

August 2026

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

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



It doesn't matter what season it is, whether you're male or female, or even how old you are. We all practice a lifetime of skin care.

It starts when we were young. Our parents implant the notion of skin care by rubbing sunscreen on us at the beach, plopping on a hat, sometimes long sleeves and sunglasses to protect our tender skin and eyes from those harmful UV rays. And if by chance we

get a little too much sun, there's always creams or spray they'll use as aftercare for sunburns.

Then there's care for windburns in the winter, dry skin from being inside more, and lip balm for chapped lips. Or healing topicals year round after boo boos, and before bandages are needed for hang nails, bee stings, mosquito bites and blisters, rashes, poison ivy, oak and warts.

As we grow, along comes hormones, the t zone, clogged pores, acne, makeup, as well as, creams before and after for shaving faces, armpits, legs...

Then there's changing adult skin. There's stretch marks before and after women have children, scars we try to fade and even older come the frown, laugh and fine lines, that become wrinkles just like freckles become age spots when we hit mid life due to diminishing collagen, estrogen and testosterone. Then later it's hello sagging, crepey skin and dark circles under our eyes.

So what do we do? Resort to Botox and cosmetic surgery? No. Find what simple serums, lotions and moisturizers work for you and continue lifetime care our parents taught us to help maintain good skin late in life.

Sue Ferris



Member:

MSHN
Mid-State Health Network



PEER LED Fitness Group every Tuesday, except August 25, at 2:30pm and Thursdays, all at Ionia Fitness

Every Tuesday, except August 11, **Wednesday**, except August 12 and **Friday**, except August 14 and 28, all at 1:30pm, at Ionia Fitness. Call: Patricia

3, 17 **PEER LED**, Game Night, 2:30pm, REDIC 31

4, 11 **PEER LED**, Unfold: Fine Art Group, Noon, **18, 25** Ionia TRD

6, 13, 20, 27 **PEER LED**, Game Club, 11am, Portland TRD

7, 21, 28 **PEER LED**, Euchre, 10am, Saranac Housing. Euchre at REDIC **4, 11, 18, 25** at 10am

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

11, 25 **PEER LED**, Volunteer Group, 3:30pm, Ionia Theater

12 **PEER LED**, Writing for Recovery, 3pm, Ionia TRD

13, 27 **PEER LED**, Self Love, 11:30am, River's Edge Drop in Center (REDIC)

14 **Free Cookout with Peers**, How to get the most out of your doctor's appointments, and Peer stories, 11am, Ionia TRD

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

24 **TRD Board Meeting**, 4-6pm, Ionia TRD

25 **PEER LED**, Bingo, 11am, Sozo

26 **PEER LED**, Trip to Denny's Farm Market, 11am, Ionia TRD. Must be signed up to go

27 **PEER LED**, Park and Potluck, noon, Robinson Park. Please bring a dish to pass

MONTH LONG AWARESSES:

Auto Inflammatory Awareness

Children's Eye Health and Safety Month

National Breastfeeding

National Immunization Awareness Month—

Focuses on the importance of immunizations at any age.

National Wellness Month—

Emphasizes self care, stress management and healthy daily habits.

Summer Sun Safety Month—

Urges us to protect our skin and eyes from UV rays and prolonged exposure.

Psoriasis Action Month—

Follows suit on the focus of skin health

WEEK LONG AWARENESSES:

August 1—7

World Breastfeeding Week

August 4—10

National Health Center Week

August 10—16

OSHA's Safe and Sound Week

DAY AWARENESSES:

1 **World Lung Cancer Day**

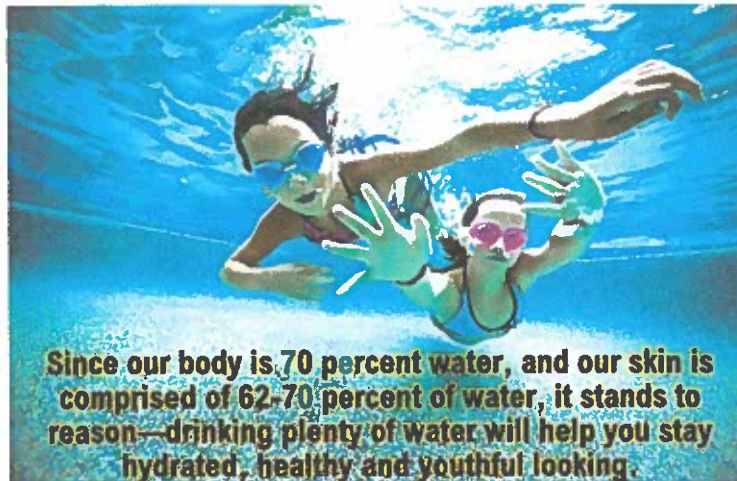
30 **National Grief Awareness Day**

31 **International Overdose Awareness Day—**

Know what to do and who to call if you or someone close could be at risk to overdose

Holidays

9/7	Labor Day
11/26	Thanksgiving
11/27	Day after Thanksgiving
12/24	Christmas Eve Day
12/25	Christmas
12/31	New Year's Eve Day



HERBRUCK'S KIDS DAY THANK YOU!

TO OUR AMAZING SPONSORS AND
VOLUNTEERS THAT HELP MAKE THIS POSSIBLE



CLARK CONCESSIONS
NETTERFIELD CONCESSIONS
LEON LEATHER
MR. PORK BELLY
GRUMPY'S FOOD TRAILER
S & S CONFECTIONS BAILEYS

PREGNANCY SERVICES OF IONIA COUNTY, STS FOUNDATION, IONIA PUBLIC SCHOOLS, SADIE NICOLE PHOTOGRAPHY, MAKER STORY CREATIVE COLLECTIVE, LITTLE LEARNERS PRESCHOOL AND CHILD CARE CENTER, IONIA HANDMADE LLC, THE ALIBI BAR & GRILL, THE RABBIT HOLE KNOLL, IM SAFE, UNITED WAY OF GREATER CENTRAL MICHIGAN, HORIZON DAYCARE, IONIA COUNTY HEALTH DEPARTMENT, IONIA COUNTY HOPE AND RECOVERY, GREAT START TO QUALITY WESTERN RESOURCE CENTER, THE RIGHT DOOR FOR HOPE RECOVERY AND WELLNESS, EIGHTCAP INC EARLY HEAD START AND HEAD START, IM KIDS 3rd MEAL, JIM PERRY THE BALLOON GUY, HOLIDAY HEARTS OF IONIA, RAVE



MORE THAN YOU IMAGINE
IONIA
MI
AREA CHAMBER OF COMMERCE

ABOVE:
The vinyl sign thanking all the Ionia Free Fair Kids Day sponsors (including The Right Door) outside the E Stage tent where many of the day's fun interactive activities were held including the bike giveaway.



TRIP TO DENNY'S FARM MARKET

August 26

Meet at TRD 11am

RSVP Peers at 616.527.1790



PEERS PARK AND POTLUCK

August 27

Robinson Park, Ionia

Please bring a dish to pass.

A special thank you to Endvi Auto Body who sponsored the Queens Circus at this year's Ionia Free Fair.

In addition to sponsoring the grandstand event, Endvi generously donated 15 free tickets to The Right Door so some of our kiddoes could attend for free on Monday, July 20th.

Tickets were \$10 each.



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



SUMMER MEALS at Ionia Community Library

June 11-September 4 Thursdays and Fridays Noon-1pm



- 8/4** 2pm, Walk up,
Central UMC, Lake Odessa
- 8/4** 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 8/8** 10am, Drive Through,
Mount Hope Church, Portland
- 8/11** 4:30pm, Drive Through,
Ionia Fairgrounds
- 8/18** 6pm, Drive Through,
Hubbardston American Legion
- 8/21** 4:30pm, Drive Through,
Belding High School
- 8/26** 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



Lunch and Learn Cookout
August 14, 11am, Ionia Right Door
 Weather permitting



2026 Peer Lunches

- 8/14** Tips for Talking to your Doctor
Get the most out of appointments
- 9/4** Motivation
- 10/2** Diabetes Education
- 11/5** Drab to Fab
- 12/4** Friendsgiving/Holiday Party



THE right DOOR
 for hope, recovery and wellness



Connecting—The way it could be...

A peer support person, persons served and people from the community connecting and socializing. This was just a snippet of the Right Door booth during the Ionia Free Fair in July with people coming through the Merchants Building looking to buy or sample wares. Some of our handicrafters shared the booth daily at no charge taking home any monies they made from their creations.

At 6:30 opening night of the world's largest free fair, many of our staff set off to walk and run the 5k course through downtown Ionia and the fairgrounds amidst the smoke blowing in from Canadian wildfires.



A casual, Peer-led group held bi-weekly for mom's to connect out of the house and get some fresh air with other moms. For mom's with kids from birth 12 with kids welcome.

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





Express
— yourself —



Health Fair 3:30-5:30 pm

Express Yourself Art Show 3:30-5:30pm

5k Walk, Run and Roll Registration 5-5:45pm,

Race 6pm

Thursday, September 24th

Steele Street Hall, 115 Steel Street, Ionia, MI

- **Open to everyone**
- **Bringing together local organizations and small business that care about your health**
- **Unique art made by members of the local community**
- **Celebrating mental health awareness and education**
- **Questions:**

Health Fair/Art Show—Speak to a Peer

5K—Speak to Case Management

616.527.1790



Ionia County Hope and Recovery Provides:

- A Teen Intervene Program,
- Partners with schools to encourage healthy choices
- Supports families
- Offers Narcan and sharing tips for safe medication care
- Gathers for SMART Recovery Wednesdays, 12:30-1:30pm at Ionia West Michigan Works



Our friends from Ionia County Hope and Recovery were onsite at B2SB with information about substance abuse (prevention, education, recovery and wellness), and a football throwing game in the tent to win—what else—footballs! And they gave almost all them away!



Opening Back to School Bash up to anyone in the county obviously filled a need as there were more people in line to get in, more to choose hygiene products and information, more for backpacks and supplies, as well as lines for clothes and haircuts, in Ionia on Friday, August 7th. Yet for all that, people were patient, respectful and appreciative.

Belding and Portland TRD also gave out backpacks and supplies on Wednesday the 5th with a similar response.

Since 8/31 is Internation Overdose Awareness Day...

OVERDOSE SYMPTOMS

WHAT TO DO



Pinpoint Pupils



**Shallow Breathing,
Blue, Purple or
Ashen**



**Nails, Lips
Nausea, Vomiting or
Gurgling Noises**



**Fever, Chest Pain,
Unsteady Walking**

**Violent Behavior,
Confusion**

Convulsions, Seizures

**Unconscious
Unresponsive**

**Check if the person is breathing
Yell Name, Sternum Rub**

**Lay, Spray, Stay
Provide Dose of
Narcan
If trained in CPR,
provide Rescue
Breaths**

**Place the person in
the Recovery
Position**



Call 911

**Stay with the person until
medical help arrives**



This event made possible by staff monetary and supply donations, as well as, sponsorship from local businesses. There was also a percentage of sales donated for anyone from TRD who ate at the Wagon Wheel on two days in June and July. Thank you all for your kindness and generosity!

THE *right* DOOR GROUPS

for hope, recovery and wellness

Big Feeling Tamers

Starting 8/6, Thursdays, 4:30-5:30pm, Ionia TRD.

Bingo

Peer Led, 8/25, 11, Sozo.

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, 8/9, 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 8/11, Tuesdays, 3:30-4:30pm, for teens 13-17, Ionia TRD.

Emotion Explorers

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

Euchre

Peer Led, 8/4, 11, 18, 25, 10am, REDIC and 8/7, 21, 28, 10am, Saranac Housing.

Fitness

Peer Led Fitness Group, **Tuesdays, except 8/25, and Thursdays**, all at 2:30pm at Ionia Fitness.

Every Tuesday, except 8/11, Wednesday, except 8/12, and Friday, , all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Night

Peer Led, 8/3, 17, 31, 2:30pm, REDIC.
Game Club, 8/6, 13, 20, 27, 11am, Portland TRD.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

Kids Skills Group

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



Chicken Salad with Grapes And Pecans

4 cups shredded rotisserie, roasted or poached chicken

1 cup halved red grapes

1/2 cup finely diced celery

1 small yellow or red onion diced

Add dressing of:

1 cup mayonnaise

1 teaspoon Dijon mustard

1/2 teaspoon lemon juice

Ground black pepper, salt and parsley (optional) to taste

Chill for an hour and serve on a croissant, in a wrap, pita pocket or on seedy crackers

Kids Crafting Coping Skills Group

Starting 8/4, 4:45-5:45, for 13-17 year olds, Ionia TRD.

Life Skills

Mondays, 1:30pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Starting 8/27, Thursdays, 1-2:30pm, virtually.

Ready to Work Group

Starting 8/5, Wednesdays, 12-1:30pm, Ionia TRD.

Self Love

Peer Led, 8/13, 27, 11:30am, REDIC.

Unfold: Fine Art Group

Peer Led, 8/4, 11, 18, 25, Noon, Ionia TRD.

Volunteer Group

Peer Led, 8/11, 25, 3:30pm, Ionia Theater.

Writing for Recovery

Peer Led, 8/12, 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

August 11, September 8



MICHIGAN STATE
UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.5357

CHILD AND FAMILY AUGUST OFFERINGS

One Time Online Classes 7:30-9pm:

- 8/4 What children need to know to start school
- 8/11 Intro to Autism Spectrum Disorder/Neurodiversity
- 8/18 Mealtime Minefields: Picky Eating to Food Aversions
- 8/25 Young at Art: Art Experiences for Young Children

[https://msu.zoom.us/webinar/register/
WN_fEW2PDu5THq5OmQ0-EB7LQ](https://msu.zoom.us/webinar/register/WN_fEW2PDu5THq5OmQ0-EB7LQ)

Multi-week Parenting Series

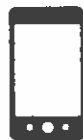
Guiding Principles for Highly Successful Parenting
Class Dates: Wednesdays, 8/12, 19, 26, 9/2, 9
11:30am-1pm

This class is eligible for MIRegistry Credit!

Contact Courtney Aldrich at aldric82@msu.edu

[https://msu.co1qualtrics.com/jfe/form/
SV_bOUJg8zZGkm98AC](https://msu.co1qualtrics.com/jfe/form/SV_bOUJg8zZGkm98AC)

See website or contact Courtney about *Early Childhood
Professional Development Classes 8/20 and 8/28*



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** 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





3 11 Goal
Getters
Mindful
Monday
2:30 Games

4 10 Euchre
11 Junk
Journaling
2 Bingo

5 11 Healthy
Relationships
1 Free Lunch

6 11 Ted Talks
1 Crafts

7 1-3 Fishing Friday

10 10 JIMHO
Training
12 Board
Meeting

11 10 Euchre
11 Junk
Journaling
2 Bingo

12 11 Healthy
Relationships
1 Free Lunch

13 10:30 Self
Love
12-3 Bowling

14 11 Peer Cookout
at The Right
Door
1-3 Fishing

17 11 Goal
Getters
Mindful
Monday
2:30 Games

18 10 Euchre
11 Junk
Journaling
2 Bingo

19 11 Healthy
Relationships
1 Free Lunch

20 11 Ted Talks
1 Crafts

21 Mystery Outing

24 11 Goal Getters
Mindful
Monday

25 10 Euchre
11 Junk
Journaling
2 Bingo

26 11 Healthy
Relationships
1 Free Lunch

27 10:30 Self
Love
12-3 Bowling

28 1-3 Fishing Friday

31 11 Goal Getters
Mindful
Monday
2:30 Games

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773