

September 2025

The right Connection

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

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Portland Office

208 West Bridge Street
Portland, MI 48875
517.647.2128

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays

Samaritas

Hours:

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

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

Closed 12-1pm
Wednesday-8:30am-7pm
Monday, Tuesday,
Thursday, Friday
-8:30am-5pm



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.

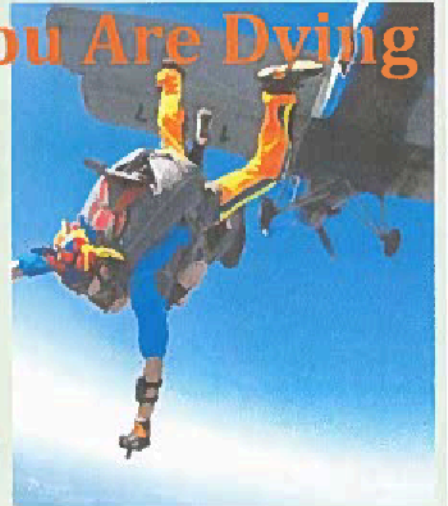
MED SERVICE APPOINTMENTS:

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.

Live Like You Are Dying

I read an article recently by Jonathan Gluck adapted from "A Memoir of Illness and Hope." In it he spoke about fighting an incurable illness for more than 20 years and how almost dying taught him how to live.

Here's his story and what he learned.



In the fall of 2002

Jonathan twisted his hip. He'd had sports injuries in the past and figured he'd just pulled a muscle or torn a ligament. He figured it would pass, but it didn't. After an X-ray didn't show anything, he went on with his life.

A year later, his hip still hurt so he went back to his doctor who ordered an MRI. This time the imaging showed a lesion, or tumor, on his hip. Johnathan was 38 years old, with a wife and seven month old daughter. He was diagnosed with an incurable form of blood cancer called multiple myeloma and told he had between 18 months and three years to live.

With advanced new treatments he has been in and out of remission many times with doctors managing to knock back his disease. That said, cancer has taken its toll. He's undergone four rounds of radiation therapy, three rounds of immunotherapy, two rounds of chemotherapy, and most recently, a new treatment called CAR T-cell therapy. Along with that he's had severe bone pain, gastrointestinal issues, insomnia, infections because he's permanently immunocompromised, and lost feeling in his fingers and toes.



Mid-State Health Network

SEPTEMBER



2, 4, 9, PEER LED, Chair Yoga, 9:30am, Ionia TRD
16, 23, 25, 30

2, 9, PEER LED, Peaceful Paces, 10:30am, Ionia
16, 23, 30 TRD

2, 9, PEER LED, Rooted and Restored 11:30am,
16, 23, 30 Ionia TRD

2, 9, PEER LED, Volunteer Group, 3:30pm, Ionia
16, 30 Theater, (3:15 on 30th)

3, 24 PEER LED, Self Love, 11:30am, Ionia TRD

4, 11, PEER LED, Better Days Ahead, 11am, The
Drop in Center

4, 11, PEER LED, Recovery Stick Group, 11am, at
25 Ionia TRD

5 PEER Luncheon, 11am, Ionia TRD, Topic—
Moral Injury—When Trust is Broken- Healing
and Hope

8, 15, PEER LED, Game Night, 4pm, Ionia TRD
22, 29

8, 15, PEER LED, Seasonal Refresh, 10am, Ionia
22, 29 TRD

8, 22 PEER LED, LGBTQIA+ Group, 3pm, Ionia
TRD

9 PEER LED, Bingo, 1:30pm, Chocolate Moose,
Portland

9, 23 PEER LED, Better Days Ahead, 1pm,
25 Portland TRD

10 PEER LED, Train Your Brain, 10am, Ionia
TRD

Tuesdays PEER LED Fitness Group, 2:30pm (except
on the 30th) **Thursdays**, 3pm, 9/11, 25, all at
Ionia 24/7

Every Tuesday, Wednesday, Friday, 1:30pm,
Ionia Fitness. Contact: Patricia

11 PEER LED, F.R.O.M. and Lowell Farmer's
Market Trip, 12:30pm

15 Committee of the Whole Meeting, 4-6pm,
Ionia TRD

17 Walk a Mile, Capital Building, Lansing. Must
be signed up with Peers to ride with the group

17 Recipient Rights Advisory Council Meeting,
3:30pm

18 Health Fair/Express Yourself Art, 2:30-5pm,
Gregory's Steele Street Hall. Free to Public,
followed by **Walk, Run, Roll, TRD 5K, for**
Mental Health Awareness. Registration 5pm,
Walk 6pm.

22 TRD Board Meeting, 4-6pm, Ionia TRD

24 PEER LED, Crafts, 9:30am, Ionia TRD

26 PEER Apple Picking, 11am. Must be
signed up to go.

Live Like You Are Dying...

Jonathan's total health cost has run into the millions, and despite having good health insurance, he's paid out hundreds of thousands of dollars. And then there is the emotional fallout.

Jonathan is typically tested every three to six months which means anxiously awaits test results. Every so often those results aren't favorable which he then has to process the finding, share the news with his wife, children and friends and gear up for more treatments and the possible outcome. But even as cancer has tried to kill him, it has taught him valuable lessons about how to live.

Jonathan's Lessons to Live:

- **You can handle more than you think.** (When he was diagnosed with cancer he didn't think he could manage it, but after two decades he knows he can.)
- **Most people are good – especially doctors and nurses.**
- **If you do work you enjoy, you are lucky.**
- **If you have money and health insurance, you are luckier.**
- **If you have family and friends who love and support you, you are luckier still.**
- **Tragedies happen, but so do miracles.**
- **If there's something you want to do, do it now.**
- **Good relationships are worth fighting for, even if it goes bad for a time.**
- **If you know someone who is sick, lend them a hand.**
- **Travel, fish, juggle, or needlepoint. It doesn't matter what, but do something that brings you happiness.**
- **Perhaps the biggest lesson he has learned from being sick is to accept whatever life brings.**

"Control what you can and accept what you can't may not be the secret to human happiness, but it's probably as close as we're going to get."

MONTH LONG AWARENESSES:

Cancer Awareness—Blood, Childhood, Ovarian Cancers

Food Safety Education Month

Healthy Aging Month

National Childhood Obesity Awareness

National Cholesterol Month

National Recovery Month for Mental Health and Substance Abuse



NATIONAL RECOVERY MONTH
RECOVERY. HOPE. HEALING.

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

FindTreatment.gov FindSupport.gov

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

SAMHSA

National Rehabilitation Awareness

National Sickle Cell Month

Newborn Screening Awareness Month

Pain Awareness

Polycystic Ovary Syndrome

Sexual Health Awareness Month

Sports Eye Safety Awareness Month

World Alzheimer's Month

WEEK LONG AWARENESSES:

September 8-14 National Suicide Prevent Week
September 14-20 National Rehabilitate Awareness Week

DAY AWARENESSES:

9/1 Labor Day
9/10 World Suicide Day
9/16 Get Ready For Flu Day
9/21 World Alzheimer's Day
9/29 World Heart Day



Lowell Farmer's Market (With Peers)

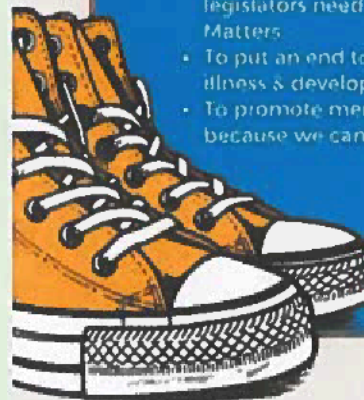
September 17

WALK A MILE IN MY SHOES RALLY

Wednesday, September 17th, 2025
State Capitol Building
Lansing, MI

Why we rally.

- To enhance public awareness, because legislators need to know that Mental Health Matters
- To put an end to the stigma related to mental illness & developmental disabilities
- To promote mental health and wellness, because we can make a difference!



Sign up to ride with Peers



Apple Picking

September 26, 11am

(Must be signed up with Peers)



Health FAIR

September 18

2:30-5pm

Steele Street Hall, Ionia

featuring

Express Yourself Art Gallery

The Right Door is hosting our annual Health and Wellness Fair. This event brings together various local organizations, services and small businesses that care about your health, body and mind.

In addition to the fair, enjoy our presentation of *Express Yourself*—an art show featuring unique art crafted by local members of our community. Following this is the 5K Walk, Run and Roll through the community.

Questions?

Call 616-527-1790

Ask for a Peer Support Specialist

This event is open to everyone.

THE *right* DOOR
for hope, recovery and wellness



ARE YOU CREATIVE?

We would love to display your artwork at our Health Fair.

Kindly bring your pieces to your peer specialist or primary worker and ask for a slip to fill out.

Items will be returned.



THE *right* DOOR **5K**
for hope, recovery and wellness

WALK/RUN/ROLL For Mental Health Awareness

Thursday, September 18

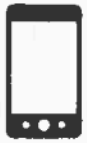
Gregory's Steele Street, Ionia

Registration 5pm

Walk/run/roll 6pm

*Cost to participate is a non perishable food item for our food pantry. Receive a free t-shirt with early registration online at rightdoor5K.com



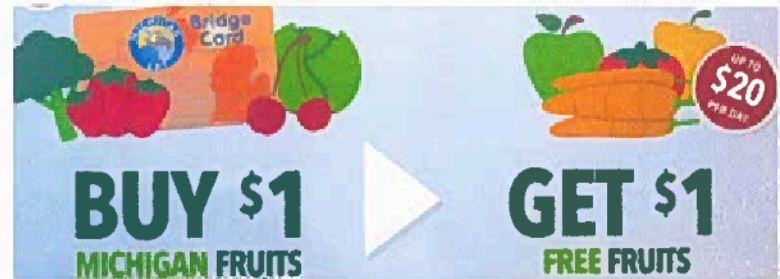


Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **NAMI** 1-800-950-6264
(NAMI Michigan) 1-517-485-4049
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and**
Nutrition Assistance Program 1-800-225-5942



Double Up Food Bucks



FARMER'S MARKET

9/13

Silk City Market, 9am-1pm, The Gathering Place, Belding

Tuesday, Sassy Rooster Farmers Market, 4-7:30pm,
(Southwest corner Nash/Grand River)
Replaces the market at Saranac Train Depot.

Thursday, Lyons Farm Market, 3-6pm, Lyons Pavillion

Saturday, Ionia Farmers Market, 9am-2pm, *across from the fairgrounds*

Saturday, Red Mill Pavillion, 9am-1pm, Portland

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying
for SNAP benefits or referrals to other resources, call

1-888-544-8773

food
BANK
Opportunity for everyone

MDHHS
Michigan Department of Health & Human Services

Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services



BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday Wednesday and Friday, 11am-1pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesdays 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Vette, (269) 838-5887.

Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years



**FEEDING
AMERICA**
West Michigan

9/2

2 pm, Walk up,
Central UMC, Lake Odessa

9/2

6 pm, Drive Through,
Twin Rivers Elementary, Muir

9/9

4:30 pm, Drive Through,
Zion UMC, Ionia Fairgrounds

9/19

4:30 pm, Drive Through,
Belding High School

9/16

6 pm, Drive Through,
Hubbardston American Legion

9/24

5pm, Drive Through,
Shiloh Community Church, Orleans



West Michigan Farmer's Markets

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

**Hanulcik Farm
Market**,
1425 North State
Road (M66), **Ionia**
(616) 527-3630
June-October
(U-pick strawberries,
peaches, apples)

Pierson Orchards,
5348 North State
Road (M66), **Ionia**
(616) 527-4847
May-October

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



GROUPS

Anger Management

Mondays, 5-6pm, Virtual.

Better Days Ahead

Peer Led, 9/23, 1pm, Portland TRD. 9/4, 11, 11am, The Drop In Center.

Bingo

Peer Led, 9/9, 1:30pm, Chocolate Moose, Portland.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 4pm, Virtual.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafts

Peer Led, 9/24, 9:30am, Ionia TRD.

DBT Fidelity Group

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

DBT Skills

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

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Fitness

Peer Led, Every Tuesday, 2:30pm (except on the 30th), and Thursday, 9/11, 25, 3pm, Ionia 24/7 Fitness. Every Tuesday, Wednesday and Friday, 1:30. Contact Patricia.

Game Night

Peer Led, 9/8, 15, 22, 29, 4pm, Ionia TRD.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

Kids Skills Group

Mondays, 1:30pm, Ionia TRD.

LGBTQIA

Peer Led, 9/8, 22, 3pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 12-1:30pm, Ionia TRD.

Peaceful Paces

Peer Led, 9/2, 9, 16, 23, 30, 10:30pm, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 12:30pm, Ionia TRD.

Recovery Stick Group

Peer Led, 9/4, 11, 11am, Ionia TRD.

Rooted and Restored

Peer Led, 9/2, 9, 16, 23, 30, 11:30am, Ionia TRD.

Seasonal Refresh

Peer Led, 9/8, 15, 22, 29, 10am, Ionia, TRD.

Self-Love

Peer Led, 9/3, 24, 11:30am, Ionia TRD.

Teen Skills Group

Mondays, 10:30am, Ionia TRD.

Train Your Brain

Peer Led, 9/10, 10am, Ionia TRD.

Volunteer Group

Peer Led, 9/2, 9, 16, 30, 3:30pm, (3:15 on the 30th), Ionia Theater.

YOGA

PEER LED

Chair, August 4, 5, 11, 12, 18, 19, 25, 9:30am, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.5357

I-Go Transportation Available

- Service available in most of Ionia County, but not outside county
(see www.cityofionia.org)
- Hours: Monday-Friday 6am-8pm
- Saturday 8am-3pm
- Sunday 7am-2pm
- Closed posted holidays



Cost per ride is based on mileage:

Under 6 miles \$3	6-10 miles \$5
11-15 miles \$7	16-20 miles \$10
Over 20 miles \$15	Each extra person \$3

Fills a mobility gap.

Service animals are welcome on I-Go.

All vehicles are accessible for all riders.

Trips can be booked on app or dispatch. Dispatch hours limited to Monday-Friday 6am-5pm and

Saturday 9am-1pm. The app can be downloaded from Google and Apple

Have suggestions? Email the editor at sferris@rightdoor.org



September

1

**Center
Closed for
Labor Day**

2

11 Junk
Journaling
2 Round Table
Talk

3

11 Healthy
Relationships
1 Free Lunch
2 Bingo

4

11 Better Days
Ahead
2 Crafts

5

**Horseback Riding
with JIMHO.
Lunch with Peers
at The Right Door**

8

11 Goal
Getters
2 Women
Supporting
Women

9

11 Junk
Journaling
2 Round Table
Talk

10

11 Healthy
Relationships
1 Free Lunch
2 Bingo

11

11 Better Days
Ahead
12-3 Bowling

12

11 Men
Supporting
Men
2 Movie

15

11 Goal
Getters
2 Mindful
Monday

16

11 Junk
Journaling
2 Round Table
Talk

17

**Walk A
Mile
Lansing
Capital**

18

**Wellness Fair
5K Walk**

19

11 Men
Supporting Men
2 Movie

22

11 Goal
Getters
2 Women
Supporting

23

11 Junk
Journaling
2 Round Table
Talk

24

11 Healthy
Relationships
1 Free Lunch
2 Bingo

25

11 Better Days
Ahead
12-3 Bowling

26

11 Men
Supporting Men
2 Movie

29

11 Goal Getters
2 Mindful
Monday

30

11 Junk
Journaling
2 Round Table
Talk

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773