



The right Connection

November 2022



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

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Mondays-Thursdays
8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays 8am-6pm
Tuesdays and Thursdays
8am-7pm
Fridays-8am-5pm

Portland Office

208 W. Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays-
8:30am-5pm

Onsite IONIA: 1st & 3rd Mondays Veterans Affairs;
Wednesdays MDDHS; Fridays Samaritus

EMAIL:

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 SERVICES 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. Thank you.



Enough is a Feast

Sometimes we all need a reminder to appreciate the good in our lives or the glass half full versus the one half empty. Usually that reminder comes around Thanksgiving and Christmas.

Yet life is too short. We really should express our gratitude all year instead of just at the holidays. Even now with rising gas, grocery and heating costs due to inflation we can get back to basics and a simpler lifestyle. Instead of complaining about what we lack, we can be thankful for what we have.

"Enjoy the little things for one day you may look back and realize they were the big things," quipped opera singer and music teacher, Robert Breault.

Being thankful does not come naturally to us. Many of us are unaware how much we take for granted. We need to look at our lives at the end of each day and think of at least three things we were thankful for and people who helped us throughout the day that we should be grateful to.

To quote author Robert Braathe, "Gratitude and attitude are not challenges, they are choices." We need to start small and over time as we get comfortable with the concept, it will become easier and more expansive.

Writer Ralph Marston sums it up best saying, "Make it a habit to tell people, 'thank you'. To express your appreciation sincerely and without expectation of anything in return. Truly appreciate those around you and you'll soon find many others around you. Truly appreciate life and you'll find that you have more of it."

Member of:





INFLATION BUSTER\$

Inflation hits our hardest hit commodities— food, gas, heat and shelter.

The government tries to reduce inflation by increasing taxes or by cutting spending. The Federal Reserve keeps inflation down by increasing interest rates which impacts mortgages and credit card rates. **Here are some tips from Forbes, Sunlife, Nerd Wallet, Fidelity... to keep your costs down.**

- Budget for savings first. It is easy to spend your income and run out of money for savings before you realize it.
- Spend time with your budget. Set spending priorities. Focus on paying down debt.
- Cut back on energy bills.
- Reassess your spending. Shop for cheaper alternatives or become a sale shopper.
- Maximize your loyalty and rewards programs.
- Tidy up your insurances and mortgage. You can often get discounts when you bundle your plans.
- Trim your digital subscriptions like streaming apps—Netflix, Crave TV, Prime Video, Disney—and phone apps too. It all adds up.
- Consider a side gig or second job.
- Negotiate for a raise.
- Take on new debt sparingly or not all.
- Create an emergency fund for unexpected events.
- Buy used or second hand. Better yet, borrow. Barter and trade with platforms like Bunz or Swapsity online or with neighbors.
- Cook at home. Go back to basics and make more simple, scratch made meals with less ingredients (like the recipe at the right) using less processed food.
- Use credit cards wisely. Cut down on impulse buys. Pay off balances at the end of the month so you are not charged extra interest.
- Travel during the off season. Stay with relatives or at an Air BnB. Use any Air Miles you have.

KNOW YOUR NUMBERS

Blood Glucose, Blood Pressure, Cholesterol, Weight, BMI and your Waist Measurement help doctors assess your risk for heart disease, stroke, diabetes and some cancers.

BLOOD GLUCOSE measures the amount of sugar in your blood. Doctors use one of three tests to help diagnose and monitor it. If you are age 18-44 and are overweight with other risk factors, or, are 45 or over and are overweight, and tests are normal, retest every three years. If tests indicate prediabetes, retest every one to two years.

	A1C Test (Percent)	Fasting Plasma (mg/dL)	Oral Glucose (mg/dL)
Normal	Less than 5.7	Less than 100	Less than 140
Pre Diabetes	5.7-6.4	100-125	140-199
Diabetes	6.5 and over	126 and over	200 and over



- 3 **The Right Door's Drab2Fab**, 9am-5pm, *Ionia*
- 4 **TRD Grant**, Squash and Ideas, 12pm, *Ionia*
- 4, 11, 18 **TRD Grant**, Fitness, 1:30pm, *Ionia*;
Stretch, 12pm on the 11th/18th
- 6 Daylight Savings Day (fall back)
- 8 Election Day
- 8, 15, 29 **TRD Grant**, Volunteer Group Ionia Theater, 3:30pm
- 11 Veterans Day
- 9, 23, 30 **TRD Grant**, Fitness, 3pm, *Ionia*
November 16, Fitness 4pm
- 17 **TRD Grant**, Christmas Crafts, 9-10am, Advanced Crafts, 11:30am, *Ionia*
- 18 **Volunteer Group**, 11am, Ionia Animal Shelter
- 19 National Adoption Day, Integration Day, Family Volunteer Day
- 21 **TRD Grant**, Holiday Baking, 1-2:30pm, *Ionia*
- 22 **TRD Grant**, Basic Skills, 11am-12pm, *Ionia*
- 23 International Survivors of Suicide Day
- 23 **TRD Grant**, Social Hour, Sozo; Mooville 30th, both 10:30-11:30am
- 24 Thanksgiving Day. TRD Closed 24th and 25th
- 28 **TRD Grant**, Pay it Forward, 2:30-3:30pm, *Ionia*
- 29 Mindfulness and Movement, 10-11am;
Women's Support Group, 11am-12pm, T.I.D both *Bedding*

Month Long Awareness and Observances:

- American Diabetes Month
- Know Your Numbers Month
- National Adoption Awareness
- National Gratitude Month

Tomatoes, Sausage and Onions

My mother made this inexpensive, hearty dish with a few basic ingredients



Sue Ferris

Newspetter Editor

- 1 pound rolled pork sausage or 6 sweet Italian sausage (casing removed)
- 1 can diced tomatoes
- 1 large sweet onion
- 1 teaspoon brown sugar
- 1 teaspoon minced garlic
- 1 small can tomato puree
- 1/2 teaspoon black pepper, oregano, marjoram, basil

Roll sausage into one inch balls. Spray large fry pan with cooking spray. Add butter, chopped onion and sausage. Cook on medium for five minutes till sausage is browned. *If it gets dry add juice from tomatoes.* Add tomatoes, sugar and spices. Cook five minutes stirring often. Add tomato puree and simmer till reduced by half. Add dumplings to the top or serve over noodles with a side salad.

KNOW YOUR NUMBERS

BLOOD PRESSURE—Test every one to two years; more if the reading is over 140/90 or as directed by a doctor.

Systolic (top #)	Diastolic (bottom #)	Category
Less than 120	Less than 80	Normal
120-139	80-89	Prehypertension
140-159	90-99	Hypertension Stage
160 and over	100 and over	Hypertension Stage 2
Above 180	Above 110	Hypertensive Crisis

(Emergency Care Needed)
Hypertension = High Blood Pressure

CHOLESTEROL—Screen blood pressure every five years or as directed by a doctor. The test checks the levels of your total blood cholesterol, LDL (the bad cholesterol), HDL (the good) and triglycerides. LDL determines your risk for heart disease as does an HDL score of 40mg/dL for men and 50mg/dL for women. However, a level of 60mg/dL or more lowers your risk for heart disease.

Total Blood Cholesterol

Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and over	High

LDL

Less than 100 mg/dL	Optional goal if at very high risk of heart attack or death
Less than 100 mg/dL	Optimal for people with heart disease or diabetes
100-129 mg/dL	Near or above Optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL and over	Very High

Triglycerides

Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline High
200-499 mg/dL	High
500 mg/dL and over	Very High

BODY MASS INDEX (BMI) - BMI is a measure of your weight relative to your height. Your waist measurement indicates abdominal fat. Together these numbers reflect whether you are overweight or obese and at risk for a variety of health problems.

BMI Levels

Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30	Obese

(Calculate your BMI using the US Centers for Disease Control and Prevention website at www.cdc.gov/nccdphp/dnpa/bmi)

WAIST MEASUREMENT

Men	Over 40 inches indicates risk for weight related problems
Women	Over 35 inches indicates risk for weight related problems

FUN ACTIVITIES

NOVEMBER 2 **CHOP SUEY SUPPER**, 4-7pm, St. John Lutheran Church. Roast beef/roast pork chop, suey in rich brown gravy, mashed potatoes, buttered noodles, salads, homemade breads, rolls, pies and beverage. Adults \$10 Children 5-12 \$5. Under 5 free.

NOVEMBER 3 **ANNUAL TURKEY SUPPER**, 4:30-6:30 pm Ionia Moose Lodge. Adults \$12, Kids 5-11 \$5, Under 4 free.

NOVEMBER 4 **FISH FRY**, 5-8pm, Saranac Legion. Potato, coleslaw, roll, fish \$12. Serving breakfast and lunch 6:30am-2pm Monday-Friday.

NOVEMBER 5 **ARTS and CRAFT SHOW WITH BAKE SALE**, 9am-3pm, Saranac High School.



NOVEMBER 5, 6, 9, 12, 13

CHRISTMAS OPEN HOUSE, 10am-5pm, Lake Odessa Antique Mall.

NOVEMBER 12 **GIFTS GALORE**, 9am-2pm, Saranac Community Church. Pampered Chef, Tastefully Simple, Mary Kay, Pink Zebra, Thirty One, Old Made New, Wreaths by Mamie, Art by Jessi, B & L Boutique, Usborne Books, more.

NOVEMBER 12 **MIRACLE ON 4TH STREET HOLIDAY BAZAAR and CRAFT SHOW**, 9am-3pm, 330 4th Street, Ionia. Showcasing handmade wreaths, tumblers, home decor, more. Food Trucks on site too.



NOVEMBER 24

FREE THANKSGIVING TURKEY DINNER. Reserve a dinner to pick up between 1-2pm, Zion United Methodist Church. RSVP by 11/14 616.527.1910.

NOVEMBER 25 **CHRISTMAS 'ROUND THE TOWN**, 9am-6pm and November 26, 8am-2pm, Kaufmann Family Farm and 28 other local Lake Odessa businesses and homes opening their doors. Unique handmade gifts and holiday décor. Everything from farmhouse furniture, antiques and upcycled items.



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
- **American Red Cross** 1-800-733-2767
Emergency/Disaster Services/Adult Education Programs/Housing Assistance
- **Autism Society of Michigan** 1-800-328-8476
- **Bridge Card EBT Customer Service** 1-888-673-8914
- **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
- **Food Assistance** 1-855-ASK-MICH
- **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** 1-888-988-6311
- **MI enrolls—Medicaid Managed Care** 1-888-367-6557
- **MI RX—Drug Discount Program** 1-888-367-6557
For Low Income
- **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
- **THAW Fund—Health, Warmth and** 1-800-866-8429
- **Ticket to Work—Disabled Persons** 1-800-645-6722
Rehab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC—Women, Infants and Children**
And Nutrition Assistance Program 1-800-225-5942



PEER SUPPORT

Rob Weiland, Peer Support Specialist

The Drab2Fab Clothing giveaway has been happening for approximately eight years now, starting off as just a spring event and then becoming a second event in November. One of the first reasons Drab2Fab was created was to have donated clothing for others to wear to dress professionally for work. Drab2Fab is a time to sort through our closets and donate gently used clothing we no longer wear as well as shoes, jewelry, hats, jackets and coats for another person to treasure. Hygiene bags are also available at no cost.

The Drab2Fab event is made possible by the Right Door Peer Team, other coworkers and volunteers that Peers works alongside. Drab2Fab could not happen without the generosity of The Right Door staff.

Throughout the event professional hair stylists cut hair for free. Food and beverages are also served. Just like retail therapy at a store, this event brings smiles to faces when new outfits, shoes and hygiene bags are chosen.

Since Covid 19 protocols have been lifted shoppers at Drab2Fab may come and go as they please and do not need to sign up for a time to walk through the clothing display. All clothing is on display sorted and folded. We encourage you to shop at the Drab2Fab event and pick out clothing for yourself or a loved one. If you like it and it fits, it is yours.

Drab2Fab usually serves close to 100 people each time it is held. Those who shop also work with, or are served by The Right Door for Hope, Recovery and Wellness.

Drab2Fab

Thursday, November 3

9am-5pm

THE right DOOR
for hope, recovery and wellness

375 Apple Tree Drive
Ionia

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement

Alvah N. Belding Library, Main Street, (616) 794-1450

www.alvahnbeldinglibrary.org

Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 11am-6pm. Helping special needs adults gain work and social skills plus a job

City of Belding (616) 794-1900

St. Joseph's Church, Parents of Addicted Loved Ones (PALS), Second and Fourth Mondays, 6:30-8pm (517) 204-8785



CITY OF IONIA

City of Ionia (616) 527-4170

Community Drawers, personal care items, third Wednesday each month, 1:30-4pm, Ionia First United Methodist Church

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org

IM Kids Third Meal, Fenwick, providing take home meal from school for food insecure children in Ionia and Montcalm Counties (616) 225-7264

IM SAFE CAC, (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center), serving children age 2 to 17 who have been sexually abused and severely physically abused, human trafficked or exploited over the Internet (616) 225-7267

Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org

Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365

Ionia County Health Department, Adams Street, (616) 527-5341

Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud. At The Right Door, Fridays (616) 527-1790

Ionia Theater, 205 W. Main. Movies daily, matinees Tuesday and Saturday. Two theaters (616) 527-3860

Michigan Department of Human Health Services (MDHHS), comprehensive package of health care benefits and assistance program including emergency relief for home, utilities and burial as well as vision, dental and mental health services (616) 527-5200 on Hwy. 21; (616) 527-1790 at The Right Door on Wednesdays

Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money, nutrition, health and wellness programs. <https://www.canr.msu.edu/ionia> (616) 527-5357

Rails to Trails, trails and maps, Ionia County, www.trailink.com/FindTrails/Michigan

Restore Church, AA Recovery Meetings, Mondays at 7pm

River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773

Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, by appointment only at the **Ionia County Health Department**, Adams Street (616) 527-5341 select 3

Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077

Tuesday, Wednesday, Saturday, The Christian Service Center, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530

Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, **Ionia Seventh Day Adventist Community Service Center** the 3rd Tuesday each month. ID needed (616) 527-6465

Thursday—Free Dinner (formerly Soup Kitchen), Zion Church, 6pm

Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

RAVE Emergency Shelter, for women and children, (616) 527-3351

Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570

St. John's Lutheran School, breakfast buffet, second Saturday each month 8-10am

Zion Food Pantry, Wednesdays, 2-4:30pm, using drive thru method at 423 W. Washington

Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779

LAKE ODESSA



Monday Alanon Meeting, 10:00 am Lakewood United Methodist Church (616) 575-8000

Lake Odessa Community Library, 4th Avenue, (616) 374-4591.

November 3 Tickle Your Funny Bone games, 4pm, 5-11 years of age; Tai Chi Tuesdays 1:00pm; Family Story Time Wednesdays 10:30am, Always in Motion, November 10 Fear Factor, 4:30pm, ages 9-14; November 15 Stem with Mr. Mike, Build a Bridge, 3:30-5pm, ages 11-16; Homebased Education Program, learn about the Digestive System, 1pm; Saturdays, Always in Motion Physical Fitness 10-11am, adults

www.lakeodessalibrary.org

Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075

Monday and Thursday-AA Meetings, 7pm, Al Anon Meeting, Tuesday, 6:30pm, St. Edwards Church, Robert (616) 902-9001

Village of Lake Odessa (616) 374-7110

LYONS-MUIR

Lyons Township District Library, Bridge Street, (989) 855-3414. Tuesday/Thursday Game Night 4-6:30pm Story time Wednesdays 11:30am, Book club November 29 11am-noon, Writer's group first Thursday 10:00am

www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144

PORTLAND



City Of Portland (616) 647-7531

Portland District Library, Kent Street (517) 647-6981 www.pdl.michlibrary.org

Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome

Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004

Wednesday – Al Anon Meeting, 10am, Portland First Congregational Church (616) 575-8000

Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments (517) 647-2025

SARANAC



AA Meeting, Friday 8pm, Community Church

Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed (616) 642-6322

Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146

www.saraclark.michlibrary.org

SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room.

Anyone welcome (616) 902-7237

Village of Saranac (616) 642-6324



Food Pantries,

Clothing and Household Assistance

Food Bank Council of Michigan (Pantries)

www.fbmic.org/resources/find-a-food-bank

American Legion	(616) 642-9674	Lutheran Child/Family Services	(616) 522-0145
Belding Bible Church	(616) 761-9217	Manna's Market	(269) 838-5887
Crossroads Community Church	(616) 522-4663	Meals on Wheels	(888) 370-7184
DISS	(616) 527-5200	St. Joseph Catholic Church	(616) 794-2145
EightCAP	(666) 754-9315	Salvation Army	(989) 463-2864
Encountering Lives	(616) 794-5080	Saranac Community Church	(616) 642-6322
Epic Community Church	(517) 647-7750	Shiloh Church	(616) 761-3584
First United Methodist	(616) 527-1860	The Right Door	(616) 527-1790
Food Assistance	(555) 275-6424	WIC	(800) 942-1636
Goodwill Stores	(616) 527-4404	YMCA	(616) 527-5760
Habitat for Humanity	(616) 523-6899	Zion United Methodist	(616) 527-1910
Lincoln Avenue Baptist Church	(616) 527-0970	Community and Mobile Food Pantries	