

# The right Connection

February 2026

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](http://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.



Even though Valentine's Day is approaching, it doesn't mean it's all teddy bears, flowers, chocolates, extravagant dinners, or grand gestures like the media portrays.

Since there are different kinds of love, there are also different kinds of appropriate gifts. And none need to be expensive. Sometimes the most thoughtful, simpler gestures from the heart are more appreciated.

A significant other or spouse is usually portrayed having a meal out, receiving jewelry, chocolates, flowers or sharing an experience like concert tickets or a mini weekend away. Tune in to what they really enjoy. Maybe your wife works and is tired when she gets home. A hot bubble bath, food ordered in, music and a hubby who does the dishes might score more brownie points. Your other half may be sore and enjoy a back massage and foot rub. Your kids are easier. Candy, a homemade themed dinner featuring red sauce, heart shapes and chocolate desserts followed by a night spent playing games might be the ticket. Get them involved and let them decorate!

Your parents or siblings may only expect a card, a text, facetime or social media post (if that), while close friends and coworkers might like some home baked goodies, a post it on their favorite coffee treat or chocolate covered strawberries.

But a hug or a heartfelt sentiment like I adore you, like you, appreciate you are sweet and great for everyone and they only cost a little human touch straight from your heart.

Hugs,  
Sue Ferris  
Newsletter Editor





## MONTH LONG AWARENESSES:

**American Heart Month**—With heart disease being one of the leading causes of death in the United States, February becomes an important time to focus on heart health, check ups and healthy eating

**Black History Month**

**Children's Dental Health Month**—get a checkup

**Hot Breakfast Month**

**Low Vision Awareness and Age Related Macular Degeneration**—have an annual eye exam

**National Self Check Month**—encourages personal health care screenings to know your numbers as preventative troubleshooting

**Prenatal Infection Prevention Month**

**National Birth Defects Prevention Month**

**National Snack Food Month**

## WEEK LONG AWARENESSES:

**1-7 Burn Awareness Week**—As cold as it has been many people have been running space heaters, fireplaces, burning candles and cooking more hot dishes on the stove and in the over. That is why burn risks increase during this time of year

**7-14 Congenital Heart Defect Week Awareness Week**

**8-14 Heart Failure Rehabilitation Week and Heart Failure Awareness**

**14-21 Alzheimer's Disease and Dementia Education Week**

**23-March 1 National Eating Disorders Awareness Week**

## DAY AWARENESSES:

**2 Rheumatoid Arthritis Awareness Day**

**4 World Cancer Day**

**6 National Wear Red Day**

**6 Time to Talk—Mental Health Conversation Day**

**6 Give Kids a Smile Day**

**14 National Donor Day**

**19 Anniversary of the Founding of Mental Health America**

**20 National Caregiver Day**

**22 National Heart Valve Disease Awareness Day**

**28 Rare Disease Day**

- 3 PEER LED, LGBTQIA+, 3pm, Ionia TRD**
- 3, 10, 17, 24 PEER LED, Unfold: Fine Art Group, 10am, Ionia TRD**
- 3, 10, 17, 24 PEER LED, Volunteer Group, 3:30pm, Ionia Theater**
- 4, 18 PEER LED, Grief and Loss Support Group, 2:30pm, Portland TRD**
- 5, 12, 19 PEER LED, Walking Group, 9:30am, Ionia TRD**
- 5, 12 PEER LED, Grief and Loss Support Group, 10:30am, REDIC**
- 5, 12 PEER LED, Self Love, 11:30am, River's Edge Drop In Center (REDIC)**
- 5, 12 PEER LED, Yarn Circle, 1:30pm, Ionia County Commission on Aging**
- 6 PEER LED, Luncheon, 11am. Focus Group, Ionia TRD**
- 9, 16 PEER LED, Game Night, 3pm, REDIC**
- Tuesdays PEER LED Fitness Group 2:30, (except the 24th) and Thursday 3pm, all at Ionia Fitness**
- Every Tuesday and Wednesday, and Friday, all at 1:30pm, at Ionia Fitness. Contact: Patricia**
- 11 PEER LED, Crafts, 9:30am, Ionia TRD**
- 11 PEER LED, Coffee and Conversation, 11am, Sozo**
- 13 PEER LED, Valentine's Celebration, 11am, Ionia TRD**
- 14 VALENTINE'S DAY**
- 16 PRESIDENT'S DAY**
- 16 Committee of the Whole Meeting, TRD 4-6pm, Ionia TRD**
- 17 PEER LED, Bingo, 1:30pm, Taco Bell**
- 23 TRD Board Meeting, 4-6pm, Ionia TRD**



## **BELDING AND ORLEANS:**

**Ashley Baptist Church Food Pantry—Emergency**, 10463 Belding Road, (616) 794-3410. Pantry hours Monday to Friday 9am-5pm. Call the church in advance to schedule an appointment.

**Belding Area Schools Mobile Food Pantry**, 850 Hall Street, (616) 794-4646. Open third Friday of the month at 4pm.

**St. Joseph Catholic Church**, 409 South Bridge, (616) 794-2145. Open Thursdays 2-3pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

**Ionia County Commission on Aging-Belding (meal site)** 41 Belhaven Street, (616) 527-5365. Tuesday 11:30am-12:30pm (in person or pick up meals available). Meals require an RSVP by noon the Friday before. They may ask for a suggested donation; however, no donation is required for food.

**Shiloh Community Church**, 8197 Heth Street, Orleans, (616) 761-3584. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.



## **IONIA:**

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

**Ionia County Commission on Aging (meal site)**, 105 East Hudson Street, (616) 527-5365. Tuesday, 11:30am-12:30pm (in person meals or pick up and Thursday 11:30am-12:30pm (in person meals only).

**Seven Day Adventist Food Pantry**, 721 Elmwood Drive, (616) 527-6465. Open third Tuesday each month 9:30am-1pm. Pantry offering prebagged food items, perishables, and gently used clothing.

**Zion Methodist Church Food Pantry**, 130 East Washington, (616) 527-1920. Open Wednesday 2-4:30pm. Pantry offers pre-boxed items based on family size. Serving residents of Ionia County. *Due to a fire at Zion, the pantry will be housed at First Christian Church at the address above. Park in the lot and enter from the back of the church.*

## **West Michigan**



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

## **LAKE ODESSA:**

**Ionia County Commission on Aging—Lake Odessa (meal site)**, 1175 Emerson Street, (616) 527-5365. Please call ahead for appointment the Friday before. Hours are Tuesday and Thursday 11:30am-12:30pm (in-person and pick up meals)

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



- 2/3 2pm, Walk up, **Central UMC, Lake Odessa**
- 2/3 6pm, Drive Through, **Twin Rivers Elementary, Muir**
- 2/10 4:30pm, Drive Through, **Zion, Rather Parking Lot**
- 2/17 6pm, Drive Through, **Hubbardston American Legion**
- 2/20 4:30pm, Drive Through, **Belding High School**
- 2/25 5pm, Drive Through, **Shiloh Community Church, Orleans**

## **PORTLAND:**

**Ionia County Commission on Aging-Portland, (meal site)**, 421 East Bridge Street, (616) 527-5365. Tuesdays 11:30am-12:30pm (in person or pick up meals). Meals require an RSVP by noon the Friday before. The organization may ask for a suggested donation; however, no donation is required for food.

**Mount Hope Church—Mobile Food Pantry**, 845 Ionia Street, (517) 647-4136. Second Saturday of the month, 10-11am every other Month. December, February, April, June, August, October, December.

**Portland Community Food Bank**, 310 East Bridge Street, (517) 204-4279 or (517) 647-6844. Monday 9am-noon; Thursday 4-6pm. Pantry is inside the Portland Methodist Church.

## **SARANAC:**

**Saranac Community Church Food Pantry**, 125 South Bridge, (616) 642-6322. First and third Thursday 2-4pm. Available to Saranac or Clarksville residents once a month.

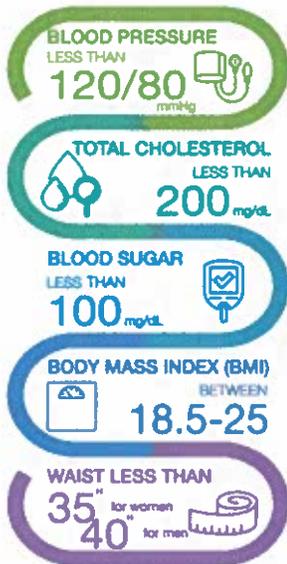
FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**



As of 10/8/2025

EAT AND  
SNACK  
HEALTHY

# What Can You Do to Help your Heart and Prevent Cardiovascular Disease?



We all know we are supposed to stay hydrated (*with water*), eat healthy balanced meals limiting salt and sugar. We should exercise (*for 150 minutes of moderate intensity aerobic activity or 75 minutes vigorous activity per week*) and we should shoot for eight hours sleep each night.

We also need to have annual checkups getting screened for blood pressure, cholesterol, body weight, and other cardiovascular markers especially since risk increases as we age, if we smoke have diabetes, a poor diet, are inactive, overweight, or have went through menopause.

The good news is that many of the risks can be modified.

As a designated Certified Community Behavioral Health Clinic (CCBHC) we strive to improve your health since your mental health is impacted by your physical health (and vice versa). Our nurses complete annual health screens to ensure your mental and physical health needs are being met. Our aim is to achieve and maintain maximum health goals which will lead to improved mental health.

We can help you connect to a primary healthcare provider, dentist or eye professional. We can also schedule an office visit with a Nurse through Access, your primary clinician or by contacting the nurse line.



When junk food cravings hit, reach for a snack with fiber and protein but not a lot of salt or sugar. Be sure to check and eat the appropriate serving size

Good Housekeeping

- low fat or Greek yogurt (add fruit to it, like berries)
- a boiled egg
- veggies, pretzels or pita chips and hummus
- string cheese (*perhaps wrapped in ham or turkey with a pickle or slice of pepper or some mayo*)
- salad with an oil and vinegar or Italian dressing
- salsa, guacamole, cowboy caviar or spinach artichoke dip with crackers, tortilla chips, pretzels, veggies
- rice cakes
- popcorn (*preferably air popped or not buttered*)
- trail mix with nuts, seeds, raisins, m and m's
- low fat/low sugar smoothie

- Charcuterie with fruit, meat, cheese, nuts, olives,
- Nuts (*not mixed; just walnuts, pecans, almonds*)
- roasted chickpeas or pumpkin seeds
- jerky
- cottage cheese with or without fruit
- a few frozen grapes
- frozen banana dipped in 70 percent dark chocolate with chopped nuts
- apples or celery, raisins and peanut butter
- low sugar, high fiber/high protein granola bars
- fruit salad
- raspberries alone or with dark chocolate chips

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Questions?  
Nurse Line

616-775-1023



## Freezer Breakfast Burritos

- 1 pound pork or chicken sausage
- 2-3 medium potatoes diced (*optional*)
- 1 green pepper diced
- 1 medium yellow onion diced
- 8 ounces sharp cheddar cheese grated
- 1 tablespoon butter
- 8 large eggs
- Salt and pepper to taste
- 1 cup salsa
- 8 large flour sized tortillas

Cook, crumble and drain sausage. Transfer to a bowl. Cook potatoes 8 to 10 minutes stirring regularly in olive oil. Add peppers and onions; cook another few minutes. Season and add to sausage bowl. Whisk and scramble eggs in butter. Assemble and fold burritos. Store in a freezer bag in the freezer for up to 3 months. Remove as needed and microwave 45 seconds. Enjoy staying full!

Sources:

The American Heart Association/ Right Door Health Screens

# AIR FRYER CHICKEN PARMIGAN



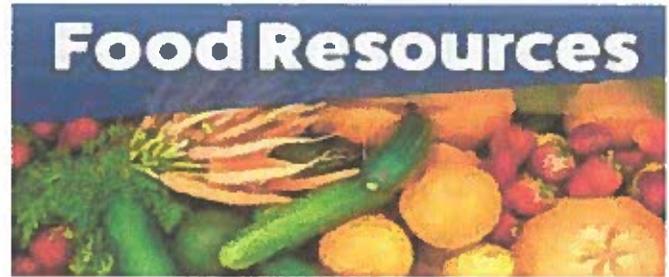
Air frying is healthier, quicker and juicier than frying and baking

## INGREDIENTS:

- 2 teaspoons olive oil
- 1 yellow onion chopped
- 1 clove garlic minced
- 1-15ounce can stewed tomatoes and juice
- 1-4ounce can tomato paste
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon marjoram
- 1/2 teaspoon black pepper
- 1 large egg lightly beaten
- 1/2 cup Italian seasoned bread crumbs
- 4 boneless chicken breasts (about 4 ounces each)
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons grated parmesan cheese.

## DIRECTIONS:

1. Preheat air fryer to 400 degrees.
2. Pound chicken breasts thin and sprinkle with half of the oregano, marjoram, black pepper, garlic.
3. In a sauce pan sauté onions in oil for 2 minutes on medium heat. Add can of tomatoes, paste and the other half of the seasonings. Sprinkle about a half teaspoon of sugar (or sugar substitute/blend) to take the tinniness out of the canned tomatoes. Chop up the tomatoes with your spoon and continue simmering on a lower heat till reduced (about 15 minutes). Stir often.
4. Meanwhile, take pounded breasts and dip first in egg, then in the crumbs. Sprinkle both sides with the balance of the seasonings.
5. Spray the basket of the air fryer and lightly spray both sides of the chicken (so they become golden).
6. Air fry at 400 for about 7 minutes on the first side and flip. Cook for 5 more minutes. Top with sauce and cheese and cook for another 2 minutes. Let rest for 5 minutes and serve with a side salad. (May only be able to cook 2 breasts at once)



- **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)**  
**855.275.6424**
- **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](http://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)**



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

# 1-888-544-8773



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



Only a small group of persons served turned out for the Peers Focus Group luncheon February 6 to share their opinions and discuss how the team may better serve them through different Peer Led groups.

One of the take aways was that those in attendance were satisfied with the groups the Peer team are currently offering. They also seem pleased with the expanded community interaction with these groups.

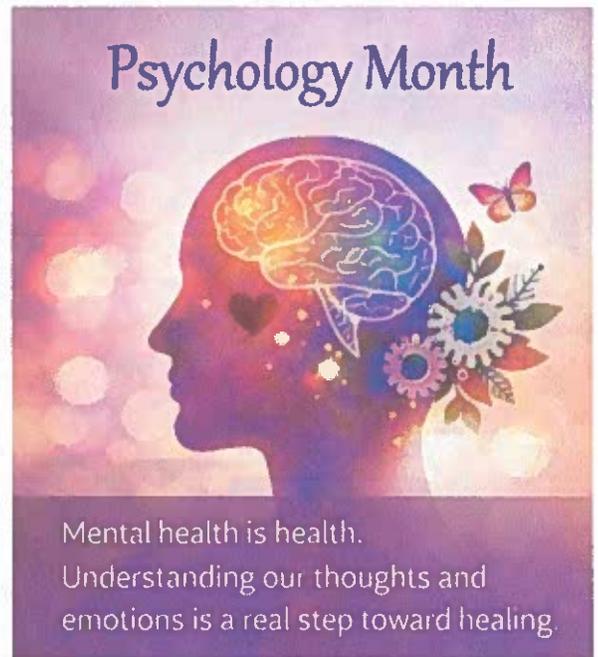
In a previous agency survey, respondents asked for more integration in the community. The Peers already held sessions of Bingo at a different community eatery each month. They also conducted a Fitness Group at Ionia Fitness, conversation over coffee at Sozo, and other various outings. New to the ensemble are groups held at the Ionia County Commission on Aging as well as more programs at the River's Edge Drop In Center (REDIC).

The Right Door is currently conducting an assessment of behavioral health needs of our community. This assessment involves the public, and private providers, school systems and other community partners and stakeholders.

The assessment or survey is available in each of our three lobbies for you to answer questions so we may better understand the behavioral needs of our community (namely you). Please consider sharing the trends and needs you identify that may be related to or indicative of a behavioral health need.

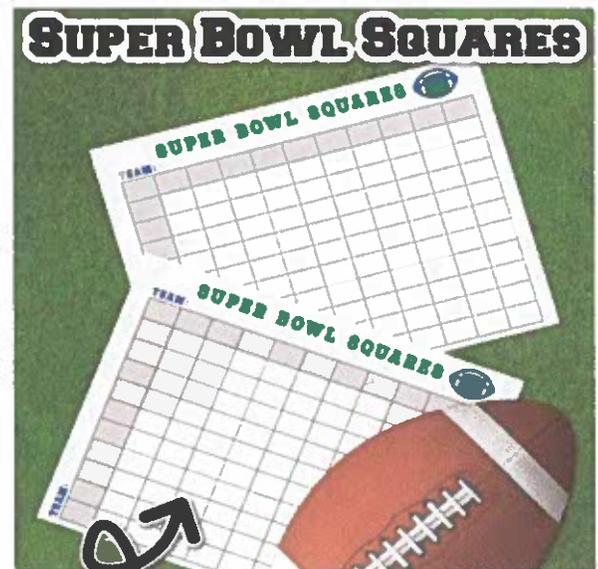


Affirmations and Themes...



for Psychology and Mental Health this Month:

- **Self Compassion:** “Be Kind to Yourself,” “Your mental health is a priority”
- **Support and Unity:** “You are not alone,” “Together we are stronger”.
- **Empowerment:** “My voice has power,” “Sharing my struggles to show my strength”!
- **Growth:** “Every day is a fresh start,” “Never give up”.



The TRD Wellness Committee is again raising money to restock the agency food pantry by capitalizing on 50/50 Super Bowl Squares. In this fundraiser, staff purchased a square for five dollars with half the money collected, or \$250, going to the pantry. The balance is split between the holder of the winning square brackets for each of the four quarters of the Super Bowl game between the New England Patriots and the Seattle Seahawks aired February 8.



# 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

# Helpline



## BELDING

**Craft Show**, February 28, 11am-4pm,  
Candlestone Golf Resort. *Find something you  
did not know you needed. Crafts to clothes and  
everything in between, food and free admission.*

## HUBBARDSTON

**Lenten Fish Fry**, all you can eat,  
Hubbardston American Legion, February 20, 27  
and March 6, 13, 20 and 27. April 13. Fish,  
shrimp, steak fries, baked potato, coleslaw, roll,  
desserts, coffee and tea. \$18 per person and  
for all take outs, \$16 for 70 and over, \$10, kids  
6-12, under 5 eat free.

## IONIA

**Mocktails and Masterpieces**,  
Valentine gnome painting, February 11, 6pm,  
Ionia community Library. 616.527.3680 to  
register.

## LAKE ODESSA

**Yoga**, Lake Odessa Library, every  
Saturday, 9am.

## LYONS MUIR

**Fish and Chip Dinner**, February 13,  
4:30-7pm, Lyons Muir VFW. \$13. Public  
welcome.

## ORLEANS

**1st Annual VIP Dance, February 28,**  
**6:30-8:30.** Ages 4-14, \$20 each with additional  
group members \$5. *Night of dancing to a DJ,  
face painting, silent disco, crafts, bead bar, glam  
cam, hair tinsel, more.* Presented by Funds in  
Motion, Legacy Dance Collective, The Banner  
Event Venue, Orleans. Tickets:  
[https://www.zeffy.com-US/ticketing/  
funds-in-motion-vip-dance.](https://www.zeffy.com-US/ticketing/funds-in-motion-vip-dance)

## PORTLAND

**Dracula: A Comedy of Terrors**,  
Portland Civic Players, February 27, 28, March 6,  
7 and 8, 7-9pm. Tickets \$12 at  
<https://portlandcivicplayers.com> or  
**517.647.4041**

**Festival of Tables**, Nazarene Church,  
February 28, noon.

## SARANAC

**Lenten Fish Frys**, 5-7pm, St.  
Anthony's Catholic Church. Dine in or take out.  
Adults \$12, Seniors \$1, Children \$6.  
Fried or baked fish, baked potato or  
fries, mac and cheese, coleslaw,  
broccoli and cheese. Dessert and  
beverage included.



# GROUUPS

**Bingo**

Peer Led, February 17, 1:30pm, Taco Bell.

**CBT Anxiety**

Fridays, 2-3pm, Virtual.

**CBT Depression**

Ongoing, Fridays, 10-11am, Virtual.

**Choosing Strength**

Tuesdays, 5-6pm, Virtual.

**Coffee and Conversation**

Peer Led, February 11, 11am Sozo.

**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, February 11, 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 **Tuesday** Fitness Group 2:30, (except the 13th) and **Thursday** (except the 1st and 15th), 3pm, all at Ionia Fitness.

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

**Game Night**

Peer Led, February 9, 16, 3pm, REDIC.

**Grief and Loss Support Group**

Peer Led, January 28, 10am, Sozo.

**Healthy Relationships**

Fridays, 1pm, Ionia TRD.

**Kids Skills Group**

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



For anyone who may have been a recipient of the Holiday Hearts program in December, they want to hear from you about your experience.

Please take their survey and be entered to win a \$25 Amazon gift card.

<https://forms.gle/3bBX6eQNH9yEBS9W8>

**Life Skills**

Mondays, 1:30pm, Ionia TRD.

**Men's Group**

Tuesdays, 2-3pm, Ionia TRD.

**Parenting Through Change**

Starting January 20th, Tuesdays, 5-6:30pm, Ionia TRD.

**Ready to Work Group**

Starting February 11, 12 weeks, Ionia TRD.

**Self Love**

Peer Led, February 5, 12, 11:30am, REDIC.

**Unfold: Fine Art Group**

Peer Led, January 6, 13, 20, 27, 10am, Ionia TRD.

**Volunteer Group**

Peer Led, January 6, 13, 20, 27, 3:30pm, Ionia Theater.

**Walking Group**

Peer Led, February 5, 12, 19, 30, 9:30am, Ionia TRD.

**Yarn Circle**

Peer Led, February 5, 12, 1:30pm, Commission on Aging.



**FREE ONLINE HEALTH PROGRAMS**

[Canr.msu.edu/ionia/](http://Canr.msu.edu/ionia/) **616.527.535**



## Heating and/or Utility Assistance

<b>Belding Emergency Fund</b>	<b>616.694.1900</b>
<b>Disability Advocates</b>	<b>616.949.1100</b>
<b>Eight CAP, Inc.</b>	<b>616.236.1027</b>
<b>Energy Assistance</b>	<b>855.275.6424</b>
<b>Home Heating Tax Credit Status</b>	<b>517.636.4486</b>
<b>Lakewood Community Council</b>	<b>616.374.8861</b>
<b>MDHHS (Michigan Department of Health and Human Services)</b>	<b>616.527.5200</b>
<b>State Emergency Relief for home/utilities</b>	
	<b>Michigan.gov</b>
<b>Salvation Army</b>	<b>855.929.1640</b>
<b>THAW Fund-Heat/Warmth Fund</b>	<b>800.866.8429</b>
<b>Tri County Home Works People Fund</b>	<b>800.421.8956</b>

**United Way (utility assistance)** **2-1-1**  
**See our Facebook for 2-1-1 video** **or 800.887.1107**

\* Check with your utility company as well since some offer payment plans, discounts, tips, and assistance



# FEBRUARY

<b>2</b> 11 Goal Getters 2 Mindful Monday	<b>3</b> 11 Junk Journaling 2 Round Table	<b>4</b> 11 Healthy Relationships 1 Free Lunch 2 Bingo	<b>5</b> 10:30 Grief/ Loss Group 11:30 Self Love 2 Crafts	<b>6</b> 11 In the Gym with Donte 1 Movie
<b>9</b> 11 Goal Getters 12 Board Mtg 3 Games	<b>10</b> 11 Junk Journaling 2 Round Table Talk	<b>11</b> 11 Healthy Relationships 1 Free Lunch 2 Bingo	<b>12</b> 10:30 Grief/ Loss Group 11:30 Self Love	<b>13</b> 11 Men Supporting Men 1 Movie
<b>16</b> 11 Goal Getters 2 Mindful Monday 3 Games	<b>17</b> 11 Junk Journaling 2 Round Table Talk	<b>18</b> 11 Healthy Relationships 1 Free Lunch	<b>19</b> 11 Crafts 12-3 Bowling	<b>20</b> 11 Healthy Relationships 1 Free Lunch 2 Bingo
<b>23</b> 11 Goal Getters 2 Mindful Monday	<b>24</b> 11 Junk Journaling 2 Round Table Talk	<b>25</b> 11 Healthy Relationships 1 Free Lunch 2 Bingo	<b>26</b> 11 Crafts 12-3 Bowling	<b>27</b> 11 Men Supporting Men 1 Movie

**RIVER'S EDGE DROP IN CENTER CALENDAR**

**MONDAY TO FRIDAY 10AM TO 4PM**

**302 E. Main Street, Ionia**

**(616) 522-9773**