



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



MED LINE: 616.775.1023

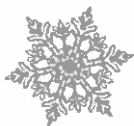
Please allow 72 hours for refills

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.



Believe it or not, decorating for the holidays is good for your mental health—even if you don't enjoy them!

Psychiatrists and psychologists agree that decking the halls can boost your mood for several reasons, some of which are common sense and some which are less obvious:

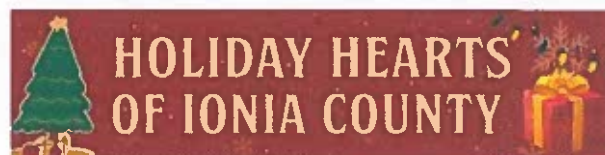


- As you decorate you increase the anticipation for the upcoming season, the music, the food, the gatherings and the traditions you have. All the lightness, brightness and sparkle of the season helps combat Seasonal Affective Disorder (SAD) as the days grow shorter before the dark months ahead.
- The visual appeal of festive embellishment, particularly light and color, can act as a form of color therapy. The reds, greens and blues evoke feelings of warmth, security and comfort. And all those colors boost our moods, releasing dopamine making us feel happy.
- Decorating can also provide a form of mindfulness, peace, and control which can fill an emotional void if the holidays are stressful. By focusing on the task at hand, we gain a sense of purpose and structure as well as sense of satisfaction when we finish and admire our handywork.
- That leads to the social aspect of decorating. You decorate. Your neighbors decorate. Your community decorates and usually most communities have a communal tree lighting ceremony enhancing bonding or a sense of belonging.
- Experts agree. Decorate early. Heighten the experience by listening to holiday music while decorating. Maybe do so with others. And maybe share seasonal cookies and snacks at the same time to bring the nostalgia and sense of tradition to your soul.

American Psychiatric Group, Psychologytoday.com



December



For the first time in years Ionia County did not have a Toys for Tots Holiday Campaign.

This year, due to a vacancy by an Ionia County Coordinator, Toys for Tots was unable to help struggling families supply children with gifts for Christmas. Instead, a committee of some 30 local volunteers formed to spread some holiday cheer.

Holiday Hearts of Ionia County ran much like Toys for Tots. They have collection sites throughout the area including a box at The Right Door. Anyone can purchase and drop off a new unwrapped gift for a child. Should you wish to sponsor a child or family in need, email: www.holidayheartsofioniacounty.com. Holiday Hearts needs caring volunteers to help load/unload gifts, sort and organize by family, deliver or hand out items. Please sign up at <https://schedule.planhero.com/events/d18f9227b/volunteer-assignments-for-distribution-day>

**123 families were adopted
this year or 264 kids total**

- 1 PEER LED, LGBTQIA+ Group, 3pm, Ionia TRD
- 1, 8, 15, 22, 29 PEER LED, Chair Yoga, 11am, Ionia TRD
- 1, 8, 15, 22, 29 PEER LED, Game Night, 4pm, Ionia TRD
- 3, 10, 17 PEER LED, Crafts, 9:30am, Ionia TRD
- 4, 11, 18 PEER LED, Better Days Ahead, 11am, Drop in Center
- 5 PEER LED, Luncheon, 11am, Ionia TRD. Topic: Getting the most out of Food Pantry items and preserving extra food
- 11 PEER LED, **Movie Night** (with popcorn), *The Polar Express*, 4pm, Ionia TRD. Open to any adult receiving services at TRD
- 2, 9, 16, 23, 30 PEER LED, Volunteer Group, 3:30pm, Ionia Theater
- 11, 18 PEER LED, Game Club, 11am, Portland TRD
- Tuesdays** PEER LED Fitness Group 2:30, (except the 9th) and **Thursday** the 4th and 18th, 3pm, all at Ionia 24/7 Fitness
- Every Tuesday and Wednesday** (except the 24th and 31st), and **Friday**, (except the 26th), all at 1:30pm, at Ionia Fitness. Contact: Patricia
- 15 **TRD Board and Staff Luncheon**, 12pm, Ionia TRD
- 16 PEER LED, Bingo, 1:30pm, McDonalds
- 17 PEER LED Zion Food Pantry, 2pm. Call to RSVP
- 17 **TRD Recipient Rights Committee Meeting**, 3:30pm, Ionia TRD
- 18 PEER LED, Cocoa and Canvas, 4pm, Ionia TRD
- 19 PEER LED, **Christmas Gathering**, 11am, Ionia TRD. **Snacks, games and an optional gift exchange game.** *If you wish to play, please bring a wrapped \$1 gift.* Open to any adult receiving services at TRD
- 24, 25 **TRD Closed for the Holiday**
- 1 **TRD Closed for New Year's Day**



MONTH LONG AWARENESSES:

Crohn's and Colitis Awareness
 Drunk and Drugged Driving Prevention Month
 Gift of Sight Month—*focuses on eye health/vision*
 HIV/AIDS Awareness Month
 Safe Toys and Gifts Month

WEEK LONG AWARENESSES:

12/1-7 Crohn's/Colitis Awareness Week
 12/1-7 Handwashing Awareness Week—
the easiest and best practice against illness
 12/4-8 National Influenza Vaccination Week
 12/14-21 Hannukah

DAY AWARENESSES:

12/1 World AIDS Day
 12/3 International Day of Persons with Disabilities
 12/5 Handwashing Awareness Day
 12/5 Opioid Induced Constipation Awareness
 12/26 Kwanza



Friendsgiving

It was a full house as some two dozen friends came together to partake in the Peers Friendsgiving November 21st at the Ionia Right Door. Peers cooked the traditional meal of turkey, ham, mashed potatoes, gravy, yams, corn, stuffing, rolls,

along with apple, pecan and pumpkin pie. Everyone practiced mindfulness sharing something they were thankful for before other festivities concluded.



A few of many bookmarks laminated by TRD's Rona Shane as gifts to be given at Christmas.

The bookmarks were colored by an outreach group from Crosswinds in Belding. The group, which is mainly comprised of women, also participates in other activities like yoga.

Thanksgiving Dinner Baskets



While the peers were setting up for Friendsgiving, members of the agency's Wellness Committee were assembling Thanksgiving Dinner Baskets for our persons served. In total, 27 baskets were packed and mostly funded by monies raised by staff in an annual MSU/U of M rivalry football game challenge. However, two of the 27 were sponsored individually by the clerical team at Dana Wilford's suggestion.

The baskets contained fixings to make a traditional family meal of turkey, stuffing, mashed potatoes and gravy, with green bean casserole, cranberry sauce and cranberry juice, rolls, butter and pumpkin pie.

Many of the baskets were picked up by our persons served while others were delivered by staff.



WELLNESS

THE right DOOR
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CommunityEvents



BELDING

Home for The Holidays

Make and Take Holiday Craft, Alvah N. Belding Library, December 8-11.
Holiday Sports, Community Ed., December 8-11. **Christmas Tree Contest**, December 8-10.

Twinkle Parade, December 12, corner of Bridge and Depot, 6pm, Santa arrives 6:15. **Tree Lighting**, 6:20 and caroling. Live entertainment, 6:30-8: Hot cocoa, petting zoo, popcorn, s'mores, face painting, music, touch a truck, and a visit with Santa and Mrs. Claus.

Holiday Dance Party Clinic, December 12, held 5:30-7:30pm for kids 5-12 at the Covered Mall. Cost is \$15 at the door or \$10 online at pommomsbelding@gmail.com.

Holiday Vendor Market, December 13, 9am-3pm, Belding High School. Macker breakfast. Over 50 vendors, Santa and friends, live performances, prize giveaways, photo ops, free movie matinee, 1:30pm, food trucks, 2pm, free movie night, 6pm.

Santa at the BEL Museum, December 14, 1-4pm; **Ornament making** at The Nook from 9am-3pm; **Wreath making** at Noble Creative 4-8pm; **Holiday Lions** at The Rooster 4-7pm.



CITY OF IONIA

Mrs. Claus Annual Bazaar and Craft Show,

December 6, 9am-3pm, Ionia Middle School.

Free admission, door prizes, 100 plus booths of unique gifts, homemade crafts, jewelry, baking, direct sales companies like Mary Kay and Pampered Chef. Lunch and snacks available at the Ionia County Commission on Aging Food Booth with all proceeds to ICCOA.

Tree Lighting, December 5, 6pm, Downtown Ionia. **Twinkle Town Holiday Parade**, 6:30pm. Santa visits from 4-6 and after the parade at the Armory. There is a red mailbox out front for Santa letters. Each will receive a reply.

Great Start Collaborative of Ionia County, December 12 and 19, 9:30-10:30am, **Open Gym** at the Ionia Armory. Sensory bins, obstacle course. **Christmas Concert** with Grandfriends, December 23, 9:30-10:30am, Green Acres, Ionia.

LAKE ODESSA



1st Annual Christkindl Market,

December 6, 10:30 am-3pm, Downtown. Homemade crafts, unique gifts

Christmas in the Village Parade of

Lights, December 12, 6:30pm, 4th Avenue.

Post parade cookies, and activities at the library plus visit with Santa.



LYONS MUIR

Lyons Muir Annual Christmas By the River, December 12, Lyons.

Parade, 6pm afterwards meet at the fire station to visit with Santa and Mrs. Claus for cocoa and chili. Every child receives a stocking from Santa.

Palo Community Christmas Party,

PALO December 20, 12-3pm, Joe's Market.

Non perishable food drive for Carson City Food Bank. Free hay rides, pony rides, carnival games, face painting, bonfires, Carson City High School Band, and Santa. Cocoa and Elephant ear fundraiser.



Candy Cane Lane Christmas

Parade, December 6, Kent Street.

Downtown activities 3-5pm like cookie decorating, bounce house, letter and visits with Santa, photo ops.

DeLIGHTfully Portland, Kent Street.

December 5, 13, 19, 24 at 7pm,

New Years Eve at 11:30pm,

January 2 and 9 at 7pm

Downtown wrapped in lights/synced to music. Firepit to roast smores/cocoa

8th Annual Christmas Tree Lane,

December 6- January 3, Red Mill Pavillion.

Event for friends and coworkers to set up and decorate a Christmas tree for seasonal viewing. (Last year there were 21 trees)

Christmas Farmers Market, December 13,

9am-1pm, Red Mill Pavilion. Visit with Santa, photo op, view Christmas Tree Lane. Over 22 vendors with pottery, art work, jewelry, gift baskets, books, baked goods/sourdough bread, unique and specialty gifts.



Saranac Village Tree Lighting,

November 30, 6pm, Trailhead. Music, cookies, cocoa followed by the parade at 6:30pm.

S.A.M.S. Annual Dinner and Concert (Saranac Area Musician and Singers),

December 13, Saranac High School. Dinner 5:30 preregistered. Concert, 7pm. \$5 concert ticket at door.

Senior Santa's

Tis the season for the Peer Team's Senior Santa event. Items are donated, collected and purchased for senior's in need in Ionia County who may or may not receive services through us. Donation boxes are located in all our locations and in some around the county.

Names of seniors who may benefit from a basket are provided to the Team by agency clinicians and you. If you know of a senior who may be struggling or may not have anyone to share Christmas with, please pick up a Senior Santa form at any of our clerical windows and fill out before December 9th. Bags will be packed December 12th and delivered the following week.

Items that could donated for the bags can include:

- * **Personal care and hygiene** products like shampoo, cream rinse, toothpaste, toothbrushes, mouth wash, dental floss, lotions, hand soap;
- * **Candy and snacks** like granola and cereal bars, popcorn, chocolates, mints
- * **Warm and hand knitted items** like lap quilts, fuzzy blankets, socks, mitts and hats;
- * **Paper products** like tissue, toilet paper, paper towel, napkins and wet wipes
- * **Pastimes** whether games, cards, sudoku, word searches, crosswords, pencils, pens, notebooks

For some this may be their only Christmas.

Thank you for your compassion and kindness!



Following our Agency Meeting, November 20th, all staff were invited to attend a soup challenge. For \$5 staff got to vote on the best soup made by staff members, and enjoy bread and salad too to help support a great cause! Monies from the Soup Off help fund Peers Senior Santa bags. Donation boxes are also set out in our offices and in the community to collect items for Senior Santa bags.



Heating and/or Utility Assistance

Belding Emergency Fund	616.694.1900
Disability Advocates	616.949.1100
Eight CAP, Inc.	616.236.1027
Energy Assistance	855.275.6424
Home Heating Tax Credit Status	517.636.4486
Lakewood Community Council	616.374.8861
MDHHS (Michigan Department of Health and Human Services)	616.527.5200
State Emergency Relief for home/utilities	Michigan.gov
Salvation Army	855.929.1640
THAW Fund-Heat/Warmth Fund	800.866.8429
Tri County Home Works People Fund	800.421.8956
United Way (utility assistance)	2-1-1

or 800.887.1107

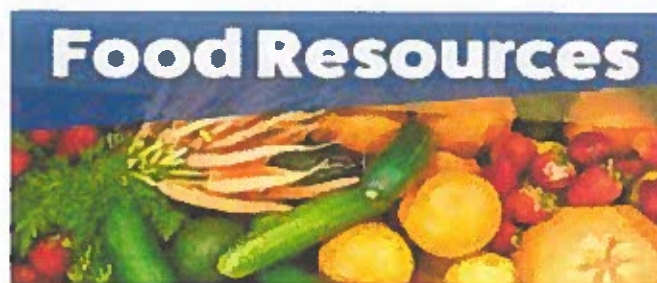


- Shop with trusted retailers
- Be suspicious of discounts. If it is quite a bit lower than other sites, it is probably a scam
- Check for contact details. If there are none or no clear return policies, it is probably a fake online store
- Examine the web address. Be suspicious if the domain name or store is slightly different or spelled incorrectly like www.aamazon.com
- Search for reviews. Type the store name or URL into a search engine. Look for red flags like 'fraud, scam, never again, fake'
- Be wary of payment methods where they only accept wire transfers, gift cards or cryptocurrency
- Secure your accounts by using a unique, strong passwords. Enable other security features like a multi-factor authentication (MFA) and passkeys if available



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



- **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.michign.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

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.*

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.



12/2	2pm, Walk up, Central UMC, Lake Odessa
12/2	6pm, Drive Through, Twin Rivers Elementary, Muir
12/9	4:30pm, Drive Through, Zion, Rather Parking Lot
12/13	10am, Drive Through, Mount Hope Church, Portland
12/16	6pm, Drive Through, Hubbardston American Legion
12/19	4:30pm, Drive Through, Belding High School
12/22	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.

West Michigan



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

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



Better Days Ahead

Peer Led, December 4, 11, 18, 11am, Drop In Center.

Bingo

Peer Led, December 16, 1:30pm, McDonalds.

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, December 3, 10, 17, 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 9th) and **Thursday** the 4th and 18th, 3pm, all at Ionia 24/7 Fitness

Every Tuesday and Wednesday (except the 24th and 31st), and **Friday**, (except the 26th), all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Night

Peer Led, December 1, 8, 15, 22, 29, 4pm, Ionia TRD.

Game Club

Peer Led, December 11, 18, 11am, Portland TRD.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

GROUPS



Kids Skills Group

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

LGBTQIA

Peer Led, December 1, 3pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 10-11:30 am, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 12:30pm, Ionia TRD.

Teen Skills Group

Mondays, 10:30am, Ionia TRD.

Volunteer Group

Peer Led, November 11, 18, 25, 3:30pm, Ionia Theater. TRD.

Yoga—Chair

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



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535

It's not about what you do
for the holidays,
or what you get.
It's who's there.



DON'T
DRINK & DRIVE