practice the cooking skills they are developing, during their lunch times and breaks. If you have any small kitchen appliances (electric griddles, waffle makers, etc.) collecting dust in your cupboards that you would like to donate, our culinary high schoolers would gratefully give them a happy home!

8/9 ACADEMY & HS STUDENTS of the MONTH - JANUARY!



8th: Finley Jenkinson -Finley is extremely hard-working in class. She has rocked her first AP class as an 8th grader! She is also kind to her peers and always willing to help others when needed. I truly enjoy having her in class.--Mrs. Radulesk

Finley's work in physical science is always exemplary. She is polite, kind, and I look forward to having her again in the future!--Mr. Aye

Finley is an amazing student in math, very diligent in her work, and incredibly respectful in and outside of the classroom. I'm impressed by her maturity and composure for only being in 8th grade!--Ms. Bassell

continued on the next page...

8/9 ACADEMY & HS STUDENTS of the MONTH - JANUARY, continued...



9th: Greta Miller - Greta is goal-oriented, respectful, and kind. She is a pleasure to have in class!--Mrs. A. Davis

Greta is a role model in both academics and athletics. She is extremely diligent with her school work and always submits quality work. Greta is also a great friend and teammate. I am so proud of her this year!--Mrs. Radulesk

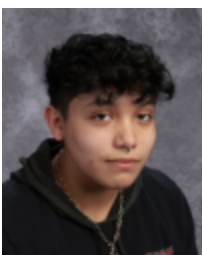
Greta is top notch. She is always prepared and actively participates positively in class. --Mr. Binschus



10th: Aurelia Hudson - Aurelia is thoughtful and dedicated to everything presented to her. I loved watching her palsy varsity volleyball this fall, and I truly miss having her in class this year! Mrs. Radulesk

Aurelia is an incredibly kind and hardworking student. Aurelia consistently strives to do excellent work and is just a delight to teach. --Ms. Ducey

Aureliai Hudson is always self directed and proactive about learning. I enjoy Aurelia's calm, consistent demeanor in class, and wish more students pursued learning in a similar fashion.--Mr. Binschus



11th: Zidfrid Martinez - Zidfrid is kind and respectful in class.--Mrs. M. Davis

Zidfrid is brilliant, thoughtful, and has a finely developed sense of humor. A great problem solver with an incredible work ethic, Zidfrid is going to change the world.--Duprey

Zidfrid is simply an amazing human. She has completely rocked school this year! She is also very thoughtful and intentional with her actions and makes this school community stronger. I am so glad to get to have her in class again!--Mrs. Radulesk

Zidfrid is awesome in recovery science. She is always on top of her work, and she asks great questions which leads to thought-provoking discussions. --Mr. Aye

Zidfrid has been a rock solid student this year. I have enjoyed their approach to learning the material, and look forward to continuing to work with them.--Mr. Binschus



12th: Anton De La Vega - Saturday mornings Anton has gotten up and worked at the Eastside Oregon Food Bank to hand out food to families. He has become a valuable member of the team. All staff looked forward to working with him as he always has an amazing work ethic and friendly attitude!--Mrs. Noles

Anton is a very impressive student who has given great effort to complete his work. He is consistently on time to class and prepared to engage in the lesson of the day. He is a joy to work with. --Mrs. M. Davis

Anton is king, thoughtful and has grown so much since 9th grade! I am really proud of him. --Mrs. Radulesk

Anton is a talented artist and kind person. We are lucky to have him in our school community!--Duprey

Anton's maturity and work ethic are admirable. He sets an example for his peers with his constant focus and attention to detail. I am so glad he is in my class.--Mr. Rondema

IT'S TIME to ORDER SENIOR CAPS & GOWNS!
Payments are due by March 17th



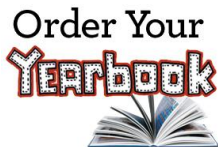
Online Purchasing:

- Go to <https://www.mymealtime.com> to set up an account (if you don't already have one)
- You'll need your student's school ID number
- Once logged in, select from the High School dropdown menu:
Graduating Senior's Cap & Gown - \$50.00
- MealTime will charge your debit/credit card and also add a small transaction fee

Prefer mailing a check? Please make it payable to Corbett High School, mail to:
Corbett School District, attn: Erin Gibbs, 35800 E. Hist. Col. Riv. Hwy, Corbett, 97019
Cash can be brought to the district office at the same address.

*After you complete your payment method (\$50 each), please email Mrs. Gibbs to let her know your student's height and exactly how their name should appear on their diploma:
egibbs@corbett.k12.or.us*

YEARBOOKS & ACTIVITY CARDS ON SALE NOW!



- Gr. 8 - 12 main campus yearbook = \$37.00
- Gr. 8 - 12 main campus activity card = \$40.00
- Gr. 6 - 7 main campus activity card = \$30.00

Activity cards provide students with free admission to all home high school athletic events, and their fees help support Middle School / 8-9 Academy / High School sponsored activities in general.

They can be purchased online via credit card with your MealTime account (5% fee incurred), or with Mrs. Gibbs via cash or check in the MS/HS office.

DIVERSE VOICES & ACHIEVEMENTS

February is National Black History Month: It serves as both a celebration and a powerful reminder that Black history is American history, Black culture is American culture, and Black stories are essential to the ongoing story of America — our faults, our struggles, our progress, and our aspirations. Shining a light on Black history today is as important to understanding ourselves and growing stronger as a Nation as it has ever been. That is why it is essential that we take time to celebrate the immeasurable contributions of Black Americans, honor the legacies and achievements of generations past, reckon with centuries of injustice, and confront those injustices that still fester today.

Our Nation was founded on an idea: that all of us are created equal and deserve to be treated with equal dignity throughout our lives. It is a promise we have never fully lived up to but one that we have never, ever walked away from. The long shadows of slavery, Jim Crow, and redlining — and the blight

of systemic racism that still diminishes our Nation today — hold America back from reaching our full promise and potential. But by facing those tragedies openly and honestly and working together as one people to deliver on America’s promise of equity and dignity for all, we become a stronger Nation — a more perfect version of ourselves.

Across the generations, countless Black Americans have demonstrated profound moral courage and resilience to help shape our Nation for the better. Today, Black Americans lead industries and movements for change, serve our communities and our Nation at every level, and advance every field across the board, including arts and sciences, business and law, health and education, and many more. In the face of wounds and obstacles older than our Nation itself, Black Americans can be seen in every part of our society today, strengthening and uplifting all of America.

TRANSLATION SERVICES

Would you like to receive notices in other languages? Please fill out this form below.
Хотите получать уведомления на русском языке? Хотите получать уведомления на русском языке? Пожалуйста, заполните эту форму ниже.
¿Le gustaría recibir avisos en español? Por favor complete este formulario a continuación.

[Translation Request - Click here](#)

Please contact Melissa Davis for more information.

Mdavis@corbett.k12.or.us

Corbett School Employment Opportunities



The following positions are currently available for the 2021-22 school year:

- **Substitute Bus Drivers**
 - **Bus Driver/.4 FTE (16 hours/week base)**
 - **1.00 FTE Biology/Chemistry/Life Science Teacher (temporary)**
 - **K- 5th .85 FTE SPED Assistant I**
-

You can apply online at <https://corbett.tedk12.com/hire/Index.aspx>. If you have any questions please call Deputy Clerk Robin Lindeen-Blakeley at 503-261-4211.

CORBETT PTA NEWS

**HAPPY VALENTINE'S
DAY CARDINALS!**



Please support the Corbett PTA when you shop at Amazon: smile.amazon.com and select "Corbett Elem PTA"

PTA Reminders:

- Upcoming PTA meeting is via Zoom on February 10, 2022 at 6:30pm.
 - Follow us on Facebook at: <https://www.facebook.com/Corbett-PTA-104602239580480>
 - Follow the grade school on instagram:
https://www.instagram.com/corbett_grade_school
-

From the HEALTH ROOM...

Change is a word we have all experienced firsthand in the last 23 months. I am very grateful for the flexibility and adaptability that the Corbett families have shown. The students have amazed me with their great attitudes and willingness to work together to keep their classmates healthy. Change can also be overwhelming. The good news is that there are available resources to help your student. The following may be helpful:

Accessing Community Mental Health Resources:

If you have private health insurance or an Employee Assistance Program (EAP), call your Member Services number on your insurance card, or call your employer's Human Resources department. If you have Kaiser coverage, call 503.249.3434 for an intake appointment.

If you have Oregon Health Plan (OHP), call one of the agencies below for an appointment:

-Alberta kerr 503.255.4205 -Cascadia 503.674.7777-DePaul 503.535.1811-Kinship House 503.460.2796 -Lifeworks Northwest 503.645.9010 -Lutheran Community Services 503.231.7480 -Morrison Child and Family Services 503.258.4381 -Nara 503.224.1044 -OHSU Intercultural Psychiatric Program 503.494.4222 -Options 503.335.5975 -Trillium Family Services 503.234.9591.

If you do not have insurance coverage, contact your school nurse, or call the MESD at 503.257.1732 and ask for one of the CHIAP (Child Health Insurance Access Program) team.

Please feel free to contact the health room at 503-261-4258 to reach Debbie Baker, Health Assistant or Julie Nakamura, School Nurse.

Reynolds School Based Health Center has free COVID testing for any Multnomah County Students 18 and under. Covid-19 testing available for youth ages 5 to 19 only and only by appointment. No adults and no drop-ins. Call 503-988-5558 to schedule.

Please remember that School Exclusion Day is **February 16th**. Please see the list on the following page for required vaccinations, and the pages after that for vaccine clinic locations. If you have any questions regarding vaccination, please contact the Health Room.

The Health Team appreciates how parents/guardians have kept students that are ill home to keep our school community healthy.

Stay Strong and Healthy,
Julie Nakamura, RN

Vaccination Requirements:



Parents, don't let your child get left behind!

School Year 2021-2022



Oregon law requires the following shots for school and child care attendance*

A child 2-17 months entering
**Child Care or
Early Education** needs*

Check with your child's program or
healthcare provider for required vaccines

A child 18 months or older entering
**Preschool, Child Care, or
Head Start** needs*

4 Diphtheria/Tetanus/Pertussis (DTaP)
3 Polio
1 Varicella (chickenpox)
1 Measles/Mumps/Rubella (MMR)
3 Hepatitis B
2 Hepatitis A
3 or 4 Hib

A student entering
**Kindergarten or
Grades 1-6** needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering
Grades 7-12 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 MMR or 2 Measles, 1 Mumps, 1 Rubella
3 Hepatitis B
2 Hepatitis A

**At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.*

1/2021







Understanding Quarantine and Isolation

January 27, 2022 11:11 AM ENGLISH

If you were exposed to someone with COVID-19. **QUARANTINE**

Exposed means spending at least 15 minutes or more within 6 feet of someone over the course of a day, with or without a mask.

If you develop symptoms at any time, stay home and get tested if possible. If you can't get tested, assume you are contagious. Follow isolation guidelines.

IF YOU	WHAT TO DO
<p>Are up-to-date on vaccines</p> <p>You have had all vaccine doses (including boosters) that you are eligible for - see other side.</p>	<p> + </p> <p>No home quarantine is required.</p> <ol style="list-style-type: none"> 1. Wear a well-fitting mask around others for 10 days after exposure. 2. Get tested around day 5, if possible.
<p>Are not up-to-date on vaccines</p> <p>You have not had all vaccine doses (including boosters) that you are eligible for - see other side.</p>	<p> +  + </p> <p>Quarantine.</p> <ol style="list-style-type: none"> 1. Stay home for 5 days after exposure. 2. After that, continue to wear a well-fitting mask for 5 more days. 3. Get tested on day 5, if possible.
<p>Had a positive COVID-19 test in the last 90 days and have recovered, with no current symptoms</p>	<p></p> <p>No home quarantine is required.</p> <ol style="list-style-type: none"> 1. Wear a well-fitting mask around others for 10 days after exposure 2. You do not need to get tested again. Your test result could still be positive from your last infection.


What does “up-to-date” mean?

You have received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

WHO	YOU ARE UP-TO-DATE IF YOU
18 years or older	<ul style="list-style-type: none"> ✓ Were vaccinated AND had your booster shot, OR ✓ Completed the primary series of Pfizer or Moderna vaccine more than 2 weeks and less than 5 months ago, OR ✓ Received the J&J vaccine more than 2 weeks and less than 2 months ago.
5 to 17 years old	<ul style="list-style-type: none"> ✓ Completed your primary series (dose 1 & 2) of Pfizer vaccine more than 2 weeks ago.

If you are unvaccinated, are only partially vaccinated, or if you are eligible for a booster but haven't gotten it yet, you are **NOT** up-to-date.

If you are sick or test positive for COVID-19. **ISOLATE**

WHO	WHAT SHOULD I DO?
Everyone - Vaccinated and unvaccinated	<div style="text-align: center;">  </div> <ol style="list-style-type: none"> 1. Stay home and away from others for at least 5 days, even if you have no symptoms. 2. After 5 days, you can leave home if you have had no fever for at least 24 hours without fever-reducing medicines and have only mild symptoms that are improving. 3. Continue to carefully mask around others for 5 more days. <p>Call 911 if you have these severe symptoms:</p> <ul style="list-style-type: none"> • Difficulty breathing • Pain or pressure in the chest or belly • Unable to drink or keep liquids down • New confusion or inability to wake up • Bluish or grayish lips or face

This is general guidance and may not apply to some group living and educational settings. If you have questions about how long you should quarantine, see multco.us/quarantine or call **866-917-8881**. If you need help staying home, call 211.

C.H.A.M.P.S. - Corbett High Association of Momma's and Poppa's

The countdown has begun to the Senior Graduation Celebration! We need more parents involved with the party planning, senior gifts, senior days and chaperoning. Our next CHAMPS meeting is scheduled for Feb 6 at 4pm. Contact Susan earlier if you are interested in helping. 503-866-1875 or s.vandyke@comcast.net.

Please help support the Corbett Class of 2022 with one or all of our upcoming fundraisers! We hope that each senior family can help by supporting these fundraising efforts! Or if you rather, there is an Opt Out option where you could just donate money instead. Thanks for your support!

Order by Feb 15: Send \$ Via Venmo to @CorbettHighSchool-Champs

- Jamba Juice BOGO Cards for \$10. This is for 7 medium drinks at \$4 each + 1 free small one! Put your address in the comments of Venmo Payment. We will mail the card to you.
- If you don't have Venmo, contact Susan at 503-866-1875.

SuperKids Resale: Donate your kids' stuff:

- Donate any of your kids' toys, clothes, shoes, room décor, books, games, outdoor toys and anything else related to kids (sizes 0-Jr). Home and household items are accepted too!
- Just contact Susan at 503-866-1875 for pick up or drop off info.
- Next sale is April 5-10 in Gresham, but you can donate anytime.

Dining Out Fundraisers: Mark Your Calendars for the Following Dates:

- Papa Murphy's on EVERY SECOND Friday of the month (731 NE 242nd): Feb 11, Mar 11, April 8, May 13. Use code "GIVE30" for online ordering or show attached flyer. 30% of proceeds goes to CHAMPS.
- Red Robin on Thursday, March 17 from 5-9pm. Just tell your server in store or if ordering online, go to the category labeled "Fundraisers" and open "Spirit Night Fundraiser" and put CHAMPS

Donate Your Cans & Bottles:

- This is by far our biggest fundraiser! Just drop off your cans or bottles to the shipping container behind Liz's Coffee Cabin on the Historic Highway.

Fred Meyers Rewards:

- Our easiest fundraiser! If you shop at Fred Meyer, a portion of your rewards can go to CHAMPS. You STILL get your rewards too! Just go to www.fredmeyer.com/communityrewards and search for CHAMPS or use KE978.

OR JUST DONATE! OPT-OUT OPTION:

- Don't want to sell anything or don't have time? If you rather just donate money, that's great! Thanks for whatever you can afford. And your donation may be tax-deductible! Here is the opt-out form: <https://corbettchamps.wufoo.com/forms/z1puo0s91fz24od/>



Class of 2022 **CHAMPS**

SPRING FUNDRAISER

SUPPORTING THE SENIOR GRADUATION CELEBRATION.

VALID AT ANY AL'S HOME & GARDEN CENTER.

VOUCHERS OR GIFT CARDS WILL BE MAILED.

MAKE GREAT GIFTS FOR MOTHER'S OR FATHER'S DAY!

HANGING BASKETS



- \$30 for 10" Basket
- \$40 for 12" Basket
- Redeem your voucher between 4/20-5/4

HERBS / VEGETABLES



- \$37 for (10) 4" plants of your choice
- Redeem your voucher between 4/27-5/11



GIFT CARDS

- \$25 OR \$50 Denomination
- Redeem anytime: Never expire!

ORDER ONLINE AT:

<https://bit.ly/347qjkl>

THANK YOU FOR YOUR SUPPORT!

MENTAL HEALTH & ADDICTION SERVICES: Multnomah County Mental Health Call Center

There is hope.

MAKE THE CALL
503.988.4888
24/7 CRISIS LINE

We are here to listen.



If you or somebody you know is having trouble functioning, Mental Health and Addiction Services is here to listen. Seek help by calling the Mental Health Call Center at 503-988-4888. Our team of mental health professionals is prepared to help anyone experiencing mental health issues at any time, in any language.

When you call the Call Center at 503-988-4888, you get:

- Free, 24/7 mental health support
- Interpretation services for non-English speakers
- Referral to low-cost or sliding-scale agencies
- Help finding mental health providers
- Information about non-crisis community resources

Urgent Walk-In Clinic

Need to meet face to face? Stop by our Urgent Walk-In Clinic. The clinic can help anyone experiencing a mental health crisis at no cost.

- Receive immediate care during a mental health crisis
- Speak to a psychiatrist or a mental health nurse practitioner
- Get help with medication and treatment

Location: Cascadia Behavioral Healthcare Urgent Walk-in Clinic
4212 SE Division St, Portland

Hours: Monday - Saturday 7 am-10:30 pm, Sunday 9 am-9 pm

During COVID-19
You Are Not Alone

We know physical distancing creates increased concerns and there is help.



For a list of complete resources visit: oralert.gov/not-alone

All of these help lines offer translation services and are confidential.

- National Suicide Prevention Hotline: 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233
- RAINN – National Sexual Assault Hotline: 1-800-656-4673
- Youthline: 1-877-968-8941 or TEXT teen2teen to 839863 – Teens available 4-10pm Pacific Time.
- Oregon's SAFEline: 1-855-503-7233 (SAFE)
Report abuse, neglect, financial exploitation or self-neglect of an adult or child.
- Aging and Disability Resource Connection: 1-855-673-2372 (ORE-ADRC)

For more resources, you can CALL: 211 or 1-866-698-6155. TTY: dial 711 and call 1-866-698-6155.
TEXT: your zip code to 898211 (TXT211). EMAIL: help@211info.org

If you can't use this, maybe you know someone who can. Keep our communities strong.

You can get this document in other languages, large print, braille or a format you prefer.
Contact Oregon.MassCare@state.or.us. We accept all relay calls or you can dial 711.

DHS 2468A



COLUMBIA GRANGE 267 PRESENTS

SOCRATES CAFÉ

SATURDAY
2-4PM

Reflections on the meaning of love, friendship, work, growing old, and other big life questions.



This group is inspired
by the book
"Socrates Café:
A Fresh Taste of
Philosophy" by
Christopher Phillips

January 8
February 12
March 12

All ages &
sensibilities
welcome!

- Our goal is to bring philosophy back to communities by asking meaningful questions.
- Organized by Rebecca Gandy and Jim Kunz. Each month's facilitator is chosen at the end of each gathering.
- FEE: No charge for participating. Donation to the Grange is appreciated!

Columbia Grange 267 • columbiagrang267.org • 503-695-2200
columbiagrang267@gmail.com • 37493 NE Grange Hall Road • Corbett, OR