

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

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

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 arrive15 minutes early for your appointment Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Fall is the natural bridge between summer and winter.

It's when some pretty spectacular events happen like the leaves changing color, when a bounty of goodies are harvested and Halloween is conjured. It's also when sweaters come out, soups and stews go on the stove, and flu signs start popping up in pharmacy windows.

With flu season usually hitting at the beginning of the month the impending challenge is to keep mentally and physically fit as the seasons change, darken and slows down.

October is also when health awarenesses and observances increase, many of which are associated with each other and the time of year.

The challenge is to observe some of them like getting your mammogram, a bone density test or flu shot, or stepping up your oral and handwashing hygiene along with updating community resources for your mental health, for substance abuse and domestic violence so you can have a safe and healthy fall.

Sue Ferris,
Newsletter Editor

ASPIRE to Excellence carf ACCREDITED
MORE THAN YOU IMAGINE IONIA AREA CHAMBER OF COMMERCE
CCBHC CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC
CMHA Community Mental Health Association of Michigan
MDHHS
Member: MSHN Mid-State Health Network

OCTOBER

PEER LED Fitness Group every Tuesday at 2pm and Thursday, except October 1 at Ionia 24/7 Fitness

Every Tuesday, **Wednesday**, and **Friday** except October 16, all at 1:30pm, at Ionia 24/7 Fitness. Call: Patricia

1, 8, 22	**PEER LED,** Self Love, 10:30am, River's Edge Drop in Center (REDIC)
5, 12, 19, 26	**PEER LED,** Game Group, 2:30pm, REDIC
6, 13, 20, 27	**PEER LED**, Euchre at REDIC at 10am and 10am, Saranac Housing **2, 9, 23, 30**.
6, 20, 27	**PEER LED,** Volunteer Group, 3:30pm, Ionia Theater
8, 15, 22, 29	**PEER** LED, Game Club, 11am, Portland TRD
9	Free Lunch Peers, Nutrition, 11am, Ionia TRD
10, 17	**PEER LED**, Game Club, 11am, Portland TRD
14	**PEER LED**, Crafts, 9:30am, Ionia TRD
19	TRD Board Meeting, 4-6pm, Ionia TRD
20	**PEER LED**, Bingo, 1:30pm, Denny Farms
23	PEER LED, Anderson and Girls, 10am. Must be signed up to go as space is limited
29	Community Baby Shower hosted by TRD Children's Case Management, Infant Mental Health and Wraparound, 10am-12pm at Ionia TRD. Celebrating children ages 0-3. Learn about community resources, connect with other families, win raffle prizes, and partake in a diaper giveaway (with United Way),
29	The Annual Boo Bash and Costume Splash, hosted by the Autism Center, Belding TRD, 4-6pm. Trick or treating for all ages and abilities. Costumes are optional. Open to the community.

Holidays *The Right Door is Closed*

11/26	Thanksgiving
11/27	Day after Thanksgiving
12/24	Christmas Eve Day
12/25	Christmas
12/31	New Year's Eve Day

MONTH LONG AWARESSES:

Attention Deficit Hyperactivity Disorder (ADHD)

Breast Cancer Awareness Month —
Get a mammogram annually for early detection

Health Literacy Month — *Focuses on the importance of understandable health communication between persons served and their providers*

Liver Disease Cancer Awareness

National Bullying Prevention Month

National Dental Hygiene Month —
Encourages proper oral hygiene habits and daily dental care

National Domestic Violence Awareness Month—
Raises awareness about domestic violence and community prevention resources

National Literacy Month

National Substance Abuse Prevention —
Highlights the value of substance use prevention along with community education

Safety and Halloween—
Boo hoo hoo! Pumpkin carving sends thousands of people to the emergency room every year.

WEEK LONG AWARENESSES:

October 4-10	**Mental Illness Awareness Week**
October 12—20	**Bone and Joint Health Action Week**— *Raises awareness for musculoskeletal conditions like arthritis and osteoporosis*
October 23-31	**Red Ribbon Week**—*serves as a major drug use prevention campaign for youth*

DAY AWARENESSES:

10	**World Mental Health Day**
12	**World Arthritis Day**
15	**Global Handwashing Day**
17	**National Mammography Day**
20	**Osteoporosis Day**— *focuses on bone density health and fracture prevention*
27	**World Teacher's Appreciation Day**
29	**World Stroke Day**— *1 in 4 adults will have a stroke in their lifetime. Every year nearly 80,000 have one*

2026 Peer Lunches

10/9 Nutrition
11/5 Drab to Fab
12/4 Friendsgiving/Holiday Party



Anderson and Girls Trip

October 23. RSVP to peers.

DRAB TO FAB

November 5
9am-2:30pm, Ionia TRD

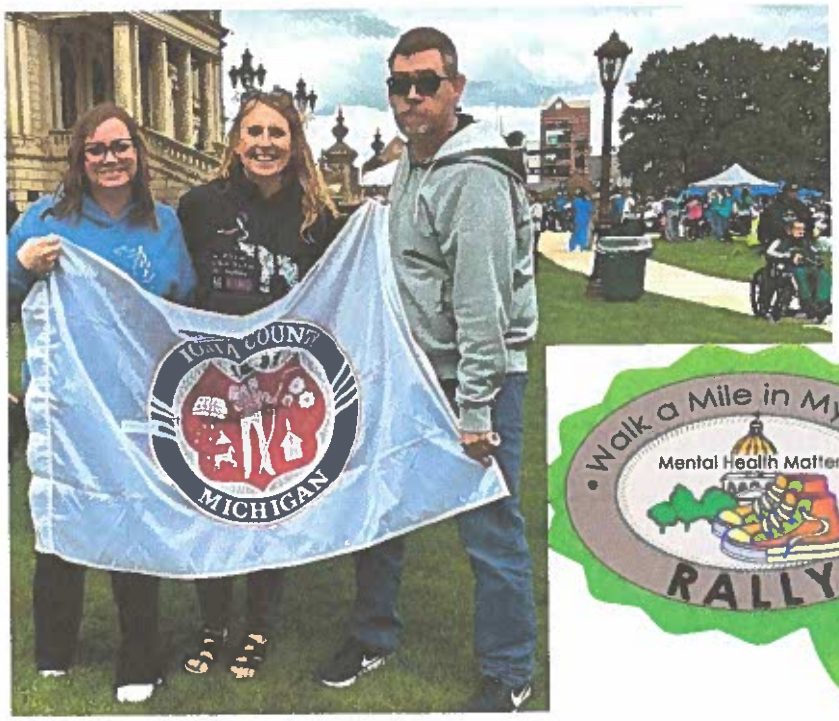
9-11:30am for persons served
11:30am-2:30pm for the public

Gently used clothing, shoes, accessories, hygiene products and haircuts

Please come with freshly washed hair



TRD Nurse Tamra Feutz at the Health Fair checking blood pressure for those who wanted.



State Capitol Lawn
Lansing, MI

Rallying on the State Capitol Lawn, September 23 were Peers Shelly Hanses, Lexi Doty and Rob Weiland with some of our persons served, on behalf of The Right Door, for Ionia County and the Community Mental Health Association of Michigan. In all, the 12 were there along with thousands more to let those in power know there is a need for increased mental health funding to be on par with other health services, for inclusion in policy discussions and that the 300,000 Michiganders who seek behavioral health services have a voice and a vote. We want to be heard!



And Costume Splash!

October 29, 4-6pm

The Autism Center, The Right Door, Belding

Trick or treating for all ages and abilities

Open to the community

For information call **Justina** at **616-527-1790**

HEALTH FAIR





3:30-5:30 pm, 9/24
Steele Street Hall, Ionia

Peers brought together local organizations and small businesses that care about our community health.





Expe$$ yourself



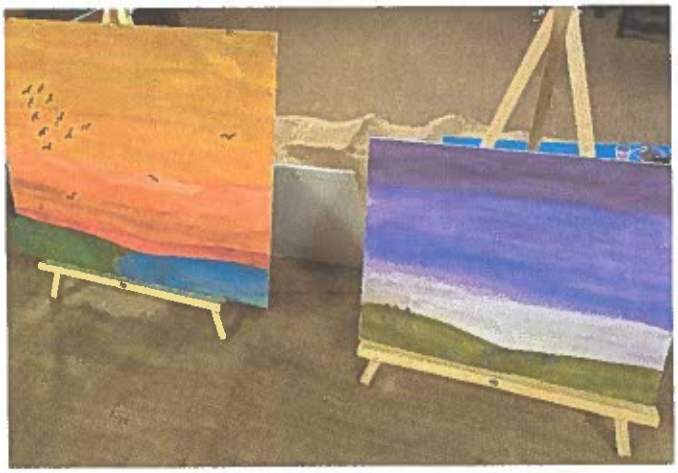


Art Show

3:30-5:30pm, 9/24

Just some of the unique art on display at Steele Street Hall. It was made by members of the local community to celebrate mental health. There was a little bit of everything from coloring, to pencil drawings, leaf prints, painting, health related posters and more including Tina Jones singing up a beautiful storm. This year's event included door prizes for attendees to both events that were held together before the annual 5K.





5K RUN WALK ROLL

Top: Race registration with case managers

Below: Heading safely under the highway to avoid crossing roads

Below right: Many staff participated

Bottom: Cars slowed down and some even stopped as racers set off

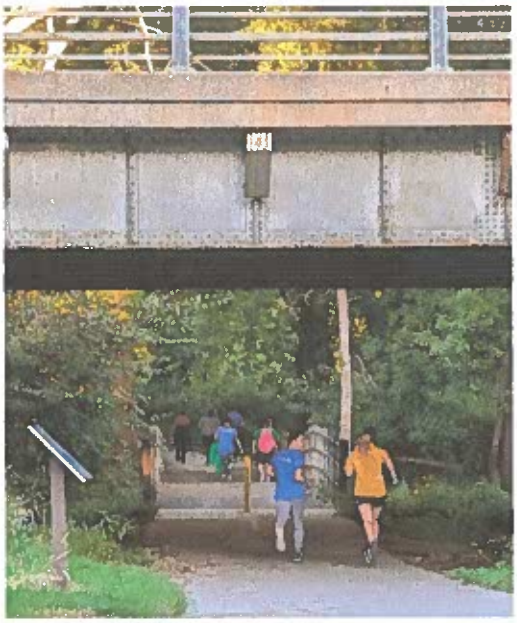


Registration 5-5:45pm, Race 6pm, 9/24

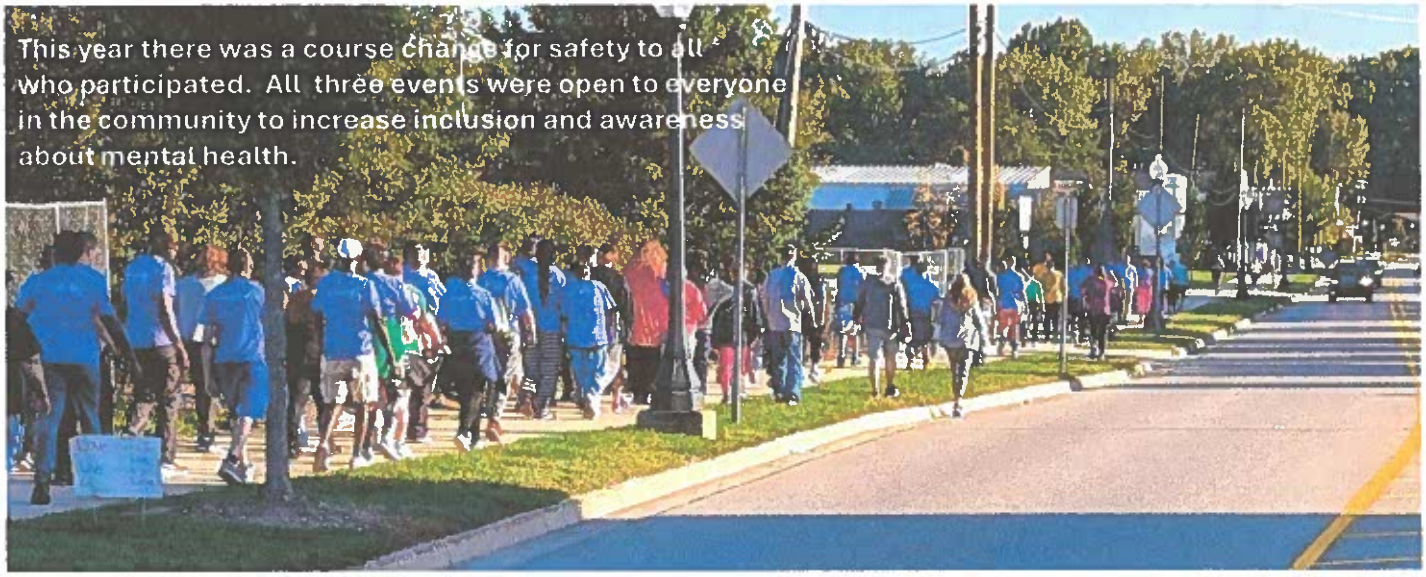
It was a comfortable night as everyone set off on a totally different and new course for the annual case management 5K. Some 165 people were preregistered to race with many more signing up the day of.

Instead of heading over the bridge and Highway 66 on the Ionia River Trail, people headed down Steele Street and under the bridge behind The Appliance Patch so they did not have to cross any roads. The course continued by the river, past the boat launch around the fair grandstand looping back under the bridge to finish at Steele Street Hall and a snack.

The reason for the course change was simply for safety for everyone participating from the community.









Community Events

Thursday, October 29
10am-12pm
The Right Door, Ionia

The Infant Mental Health team is hosting a free baby shower, open to the public, celebrating children from birth to 3.

Attendees will be able to win raffle prizes, connect with other families, and be involved in a diaper giveaway (in partnership with United Way).

They can learn about community resources from TRD community partners like Early On, MDHHS, United Way, area doulas, baby pantries...

Pre-registration is not required, but appreciated.

Light refreshments will be provided.

Contact Teresa Kiser **616.527.1790**

The Mama Lounge

WAVE OF LIGHT

October 15, 6:30pm

The Mama Lounge, Main Street, Belding

Behind and associated with the Flat River Doulas

A night of remembrance held during Pregnancy and Infant Loss Awareness Month. Welcome gathering and candle lighting. Free. Candles provided.

mamalounge.co



Wine and Cheese Night

Enjoy an evening of conversation, wine, cheese and other food. Admission is a dish to pass.

October 17, 6pm,
First Congregational Church, Belding
Must be 21 years of age or older



SUNDAYS AT THE MARKET

Saturday, October 11,
10am-4pm, Ionia Fairgrounds
Pop up style market featuring vintage vendors, eclectic home décor, upscale. homemade items, food, more. ***$5 entry.***



40th ANNUAL RACE CAR SWAP MEET, October 18,

7am-5pm, Ionia Fairgrounds
Buy, sell, trade/see cars. On-site refreshment.
$10 entry. $60 to exhibit.
Can register till 9am the day of to exhibit.



IONIA AUTUMN CELEBRATION

Thursday, October 22,
Downtown Ionia, 4:30-7:30pm
Chili Dawg Challenge, community harvest carnival, kids zone, kids and pet costume contests, Trunk or Treat. ***Free***

Domestic violence is a pattern of abuse —physical, verbal and spiritual—where one person exerts power and coercive control over another in an intimate relationship.

There is NEVER an excuse for abuse



- According to the National Coalition Against Domestic Violence (NSADV), more than 10 million men and women become victims of Domestic Violence each year in the US
- 1 in 3 women and 1 in 4 men experience some form of physical violence in their lifetimes
- Every minute some 20 people are physically abused in the US
- On a typical day, domestic violence hotlines nationwide receive over 19,000 calls
- According to the Bureau of Justice Statistics, intimate partner violence amounts to 15 percent of all violent crime

Domestic Violence Resources

Domestic Violence Hotline and Michigan Domestic Violence Prevention and Treatment	**800-799-7233**
Ionia County Human Resources	**ioniacounty.org**
Ionia County Michigan Department of Health and Human Services	**616-527-5200**
National Coalition Against Domestic Violence	**www.ncadv.org**
National Center on Domestic/Sexual Violence	**www.ncdsv.org**
National Sexual Abuse Hotline (RAINN)	**800-273-8255**
Relief After Violent Encounter (RAVE)	**616-527-3351**
24 Hour Crisis Line	**800-720-7233**
The Right Door	**616-527-1790**
24 Crisis Line	**888-527-1790**
United Way	**211**

Lyons-Muir Church Annual



October 31, 6-8pm
In church parking lot
Bluewater Highway.

Trick or Treating

On the CIS Trail
In Muir, October 31, 5-8pm, (between Railroad Park and Center Street),
Sponsored by the Lyons-Muir Lions Club with free bagged treats and blocked crossroads for safety.



Two Person
SPEED JIGSAW PUZZLE COMPETITION
October 24, 1pm
Lake Odessa Community Library

Cost to enter is $10 per team. RSVP at the library.

PORTLAND COMMUNITY FUND
COAT GIVEAWAY
October 24
10am-1pm

St. Andrews Lutheran Church, Portland





Paired with the local market. Questions 517-743-1830

Resources

MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ **616.527.5357**

Still more...

Community Events

3RD ANNUAL CHILI COOK OFF

October 24, 9am

Social House, Saranac



On site cooking
Public tasting and voting
Live music
Beverages
Cash prizes
$15 *per person*
Free entry *if competing*

FALL ON THE FARM FESTIVAL

11am-4pm, October 17

Crosby Farms, 3885 Eddy Road, Saranac

Crafters, vendors, food truck, bounce house, petting zoo, corn bin, pumpkin patch, hayrides.

$5 per person. Kids 5 and under free

Buy tickets: crosbyfarm.org

SARANAC HARVEST FESTIVAL

October 24, 1-4pm, Saranac Trail Head

Free pizza, donuts and cider.
Pulled pork.
Vendors, fun kid activities
Trunk or treat. Costumes encouraged.



Donation to Saranac Food Pantry - Saranac Promise for pork

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 for basic needs **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 ReHab 1-800-605-6722
- **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

Helpline



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 farmer's MARKET

Ionia Saturdays 9am-1pm
Across from the fairgrounds

Lyons Thursdays 12-3pm
Downtown Pavilion

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

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



At Farmer's Markets



FEEDING AMERICA West Michigan

10/1	2pm, Walk up, Central UMC, Lake Odessa
10/6	6pm, Drive Through, Twin Rivers Elementary, Muir
10/10	10am, Drive Through, Mount Hope Church, Portland
10/13	4:30pm, Drive Through, Ionia Fairgrounds
10/16	4:30pm, Drive Through, Belding High School
10/20	6pm, Drive Through, Hubbardston American Legion
10/28	5pm, Drive Through, Shiloh Community Church, Orleans

West Michigan



DOUBLE UP 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

THE right DOOR for hope, recovery and wellness GROUPS

You can't give your life more time. So give the time you have more life. Don't just exist, but live.

Big Feeling Tamers
Thursdays, 4:30-5:30pm, Ionia TRD.

Bingo
Peer Led, 10/20, 1:30pm, Denny Farms.

CBT Anxiety
Fridays, 2-3pm, Virtual.

CBT Depression
Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength
Tuesdays, 5-6pm, Virtual.

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, 10/14, 9:30am, Ionia TRD.

DBT Fidelity Group
Thursdays, 1-2:30pm, Ionia TRD.

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

Teen DBT
Tuesdays, 3:30-4:30pm, for teens 13-17, Ionia TRD.

Euchre
Peer Led, 10/6, 13, 20, 27, 10am, REDIC and
10/2, 9, 23, 30, 10am, Saranac Housing.

Fitness
Peer Led Fitness Group, **Tuesday, 10, 6, 13, 20, 27** and **Thursday, 10/8, 15, 22, 29,** all at 2pm at Ionia Fitness.

Every Tuesday, Wednesday, and **Friday,** (except 10/16), all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Group
Peer Led, 10/5, 12, 19, 26, 2:30 REDIC.
Game Club, 10/8, 15, 22, 29, 11am, Portland TRD.

Grit For Beginners
Thursdays, 4-5pm, October 8-November 19, for kids, 6-12.

Healthy Relationships
Fridays, 1pm, Ionia TRD.

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

Kids Crafting Coping Skills Group
Tuesdays, 4:45-5:45, for 13-17 year olds, Ionia TRD.



Roasted Butternut Squash Soup

Half, seed and roast a butternut squash in a 375 degree oven for about 40 minutes inverted in a pan with some water.

Meanwhile chop one small yellow onion and sauté in a pan with one clove minced garlic in a teaspoon of olive oil and one teaspoon butter till tender.

Add:
1/2 teaspoon of black pepper
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 Tablespoon brown sugar
A pinch of cayenne
1/2 cup sour cream
Mix altogether adding the scooped out squash. Blend with an immersion blender. Garnish with roasted sunflower or pumpkin seeds.

Life Skills
Mondays, 1:30pm, Ionia TRD.

Men's Group
Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change
Thursdays, 1-2:30pm, virtually.

Ready to Work Group
Wednesdays, 12-1:30pm, Ionia TRD.

Self Love
Peer Led, 10/1, 8, 22, 10:30am, REDIC.

Volunteer Group
Peer Led, 10/6, 20, 27, 3:30pm, Ionia Theater.

Women's Group
Friday, 10am-12pm, Ionia TRD.



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

			1 10:30 Self Love 2 Crafting	2 11 Physical Fitness 1 Nutrition
5 11 Goal Getters Mindful Monday 2:30 Games	6 10 Euchre 11 Junk Journaling 2 Crafting	7 11 Healthy Relationships 1 Free Lunch	8 10:30 Self Love 11:30-2 Bowling	9 11 Physical Fitness 1 Nutrition
12 11 Goal Getters 12 **Board Meeting** 2:30 Games	13 10 Euchre 11 Junk Journaling 2 Crafting ***Volunteer Theater***	14 11 Healthy Relationships 1 Free Lunch	15 10-2 **Anderson and Girls**	16 11 Physical Fitness 1 Nutrition
19 11 Goal Getters Mindful Monday 2:30 Games	20 10 Euchre 11 Junk Journaling 2 Crafting	21 11 Healthy Relationships 1 Free Lunch	22 10:30 Self Love 11:30-1:30 Bowling	23 11 Physical Fitness 1 Nutrition
26 11 Goal Getters Mindful Monday 2:30 Games	27 10 Euchre 11 Junk Journaling 2 Crafting	28 11 Healthy Relationships 12-3 **Halloween Party**/Free Lunch	29 10:30 Self Love 2 Crafting	30 11 Physical Fitness 1 Nutrition

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia **(616) 522-9773**