

### Juliet at 40 Speaks to Lil' 5-year-old

by Juliet

Julie Julie quite contruly, you must see your mom means no harm  
 She's super messed up, but still loves you to death  
 Though priority first goes to her veins  
 And is only to block out her pains.  
 You really are cool and worthy of friendship and fun.  
 Ignore all the bullies, don't take them to heart  
 It's because you're so much better, they knew from the start  
 And act out of fear 'cause you're straight off the chart.  
 To 16-year-old Julie I see that you're lost.  
 But to follow Mom's path is just not worth the cost  
 You will be okay.  
 Even alone you're capable, and kind. It's okay to succeed.  
 Indulge in your passions and read, baby, read.  
 Your options are countless and all things are possible  
 Pain is relative, your future's not set.  
 Follow your intellect instead of ovaries, it's your very best bet.

### Time Traction

by Shaggy

Through the slippery river of time  
 Some walk, some run, and some fly

We long to remember, and yearn to revive  
 Those we miss in our lives

In order to maintain direction  
 Or persevere through ragged storms

We need to treasure the moments,  
 And the people with which they form

Memories can be sweet as nectar,  
 But often sour with time

Anxiety over future dreams  
 Can lead to destruction or crime

If we focus on life, and those caught within it  
 We'll see more of the purpose and fight for the finish.

## 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

#### 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

Questions: Caleb Green  
 503-416-4883

