

You've considered the issues. You've voted. Now keep it going!

These Portland organizations take action to address issues around **health and healthcare**, and they are always looking for people to help. Contact one to get involved today!

Northwest Health Foundation

nwhf.org

(503) 220-1955

Facebook: Northwest Health Foundation

Twitter: @northwesthealth

Mission: Northwest Health Foundation promotes the idea that "all people should have equal access to a basic level of quality health care."

Ways to Get Involved: Apply for a grant, write for the blog, volunteer to help out with various programs and services for youth, senior citizens, and others.

Upstream Public Health

upstreampublichealth.org

(503) 284-6390

Email: info@upstreampublichealth.org

Mission: Upstream Public Health seeks to find the "most innovative broad-based public health solutions that are backed by science and research, move them into the mainstream dialogue, and build momentum for change." Their goal is to "address the most pressing health issues and improve people's well-being, one policy at a time."

Ways to get involved: Donate, sign up for the newsletter, apply for an internship.

Health Care for ALL Oregon

hcao.org

Email: hcao.org/contact

Facebook: Oregon Single Payer Campaign: Health Care for All Oregon

Twitter: @hca_oregon

Mission: HCAO seeks to advocate for a "comprehensive, equitable, publicly funded, high quality, universal health care system serving everyone in Oregon and the United States."

Ways to get involved: Join a letter writing or storytelling project, host an HCAO information house party, have a speaker come to your school, join a media committee, advocate with social media.

U.S. Department of Veterans Affairs

www.portland.va.gov

(503) 220-8262

Mission: To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's veterans.

Ways to get involved: Volunteer as a van driver, guest shuttle driver, or office assistant.

Oregon School-Based Health Care Network

osbhc.org

(503) 813-6400

Facebook: OSBHCN For-Oregon

Twitter: @OregonSBHC

Mission: To promote the health and academic success of children and youth.

Ways to get involved: Participate in annual conferences on health, contribute through donation, plan and implement SBHC awareness activities in your community, download resources and handouts on health related issues.

Oregon Health and Science University/Doernbecher Children's Hospital

ohsu.edu

Email: volunteer@ohsu.edu

Facebook: Doernbecher Children's Hospital

Mission: To provide the premier children's healthcare experience in our region through excellence in care, advocacy, innovation, education and research.

Ways to get involved: Volunteer at any one of OHSU's many departments within the children's hospital. Great for pre-health students.

Oregon Food Bank – Nutrition Education

oregonfoodbank.org

(503) 282-0555

Facebook: Oregon Food Bank

Twitter: @oregonfoodbank

Mission: To eliminate hunger and its root causes ... because no one should be hungry. Oregon Food Bank takes a holistic approach to ending hunger by bringing our community together to provide food, education and hope to our neighbors in need.

Ways to get involved: Donate food, start a garden, package food, pick up food drive bins, teach nutrition education workshops, become an advocate for the elimination of hunger. Serve as a volunteer instructor for the Nutrition Education program.

Outside In

outsidein.org

(503) 223-4121

Email: info@outsidein.org

Facebook: Outside In

Mission: To help homeless youth and other marginalized people move towards improved health and self-sufficiency.

Ways to get involved: Volunteers support homeless people who need to see a doctor, are furthering their education or employment prospects, or who need basic resources like meals and hygiene supplies. Volunteers provide a variety of administrative support as well as work directly with youth. Volunteer as a group or individually.

Get info about more ways to engage @go.lclark.edu/3CE!

This list is intended to be inclusive but it is impossible to list every great community organization in Portland.

If there's an organization you'd like us to add to this list, please email service@lclark.edu

