

things my grandma told me

by j.mccurdy

on all things emotional from grief to rage :
 it's ok to let that temper out
 and your tears to flow
 by all means girl
 let em flow
 but in the meantime
 u might as well,
 bust some suds
 cuz these dishes
 ain't gonna do themselves
 on the fear of change ...
 this giving birth to change
 is a bloody business
 not a bit scary
 just messy as hell
 so u might as well
 be about it
 cuz sure as shit
 just like labor
 it's gonna happen
 with or without your participation
 and at least with you in it
 you can direct that flow

Untitled

by Juliet

If I were an animal I would be
 A spider monkey.
 The freedom of motion
 True acrobats flipping and flying through the air
 Changing direction without a care
 Their buoyancy seems lighter than air.
 Acting on my most primal agenda
 No worries of who or how I offend
 Bananas for days in the canopy maze.
 Loyal in the troop, positions in place
 We disappear in a flash not leaving a trace.
 To be earthly and free, to just climb a tree.
 A monkey is truly the primate to be.

Need help getting health care?

CareOregon's goMobile Team and our partners make it easy for you to get covered under the Oregon Health Plan and Medicare at these locations.

At OHP Navigation Clinics, we will:

- Check your eligibility
- Enroll you in Medicaid or Medicare
- Make your doctor appointments

Come see CareOregon in the Starlight parade on June 3

BEAVERTON CITY LIBRARY

12375 SW 5th St, Beaverton
 June 08..... 1:30-3:30pm

BUD CLARK COMMONS

665 NW Hoyt Ave, Portland
 June 07..... 8-10 a.m.
 June 28..... 8-10 a.m.

CAREOREGON

315 SW Fifth Ave, Portland
 June 01..... 11 a.m.-1 p.m.
 June 06..... 11 a.m.-1 p.m.
 June 08..... noon-1pm
 June 13..... 11 a.m.-1 p.m.
 June 15..... 11 a.m.-1 p.m.
 June 20..... 11 a.m.-1 p.m.
 June 22..... 11 a.m.-1 p.m.
 June 27..... 11 a.m.-1 p.m.
 June 29..... 11 a.m.-1 p.m.

CITY TEAM

526 SE Grand Ave, Portland
 June 14..... 8-10 a.m.

CLACKAMAS COUNTY TRANSITION CENTER

2219 Kaen Rd, Oregon City
 June 21..... 1-3 p.m.

CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland
 June 27..... 1-4 p.m.

ESTACADA FOOD BANK

272 S Broadway St, Estacada
 June 09..... 10 a.m.-1 p.m.

MY FATHER'S HOUSE

6/5/17..... 1:30-3:30 p.m.

PORTLAND OPEN BIBLE COMMUNITY PANTRY

3223 SE 92nd Ave, Portland
 June 15..... 11 a.m.-2 p.m.

PORTLAND RESCUE MISSION

111 W Burnside, Portland
 June 01..... 8-10 a.m.
 June 08..... 8-10 a.m.
 June 15..... 8-10 a.m.
 June 22..... 8-10 a.m.
 June 29..... 8-10 a.m.

STREET ROOTS

211 NW Davis St, Portland
 June 13..... 8-10 a.m.

UNION GOSPEL MISSION

3 NW 3rd, Portland
 June 20..... 2-4 p.m.
 June 27..... 2-4 p.m.

careoregon.org
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