



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.

Mental health is a universal right for everyone to enjoy so that care, compassion and support is not a privilege for only a few.

That's the theme for this year's World Mental Health Day October 10th.

Know that your feelings are valid, that you matter and you are not alone. We are here to help. We have a wide range of services for everyone whether you are young or old, and for most mental conditions and developmental disabilities.

Our services are listed in pamphlets, in our service handbook, on our lobby walls as are our groups which can provide more support to you and your family. These can also be found on our lobby Power Points, on our Facebook page, website and newsletter which is also in the lobby and on social media. We also carry other resources in those same places whether they are national, state wide, county wide or local.

If you see a group you would like to attend, please discuss it with your clinician who can help you sign up.

Additionally we have online and mobile apps to help you conduct some self guided help and motivation to assist on a daily basis and on hard days.

And by all means remember,
**"Don't try to be the best.
Just be the best you can be today".**

Anonymous



OCTOBER



1, 15 PEER LED, Self Love, 11:30am, Ionia TRD
 2, 7, 9, PEER LED, Chair Yoga, 9:30am, Ionia TRD
 14, 16, 21, 23, 28
 2, 9, 16, PEER LED, Game Club, 11am, Portland TRD
 23, 30

3 TRD Closed

6, 13, PEER LED, Rooted and Restored 10am,
 20, 27 Ionia TRD

6 PEER LED, LGBTQIA+ Group, 3pm, Ionia TRD

6, 13, PEER LED, Game Night, 4pm, Ionia TRD
 20, 27

7, 14, PEER LED, Game Club, 1pm, Belding TRD
 21, 28

7, 14, PEER LED, Volunteer Group, 3:30pm, Ionia
 21, 28 Theater

Tuesdays PEER LED Fitness Group, 2:30pm
 (except the 28th) and Thursdays, 3pm, all at
 Ionia 24/7

Every Tuesday, Wednesday, Friday, 1:30pm,
 Ionia Fitness. Contact: Patricia

8, 22 PEER LED, Train Your Brain, 10am, Ionia TRD

10 PEER Luncheon, 11am, Ionia TRD, Topic—
 Diabetes

12, 26 PEER LED, Better Days Ahead, 11am,
 Drop in Center

16, 23, PEER LED, Recovery Stick, 9:30am, Ionia TRD

30

17 PEER LED, Pumpkin Farm Trip, 10:30am.
 Must be signed up by 10/15

21 PEER LED, Bingo, 1:30pm, Mooville

23 PEER LED Chili Dawg Challenge Event,
 4:30pm. Must be signed up to go

28 TRD Board Meeting, 4-6pm, Ionia TRD

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

29 PEER LED, Budgeting 101, 11am, Ionia TRD

31 PEER LED Halloween Party, 11am, Ionia TRD

Mental Health Resources

- Catholic Charities 616.522.0687
- Four Health Family Resource Center 616.642.6466
- Mid State Health Network-MSHN 844.405.3095
- Relief After Violent Encounter (RAVE) 616.527.3351
- River's Edge Drop-In Center 616.522.9773
- Samaritas (Belding) 616.215.2307
- And at the Right Door 616.527.1790
- Right Door 24-hour Crisis Line 800.527.1790
- Two Rivers Counseling 616.647.4747
- Viewpointe Counseling 616.523.6537
- Depression after Delivery 800.944.4773
- Ionia County Health Department 616.527.5341
- Mical Suicide and Crisis Lifeline 9.8.8.
- National Alliance on Mental Illness nami.org
- National Institute for Mental Health nimh.nih.gov
- Substance Abuse and Mental Healthsamsha.gov
- Suicide Prevention Lifeline 800.273.8255
- Substance Abuse and Mental Health800.662.4357

MONTH LONG AWARENESSES:

ADHD Awareness
 Breast Cancer Awareness Month
 Domestic Violence Awareness
 Down Syndrome Awareness
 Health Literacy Awareness Month
 Mental Illness Awareness Month
 National Dental Hygiene Month
 National Physical therapy Month
 Pregnancy and Infant Loss Awareness

WEEK LONG AWARENESSES:

October 6-12 Mental Illness Awareness Week
 October 23-31 Red Ribbon Week

DAY AWARENESSES:

10/9 National Depression Screening Day
 10/10 World Mental Health Day
 10/17 National Mammography Day
 10/25 National Prescription Take Back Day
 10/29 World Stroke Day



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 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



FREE Mental Health Phone Apps (and some online, too!)



How We Feel App

—Apple App Store or Google Play

- Better understand your emotions with daily check-ins and journaling.
- Spot patterns as they appear over time.
- Learn new ways to help yourself in the moment.



ICHILL App

—Apple App Store, Google Play or online

- Stressed? Worried? This app uses the Community Resiliency Model to expand your wellbeing and manage sensations associated with trauma and stress.
- English, Spanish and Ukrainian
- Also online: ICHILLAPP.COM



One Sec App

—Apple App Store, Google Play

- Mindless scrolling on apps? PAUSE and think twice before jumping into endless scrolling!
- Gain back control over your time.
- One Sec has saved 111,509 years from scrolling already!



PTSD Coach App

—Apple App Store, Google Play or online

- Designed for Veterans experiencing symptoms of PTSD for screening and tracking symptoms.
- English and Spanish
- Tools Include: Guided Relaxation, Soothing sounds/ images, relationship tips and more!



Spiral Up App

—Apple App Store, Google Play

- Use it whenever you have a moment of irrational panic, boredom, or feel bad for any reason.
- Achieve amazing relief from: Stress eating, overwhelm, anxiety and depression.
- Emotional Brain Training that empowers you.



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GROUPS

Better Days Ahead

Peer Led, October 12, 26, 1pm, Portland TRD.

Bingo

Peer Led, October 21, 1:30pm, Mooville.

Budgeting 101

Peer Led, October 2, 9, 16, 23, 30, 11am, Portland TRD.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Starting September 30, Tuesdays, 5-6pm, Virtual.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafting Coping Skills

Starting October 15, Wednesdays 4:15-5:14pm, Ionia TRD.
Kids age 6-12 open to services.

Crafts

Peer Led, October 29, 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, Every Tuesday, 2:30pm, except October 28, and Thursday, 3pm, Ionia 24/7 Fitness. Every Tuesday, Wednesday and Friday, 1:30. Contact Patricia.

Game Night

Peer Led, October 6, 13, 20, 27, 4pm, Ionia TRD.

Game Club

Peer Led, October 2, 9, 16, 23, 30, 11am, Portland TRD.
October 7, 14, 21, 28, 1pm, Belding TRD.

Healthy Relationships

Open and ongoing, to start September 19, Fridays, 1pm, Ionia TRD.

Kids Skills Group

Starting October 16, Thursdays, 4:15-5:15pm, Ionia TRD. For youth ages 6-12.

LGBTQIA

Peer Led, October 6, 3pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change (POSTPONED)

Starting October 2, Thursdays, 10-11:30 am, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 12:30pm, Ionia TRD.

Recovery Stick

Peer Led, October 16, 23, 30, 9:30am, Ionia TRD.

Rooted and Restored

Peer Led, October 6, 13, 20, 27, 11:30am, Ionia TRD.

Self-Love

Peer Led, October 1, 15, 11:30am, Ionia TRD.

Teen Skills Group

Mondays, 10:30am, Ionia TRD.

Train Your Brain

Peer Led, October 8, 22, 11am, Ionia TRD.

Volunteer Group

Peer Led, October 7, 14, 21, 28, 3:30pm, Ionia Theater.

CHAIR YOGA

Peer Led, October 2, 7, 9, 14, 16, 21, 23, 28, 9:30am, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.5357

3/30/300 Rule

One of the best things to come out of Covid is a study promoting the sight of greenspace for mental wellness.

3/30/300 is a planning guideline for urban greening that aims to ensure equitable access to nature for all to promote health and well being.

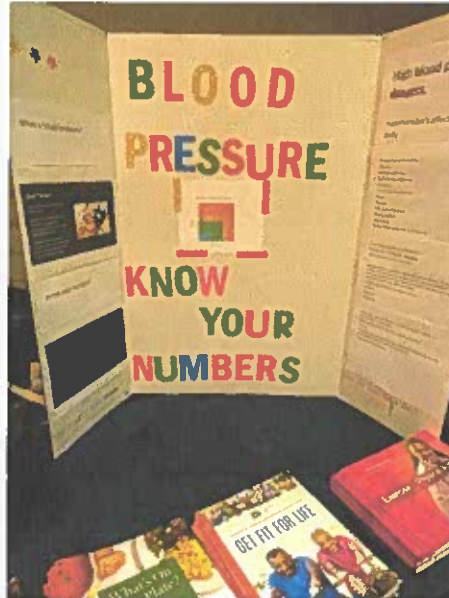
It suggests that everyone should be able to see three trees from their home, have 30 percent tree canopy cover in their neighborhood and live within 300 meters of green space.

The rule supports getting outside whenever possible either for exercise, a walk, to garden or simply to clear our heads of our troubles, to get a breathe of fresh air which will all improve our moods.



Health FAIR

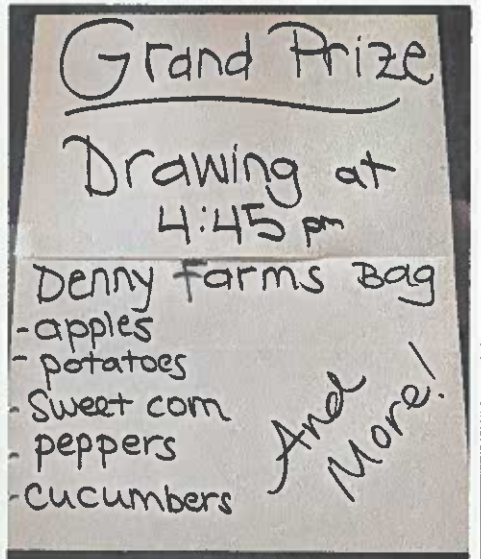
September 18, Steele Street Hall, Ionia



This year's Health Fair saw several peaks and valleys as foot traffic visited our Community Partners like Rave and related health booths including first timers, Feeding America and Lyons Muir Lions who conducted eye screenings.

The vibe was relaxed with snacks, and music along with the artwork on display created by our persons served. *(Normally the Express Yourself event is held at Ionia TRD on a different day).*

One idea mentioned for next year was to move the fair later in the afternoon to end when the biggest crowds were inside Steele Street Hall registering with Case Management just before the 5k.



Top left to right: Feeding America, our own Med Nurses as well as the lovely ladies from the Ionia Health Department in front of Ionia Area Hospice. **Up front, the Peers:** Patricia, Rob, our MDHHS Rep, Lexie, Shelley and Katie. Rose had just left. **Far right:** Several drawings and prizes were held at the end of the Health Fair (donated by many of our partners and businesses) with a grand prize being a bag from Denny Farms with a variety of fruits and veggies.

Right:

Do not let this picture fool you. This is not your average size weaving or dreamcatcher. In fact, it is several feet in diameter! It dressed the stage along with several other large and impressive pieces where two performance artists provided some background music, ambience and original songs for those attending the Health Fair to enjoy.



EXPRESS YOURSELF ART GALLERY

(held during the Health Fair)



Peer
mentoring



There was a great mix of expressive pieces at this year's event including tables of great photos, pencil and colored drawings, plastic canvas, wool felting, dreamcatchers in all shapes and sizes, more. The highlight was two performance artists with the one pictured above being a recovered substance abuse drug addict who has finished her GED and is working towards her credentialing as a peer specialist to help others.

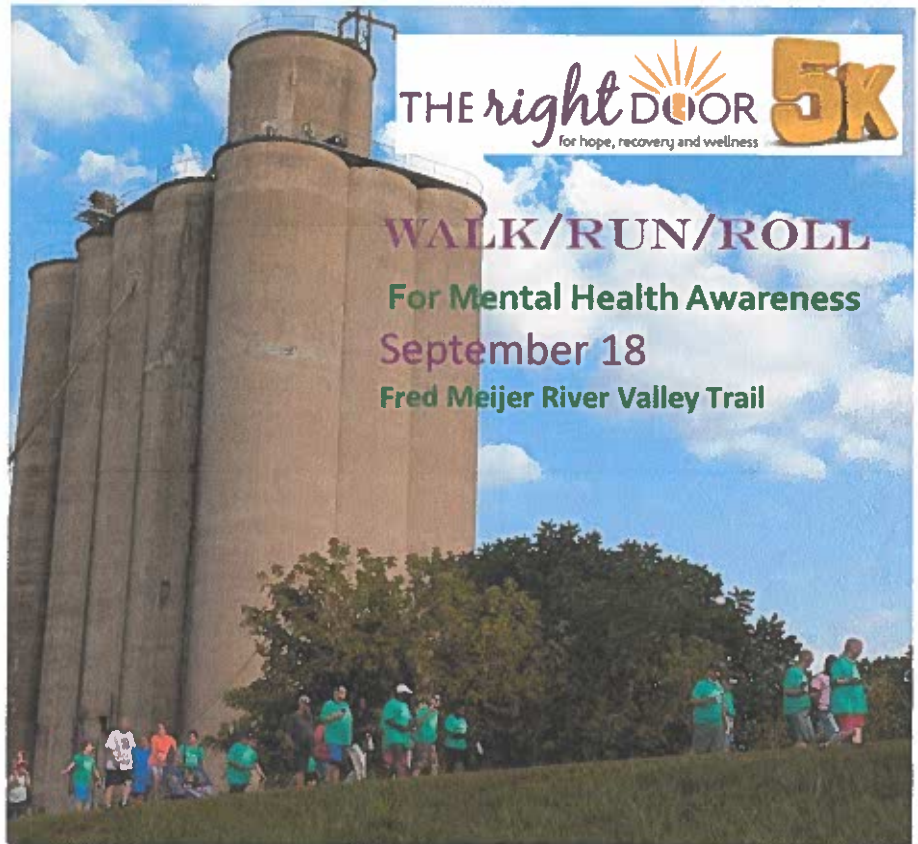




CASE MANAGEMENT



Top Left: The start of the 5k as people walked, biked, jogged and rolled the course with walkers, wheelchairs and pets. **Above left:** And then along rolled Nurse Tamra Feutz on her skates. (I think that's the first skater we've had). **Top and Bottom Right:** Walking up the hill by the empty silos which are a landmark of the defunct, Ionia Feed Mill before crossing Highway 66 on the iconic blur bridge that lights up at night.



It was a 80 degrees with a lovely breeze as more than 150 people took to the Fred Meijer River Valley Trail for the annual TRD Walk/Run/Roll 5K. The 5k is a community event put together by The Right Door's Adult Case Management Team in an effort to recognize, support and increase community awareness for mental health.

To enter, participants simply brought one non-perishable food item to the Steele Street Hall where they picked up their 5k t-shirts. Upon completion of the course, they all returned to the hall for water and food.

Many of the participants were persons served, caregivers, staff, families and more community members I think than in the past.



It is Harvest!

While I used to do more canning and freezing than I do now, I still do some. I still put down apples, squash, pumpkins, beans...

Sue Ferris

How to Freeze Pumpkin and Squash

To Freeze Squash (like Acorn, Buttercup/Butternut)

1. Peel the squash, remove the seeds and cut it into 1" cubes
2. Flash freeze by arranging cubes in a single layer on a parchment lined baking sheet.
3. Freeze Solid then place the frozen squash into freezer bags, pressing out excess air from the bag and return to the freezer.

To Freeze Pureed Pumpkin or Squash

1. Cut pumpkins or squash in half. Seed.
2. Prick inner pulp in several places and place the halves pulp side down into a 9 x 12" baking dish that has about an inch of water in it.
3. Bake for 30 to 45 minutes in a preheated 350 degree oven until you prick the outer skin and it is soft or cooked.
4. Cool. Then scoop out the pulp and mash till smooth.
5. Put in a freezer bag squeezing out any air. Seal. Then I always put in a freezer container to ensure freezer life. (3-6 months)
6. To use in a recipe simply thaw in a refrigerator and add the seasonings you usually do for your recipe.
7. For squash, I usually reheat in a saucepan, greased casserole dish or Slow cooker with a tablespoon of butter, brown sugar to taste and salt and pepper. Treat the pumpkin as raw pack canned and add evaporated milk, cinnamon, ginger, nutmeg (pumpkin pie spice), brown sugar and eggs.

F.O.R.
Food and Other Resources
HELPLINE



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

1-888-544-8773

food
BANK

MDHHS



FARMER'S MARKET

Tuesday, Sassy Rooster Farmers Market, 4-7:30pm, (Southwest corner Nash/Grand River)

Thursday, Lyons Farm Market, 3-6pm, Lyons Pavillion

Saturday, Ionia Farmers Market, 9am-2pm, across from the fairgrounds

Saturday, Red Mill Pavillion, 9am-1pm, Portland

Double Up Food Bucks



WALK A MILE IN MY SHOES RALLY

September 17

State Capitol Building,
Lansing

- Peers and persons served rallied to enhance public awareness because legislators needed to know Mental Health matters.
- And to end the stigma attached to mental illness



We Can Make A Difference



BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

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

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesdays 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velte, (269) 838-5887.

Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

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

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times



- 10/7 2pm, Walk up,
Central UMC, Lake Odessa
- 10/7 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 10/11 10am, Drive Through
Mount Hope Church, Portland
- 10/14 4:30pm, Drive Through,
Zion UMC, Ionia Fairgrounds
- 10/17 4:30pm, Drive Through,
Belding High School
- 10/21 6pm, Drive Through,
Hubbardston American Legion
- 10/29 5pm, Drive Through,
Shiloh Community Church, Orleans
- 10/30 4:30pm, Drive Through,
Saranac Community Church



West Michigan Farmer's Markets

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

**Hanulcik Farm
Market**,
1425 North State
Road (M66), Ionia
(616) 527-3630
June-October
(U-pick strawberries,
peaches, apples)

Pierson Orchards,
5348 North State
Road (M66), Ionia
(616) 527-4847
May-October

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



		1 11 Healthy Relationships 1 Free Lunch	2 11 Better Days Ahead 12-3	3 11 Men Supporting Men 1 Movie
8 11 Goal Getters 2 Women Supporting Women	7 11 Junk Journaling 2 Round Table Talk	8 11 Healthy Relationships 1 Free Lunch 2 Bingo	9 11 Better Days Ahead 12-3 Bowling	10 11 Lunch TRD 1 Men Supporting Men
13 12 Board Meeting 2 Women Supporting Women	14 11 Junk Journaling 2 Round Table Talk	15 11 Healthy Relationships 1 Free Lunch	16 11 Better Days Ahead 2 Crafts	17 11-3 Anderson and Girls
20 11 Goal Getters 2 Mindful Monday	21 11 Junk Journaling 2 Round Table Talk	22 11 Healthy Relationships 1 Free Lunch 2 Bingo	23 11 Better Days Ahead 12-3 Bowling	24 11 Men Supporting Men 1 Movie
27 11 Goal Getters 2 Women Supporting Women	28 11 Junk Journaling 2 Round Table Talk	29 11 Healthy Relationships 1 Free Lunch 2 Bingo	30 11 Better Days Ahead 2 Crafts	31 Halloween Party

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773