

Let Yourself Go

by Ron Sanford

A writing block is not so uncommon
When there is malnourishment and pain.
Unfinished tasks lead to further distraction
As you try to stay focussed on a theme.

Multitasking does not come naturally
So you strive to make it brief
Shake off the fear to make all the ends meet
You are unique. There's no need to force it.
Simply let yourself go and enjoy the time in space
You've been marooned, but you are not alone
You've been rescued.

Shades of Grey in a Day

by Jaison Kirk

This morning a blackbird was
waiting on the rail by my window
wanting its morning meal.
Building a relationship takes time,
Taking the time to let things happen
is special.
The guy in the grey Porsche with a sunroof
gave me thirteen coffin nails and said,
"I have to give these up"
I guess so do I, saying goodbye to things
is hard sometimes, and sometimes
It's for the best.
Just move along with someone wonderful
And forget the rest.

Like Water

by Mary Daniels

My life does not move like water;
does not flow, like water;
does not glide around bends and rocks, like water;
does not rise and fall gently
with dips in the riverbed, like water;
is not just three atoms, like water
and maybe will never merge with
the oceanic universe, like water
when river meets the sea.



Sourcing & roasting craft coffee to
benefit programs at Central City Concern.

IN STORES

New Seasons Market, Whole Foods, Food Front
Cooperative Grocery, Green Zebra, Chuck's
Produce, Food Fight!, Cherry Sprout Produce, and
Know Thy Food.

AT YOUR OFFICE

Interested in serving Central City Coffee at your
office? Get in touch with us and we can help you
make that happen. 503.226.7387

ON OUR WEBSITE

Buy Central City Coffee online and have it
shipped directly to you or a friend.

AT KASBAH MOROCCAN CAFE

Get your espresso favorites at Old Town's
newest spot (201 NW Davis Street), featuring
Central City Coffee!

Follow our Facebook page for updates and specials.

centralcitycoffee.org [facebook.com/CentralCityCoffee](https://www.facebook.com/CentralCityCoffee) [coffee@cccconcern.org](https://www.facebook.com/CentralCityCoffee)

Need health insurance?

CareOregon's goMobile Team makes it easy for you to get dental, mental and physical health care under the Oregon Health Plan (OHP). Our community partners host us on these dates, where we can check your eligibility for OHP, enroll you in Medicaid/OHP and make your doctor appointments!

► SNAP assistance available at these locations

CLACKAMAS

HEAD START TO SUCCESS - SANDY

38955 Pleasant St, Sandy
Aug 29 10 a.m.-3 p.m.

HEAD START TO SUCCESS - CANBY

350 SE 13th Ave, Canby
Aug 21 10 a.m.-3 p.m.

MULTNOMAH COUNTY

2ND ANNUAL PAN AFRICAN FESTIVAL

Pioneer Courthouse Square,
Portland SPONSOR
Aug 11 12-8:30 p.m.

ASIAN HEALTH AND SERVICE CENTER

9035 SE Foster Road, Portland
Aug 18 11 a.m.-4 p.m.

CAREOREGON

315 SW 5th Ave, Portland

►Aug 8 9-11 a.m.
►Aug 15 9-11 a.m.
►Aug 22 9-11 a.m.

CLACKAMAS SERVICE CENTER

8800 SE 80th Ave, Portland
Aug 14 10 a.m.-12 p.m.

DEPARTMENT OF HUMAN SERVICES

50 SW 2nd Ave, Portland
Aug 7 9-11 a.m.
Aug 14 9-11 a.m.
Aug 28 9-11 a.m.

IMPACT YOUR HEALTH PDX

1500 SE 96th Ave, Portland
►Aug 10 8 a.m.-4 p.m.

JOIN

1435 NE 81st Ave, Ste 100, Portland
Aug 9 12-2 p.m.

OHSU FARMER'S MARKET

3181 SW Sam Jackson Pk Rd, Portland
July 31 10 a.m.- 2 p.m.
Aug 20 10 a.m.- 2 p.m.

PORTLAND RESCUE MISSION

111 W Burnside, Portland
Aug 9 8-10 a.m.
Aug 23 8-10 a.m.

ROSEWOOD FAMILY HEALTH CENTER

8935 SE Powell Blvd, Portland
Aug 7 1-3 p.m.

UNION GOSPEL MISSION

3 NW 3rd, Portland
►Aug 28 2-4 p.m.

WORKSOURCE GRESHAM

19421 SE Stark St, Portland
Aug 2 2-4 p.m.

WASHINGTON COUNTY

BEAVERTON LIBRARY

12375 SW 5th St, Beaverton
Aug 8 1-3 p.m.

TANASBOURNE HEALTH FAIR

18650 NW Cornell Road, Beaverton
Aug 16 10 a.m.-3 p.m.

VIRGINIA GARCIA BEAVERTON GRAND OPENING

2725 SW Cedar Hills Blvd, Beaverton
Aug 11 12-4 p.m.

VIRGINIA GARCIA HEALTH CENTER WELLNESS FAIR

1151 N Adair St, Cornelius
Aug 17 10 a.m.-2 p.m.

For information, or to host our team, call Tamara at 503-416-1479 or Caleb at 503-416-4883.

careoregon.org/gomobile



CareOregon
goMobile team