



THE *right* DOOR
for hope, recovery and wellness

24-hour toll-free crisis line
888-527-1790

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Monday-Thursday
-8am-7pm
Friday -8am-5pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Monday and
Wednesday-8am-6pm
Tuesday and Thursday
-8am-7pm
Friday -8am-5pm

Portland Office

208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm

Wednesday-8:30am-7pm
Monday, Tuesday,
Thursday, Friday
-8:30am-5pm

Onsite IONIA: 1st/3rd

Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:

www.rightdoor.org



MED LINE: 616.775.1023

Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance.
Thanks.



Having immigrated here some 28 years ago and sworn in as a naturalized US citizen in 2009, I have the luxury of being able to celebrate America's 250th birthday on July 4th, as well as Canada Day on July 1st.

Both days' festivities are much the same way with family, friends, barbecues, parades, concerts and fireworks displaying our country colors and pride. And while both days signify the founding of each country, independent from sovereign rule by Great Britain, they both differ slightly in how that came about.

The core difference is that US independence was won through a violent revolution while Canadian freedom was achieved through stages of a gradual, peaceful, political process that took more than a century.

July 1st celebrates the union of Canada in 1867 when the three British colonies joined together to be known as the Dominion of Canada. These colonies were Nova Scotia, New Brunswick and the province of Canada which has become the provinces (like states) of Ontario and Quebec. In 1879, July 1st became an official holiday named Dominion Day. In 1982, Canada gained full control over its own constitution with the day officially renamed Canada Day.

Continued...



Member:

MSHN
Mid-State Health Network



On our side of the border, the American colonies broke away from Great Britain in 1776 severing their political ties with the Brits on July 4th or Independence Day, when they adopted the Declaration of Independence.

In 1852, abolitionist protests in Rochester, New York, led to a speech given by Frederick Douglass who attacked the day as hypocritical saying, "What to the slave is the Fourth of July." Later, in 1870 congress made July 4th a holiday for federal employees before it officially became a paid holiday enacted nationwide in 1938.

And as we are taught, our thanks should be extended to our brave forefathers, military and veterans for their service and sacrifice to keep our freedom whether it be this side of the border or the other, in this continent we call North America.

Sue Ferris
Newsletter Editor



WEDNESDAY, AUGUST 5

FRIDAY, AUGUST 7

IN PORTLAND/BELDING

11am-3pm
School Supplies Only

IN IONIA

10am-3:30pm
Supplies, Haircuts, Clothes

Registration Deadline, July 31 or 500 registrations

Open to anyone who goes to school/lives in Ionia County

RSVP Rachel: 616.902.9214



A casual, Peer-led group held bi-weekly for mom's to connect out of the house and get some fresh air.

- Kids welcome
- For mom's with kids 0-12
- Held in rotating Ionia County locations

July 10—Ionia Splashpad, Trailhead Park

July 24—Portland Library Play Time

August 7—Portland Splash Pad, William Toan Park

August 21—Snack-luck Potluck, Hyland Sensory Park, Muir

September 4—Walk in Bertha Brock Park

September 18—TBD



All at 11 o'clock

Contact Lexie at 616-527-1790





MONTH LONG AWARESSES:

Chronic Disease Awareness

Cord Blood Awareness Month—Parents can bank their baby's blood within the umbilical cord as well as tissue itself either publicly or privately. Public banking is free and available to any family in need. However, you no longer have the rights to your own stem cells. Private banking comes with a cost but ensures you full rights to use your own baby's blood at anytime.

Juvenile Arthritis Awareness Month—Arthritis and autoimmune disease affects hundreds of thousands of children and teens.

National Minority Mental Health Awareness Month—Dedicated to improving access to mental health treatment and resources for underrepresented communities while working to eliminate systemic health disparities.

National Parks and Recreation Month—Just do it!

Social Wellness Month—Highlights the importance of building healthy relationships and social connections to improve overall wellness.

UV Safety Month—

Use at least SPF 30 sunscreen and UV block sunglasses to prevent skin and eye issues. Be sure to drink plenty of water too if out in the sun for any length of time to prevent dehydration or heat stroke.

Sarcoma Awareness—

This complex soft tissue and bone cancer is often unrecognized and undiagnosed until treatment is more complex and less likely to succeed. There are more than 100 subtypes of sarcoma which affects supporting and connective tissues in the arms, legs, chest or abdomens.

DAY AWARENESSES:

- 10 **Chronic Disease Day**
- 24 **International Self Care Day**—Indulge in healthy things that make you feel better
- 28 **World Hepatitis Day**—Get tested

PEER LED Fitness Group every Tuesday, except July 28th, at 2:30pm and Thursdays, all at Ionia Fitness

Every Tuesday, Wednesday, and Friday, except July 3 and 10, all at 1:30pm, at Ionia Fitness. Call: Patricia

- 1 **PEER LED**, Crafts, 9:30am, Ionia TRD
- 1 **PEER LED**, Coffee and Conversation, 11am, Bigby
- 1, 15, 29 **PEER LED**, Walking for Recovery, 2:30pm, Meet at Ionia TRD
- 1, 15, 29 **PEER LED**, Writing for Recovery, 3pm, Ionia TRD
- 2, 9, 16, 23, 30 **PEER LED**, Game Club, 11am, Portland TRD
- 2, 16, 30 **PEER LED**, Self Love, 11:30am, River's Edge Drop in Center (REDIC)
- 6, 13, **PEER LED**, Game Night, 2:30pm, REDIC
- 7, 14, 21, 28 **PEER LED**, Unfold: Fine Art Group, Noon, Ionia TRD
- 10, 17, 24, 31 **PEER LED**, Euchre, 10am, Saranac Housing. Euchre at REDIC 7, 14, 21, 28, at 10am
- 14, 21, 28 **PEER LED**, Volunteer Group, 3:30pm, Ionia Theater
- 15 **PEER LED**, Trip to Denny 's Farm Market, 1pm, Ionia TRD
- 16 **PEER LED**, LGBTQIA+, 2pm, Ionia TRD
- 20 **PEER LED**, Senior Day at Ionia Free Fair, 11am, 60 years of age plus
- 27 **TRD Board Meeting**, 4-6pm, Ionia TRD

Holidays
7/3
9/7
11/26
11/27
12/24
12/25
12/31

**The
Right Door
is Closed**

4rth of July
Labor Day
Thanksgiving
Day after Thanksgiving
Christmas Eve Day
Christmas
New Year's Eve Day



2026 Peer Lunches

August 14	Tips for Talking to your Doctor <i>Get the most out of appointments</i>
September 4	Motivation
October 2	Diabetes Education
November 5	Drab to Fab
December 4	Friendsgiving/Holiday Party

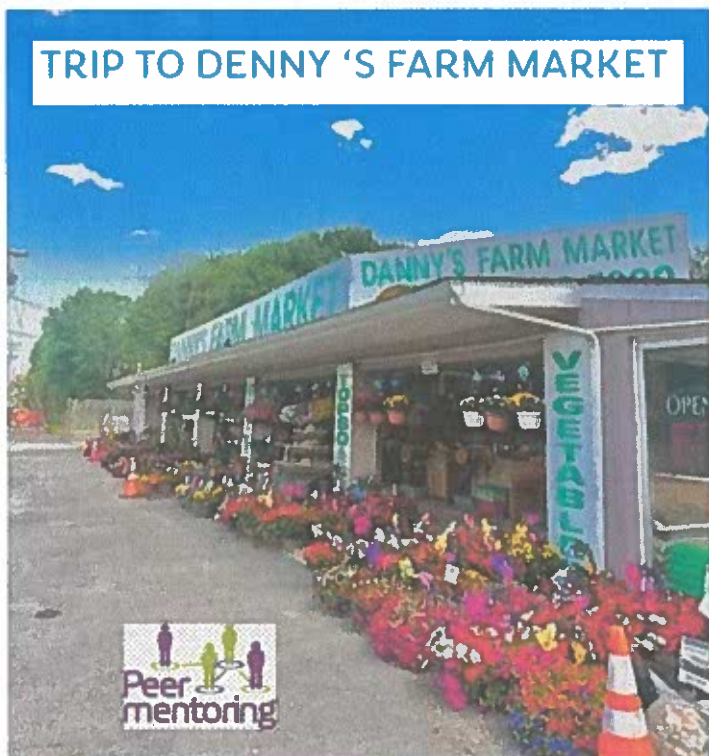
POP UP Shop

VENDORS WANTED

If you are a hand crafter or baker consider selling your wares at our booth for free, at the Ionia Free Fair. You can choose one day or one shift between July 16 to 25.

We provide an 8 foot table with cover, one chair, a fan and a parking pass for scheduled vendors. You keep anything you sell.

Contact Shelly or Lexie 616.527.1790



July 15

Meet at TRD at 1pm

RSVP Peers at 616.527.1790



July 16-25

**Ionia Free Fair 5K Run/Walk
Parade
Queen's Pageant
Midway, Games, Concessions, Bingo
Merchants Building Vendors**

**E Stage: Wild World Reptile Show,
Talent Show, Burrito Eating Contest,
Kids, Cops, Ladies, and Seniors Days,
IHS Dance Team, Jedi Mind Trip,
Journey Tribute, Mega 80's**

**Grandstand Events including:
Demolition Derby, Truck and Tractor
Pulls, American Pro Rodeo,
Great Lakes Lightning Sprints,
SJO Motocross, Monster Truck
Throwdown, Motorhome Derby,
Queen City Stunt Circus**

**4-H Animals, Exhibits/Contests, Pie and
Cake, Auction, Small Animal Sale,
IFF Youth Animal Auction,
Gallon of Milk/Dairy Sale,
Miracle of Life Exhibit,
Antique Village Displays/Entertainment**

Community Event



BELDING

Free music in the park, Thursdays, 7-8:30pm, all summer. Bring a blanket or lawn chairs and the family.

PORTLAND

Portland Civic Players are performing Little Women Then and Now at 7pm for \$7 at the door cash or card.

Performances are July 10 at 7 and July 12th at 2pm at the Playhouse. On Saturday, July 11 at 7pm for \$7 see Villain School in the summer theater series.

IONIA

Want to meet other people in the community, talk, walk, and run with?

Join the Women Who Walk—Ionia group which is a public group on Facebook, if you want to check it out. They meet twice a week on Tuesdays and Thursdays at 7:30 in the morning, usually at Trailhead Park on the corner of M66 and Adams Street (by the Splash Pad) and get moving. This group was originally Girls on the Move.

If you have any questions, please contact Maria Blackmer at 616.902.1501.



to



The Wellness Baked Potato Bar made \$215 in April to go towards Upcycle Bikes. With more shipments of bikes arriving all the time, safety becomes especially important for our littlest persons served.



Bike Safety

Cycling is the most common transportation in the world. There are one billion bicycles worldwide which is more than double the number of automobiles. Since there are few formal training systems in place, and cyclists share the road with vehicles, cycle safety is a major concern.

Characteristics of a Safe Cyclist:

- Be predictable in your movements; always signal
- Cycle in the direction of traffic, staying in designated biking lanes
- Use lights and reflective clothing at night
- Always wear a bicycle helmet
- Ensure the brakes are operative and safe
- Follow all traffic safety directives

Cyclists are sometimes hard to see because of darkness and poor weather. Cyclists can protect themselves by:

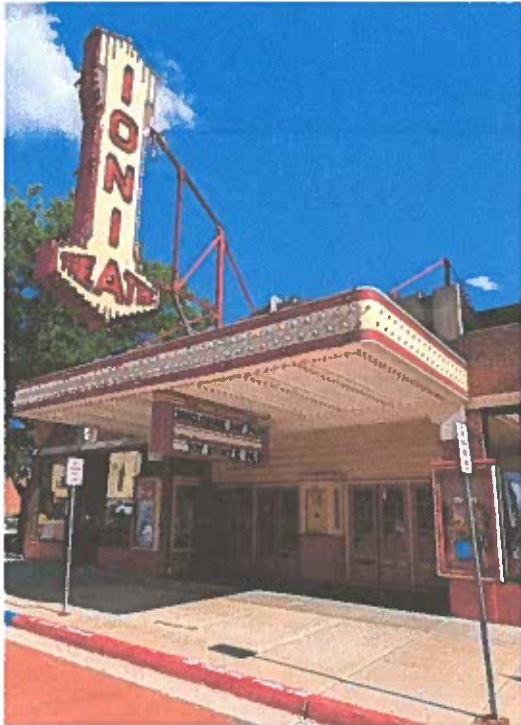
- Using front and rear lights whenever riding
- Wearing bright clothing like a reflective safety vest. These have more surface area than a bike light, are inexpensive and portable.
- Being predictable. Follow all traffic safety rules and never cycle against the flow of traffic, weave in between cars, bike while intoxicated or taking any medication.

Wearing Helmets:

- Head injuries are the most common cause of cycle fatalities
- Helmet use has proven to be the most effective way to prevent head injuries and fatalities for bike crashes
- Riders should always wear a helmet and never put themselves at risk in the name of fashion



See
What's
Happening



HOMEBASED HEROES...

The Homebased team held their annual summer movie event at the historic Ionia Theater, June 6. The team originally offered special viewing of Toy Story 5 free to the first 100 attendees with a TRD poster. But they luckily anticipated a much larger crowd and had 200 posters available to persons served and their families. With the crowd there it was obviously the right call!



Bridge Card EBT

888.544.8773

- **Commission on Aging**
616.527.5365
- **Double Up Food Bucks**
866.586.2796
- **EightCAP, Inc.**
616.754.9315
- **Feeding America West Michigan Food Bank**
616.784.3250
- **Food and Nutrition Program Helpline (SNAP)**
888.544.8773
- **Good Samaritan Ministry (Saint Joseph Parish)**
989.593.3440
- **Ionia County Health Department**
616.527.3351
- **Ionia County Commission on Aging**
616.527.5365
- **Lakewood Community Council**
616.522.9773
- **Michigan Department of Health and Human Services**
Food Stamps newmibridges.michigan.gov
- **United Way Montcalm-Ionia Counties 2-1-1**
800.887.1107 or 616.794.9840
- **USDA National Hunger Hotline**
866.348.6479
- **WIC (Women, Infants and Children Health and Nutrition Assistance Program)**
800.225.5942

LOCAL



Ionia Saturdays 9am-1pm
Across from the fairgrounds

Lyons Thursdays 12-3pm
Downtown Pavilion

Lake Odessa Every other Saturday, 9am-1pm,
912 4th Ave

Portland Saturdays 9am-1pm,
The Red Mill Pavilion



FEEDING AMERICA
West Michigan

- 7/7** 2pm, Walk up,
Central UMC, Lake Odessa
- 7/7** 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 7/11** 10am, Drive Through,
Mount Hope Church, Portland
- 7/14** 4:30pm, Drive Through,
Rather Elementary School, Ionia
- 7/17** 4:30pm, Drive Through,
Belding High School
- 7/21** 6pm, Drive Through,
Hubbardston American Legion
- 7/29** 5pm, Drive Through,
Shiloh Community Church, Orleans

West Michigan



FARMER'S MARKET

If you have an EBT Bridge Card, you can double up to \$20 a day in FREE fresh local fruits and vegetables at participating farmers markets.

www.westmichiganfarmmarkets.org

D and K Farm Market, 401 South Main Street, Clarksville. Open Monday, Wednesday, Friday 9:30am-6pm and Saturday 9am-12pm. Meat, dairy and produce. (616) 228-8687 dkfarmmarket@gmail.com Facebook

Denny Farms, 6588 Jordan Lake Road, Saranac. Open May-December. (616) 527-1531 Facebook

Hanulcik Farm Market, 1425 North State Road, Ionia. Open June-October. U-Pick strawberries, peaches, apples, veg, more. (616) 527-3530 www.farmgrown.com

Heffron Farms, 7724 Ashley Avenue N.E., Belding, MI. Year Round. Mainly fresh raised meat (616) 794-2527

Pierson Orchard Market, 5348 North State Road, Ionia. Open May-October. (616) 527-4847 Facebook



SUMMER MEALS at Ionia Community Library

June 11-September 4 (No meals July 3—ICL closed)
Thursdays and Fridays Noon-1pm

A User's Guide to Mustard

Mustard is more than just a condiment. "it's a great way to elevate flavor," says chef Brandon Collins, mustard sommelier with Maille.

Here are six varieties and how to best enjoy them.



3 SPICY BROWN MUSTARD

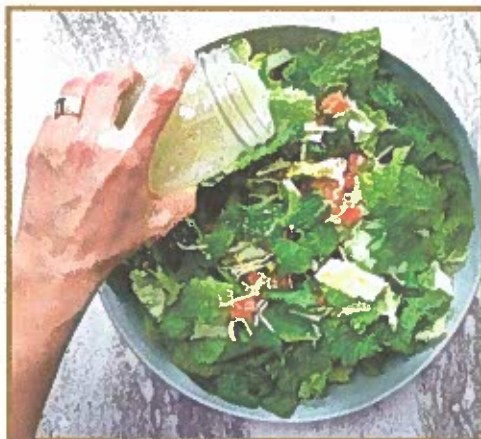
Taste: Warm and acidic with brown and yellow mustard seeds.

Uses: In sandwiches like pastrami and on hot dogs.

4 DUSSELDORF MUSTARD

Taste: Sweet and sour balanced with a little heat and a hint of cloves.

Uses: On Brats, in potato salad and with corned beef and cabbage.



1 YELLOW MUSTARD

Taste: Yellow mustard is the acidic and vinegary flavor we're used to with warm notes of turmeric.

Uses: On hamburgers, hot dogs. In dressing for pasta or potato salads.

2 SMOOTH DIJON MUSTARD

Taste: Heat balanced with sourness and bitterness with a hint of salt.

Uses: In rubs for beef, chicken or port or as a topping for salmon. Also a main ingredient in vinaigrette dressings.



5 WHOLE GRAIN MUSTARD

Taste: Vinegary, sweet with a pop from seeds adds a pleasing texture contrast.

Uses: With seafood (especially sole), in coleslaw and surprisingly, on vanilla icecream.

6 HONEY MUSTARD

Taste: Mildly sweet and acidic.

Uses: On soft pretzels, in deli sandwiches and I kid you not, in brownie batter!



When the weather is expected to hit 90 degrees or more, and our large meeting rooms are available, in all three locations, we will open our doors to our communities as a cooling center. We will post in advance on our Facebook page so stayed tuned and keep cool!



Calm, Coping and Learning Mindfulness

Tuesdays, 2:30-3:30pm, for youth 6th through 12th grades, (combined), Sunset Ridge Clubhouse, Portland. No longer taking new members as curriculum builds from week to week.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 5-6pm, Virtual.

Coffee and Conversation

Peer Led, July 1, 11am Bigby.

Community Connection

Wednesdays, 2-4pm, 3rd-6th grade, Sunset Ridge Clubhouse, Portland. Art projects to express yourself, build friendships and community while practicing kindness and cooperation.

Conflict Management and Problem Solving

Mondays, 2-4pm, 3rd-6th graders, Sunset Ridge, Clubhouse. We play games. Drop in. Open to everyone.

Wednesdays, 12:30-1:30pm, for youth 7th through 12th grade, Sunset Ridge Clubhouse. Must sign up before attending.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafting Coping Skills

Wednesdays 4:15-5:14pm, Ionia TRD. Kids age 6-12 open to services.

Crafts

Peer Led, July 1, 9:30am, Ionia TRD.

DBT Fidelity Group

Thursdays, 1-2:30pm, Ionia TRD.

DBT Skills

Ongoing, Mondays, 1-2:30pm, Ionia TRD.

Teen DBT

Starting July 21, Tuesdays, 3:30-4:30pm, for teens 13-18, Ionia TRD.

Emotion Explorers

Tuesdays, June 16-July 21, 1:30-2:30pm, Kids ages 6-11, Ionia TRD.

Euchre

Peer Led, July 7, 14, 21, 28, REDIC and July 10, 17, 24, 31, 10am, Saranac Housing.

Fitness

Peer Led Fitness Group, Tuesdays, except July 28, and Thursdays, all at 2:30pm at Ionia Fitness.

Every Tuesday, Wednesday and Friday, except July 1 and 10, all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Friendship Builders

Fridays, 11am-noon, June 12-July 17, 3rd-5th Graders, Portland TRD. Must sign up before attending.

Game Night

Peer Led, July 6, 13, 20, 27, 2:30pm, REDIC.

Game Club, July 2, 9, 16, 23, 30, 11am, Portland TRD.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

Kids Skills Group

Thursdays, 4:15-5:15pm, Ionia TRD. For youth ages 6-12.

LGBTQIA+

Peer Led, July 16, 2pm, Ionia TRD.

Life Skills

Mondays, 1:30pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Tuesdays, 1-2:30pm, virtually.

Self Love

Peer Led, July 2, 16, 30, 11:30am, REDIC.

Unfold: Fine Art Group

Peer Led, July 7, 14, 21, 28, Noon, Ionia TRD.

Volunteer Group

Peer Led, July 14, 21, 28, 3:30pm, Ionia Theater.

Walking for Recovery

Peer Led, July 1, 15, 29, 2:30pm, Ionia TRD.

Writing for Recovery

Peer Led, July 1, 15, 29, 3pm, Ionia TRD.



Spanish speaking family support group through NAMI Lansing

Grupo de Apoyo para Familiares
Para quienes apoyan a alguien con una
condicion de salud mental.

Zoom only.

El Segundo martes de cada mes.

4:00-5:30pm

July 14, August 11, September 8



DID YOU KNOW...

~You can attend our fishing outings even if you don't have a license—it's covered by the group!

~And you can come with us to the beach, bowling, join our free luncheons on Wednesdays or participate in our groups.

~We also have a clothes closet if you want to check it out.

~There is also a workout room, quiet room, craft room, computers and much needed coffee onsite.

~So come explore with us...

6

11 Goal
Getters
2:30 Games

7

10 Euchre
11 Junk
Journaling
2 Bingo

1

11 Healthy
Relationships
1 Free Lunch
Cook Out

2

10:30 Self
Love
12-3 Bowling

3

1-3 Fishing Friday

13

11 Goal
Getters
Mindful
Monday
2:30 Games

14

10 Euchre
11 Junk
Journaling
2 Bingo

15

11 Healthy
Relationships
1 Free Lunch

16

10:30 Self
Love
12-3 Bowling

17

1-3 Fishing Friday

20

11 Goal Getters
Mindful
Monday
2:30 Games

21

10 Euchre
11 Junk
Journaling
2 Bingo

22

11 Healthy
Relationships
1 Free Lunch

23

Craft Day

24

1-3 Fishing Friday

27

11 Goal Getters
Mindful
Monday
2:30 Games

28

10 Euchre
11 Junk
Journaling
2 Bingo

29

11 Healthy
Relationships
1 Free Lunch

30

10:30 Self Love
12-3 Bowling

31

1-3 Fishing Friday

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773