

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

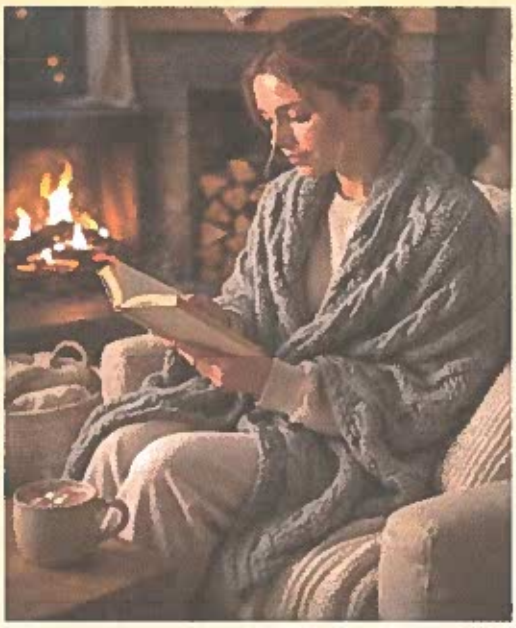
Onsite IONIA: 1st/3rd
Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

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 arrive15 minutes early for your appointment Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



November isn't just about elections, Veteran's Day, Thanksgiving or Black Friday shopping.

Nor should we view it as a depressing seasonal shift from warmth and daylight even though many of us do.

Instead we should try to be thankful and indulge in some time to kick back (without guilt), all cozy with a book, a fire, maybe a blanket, a hobby – whatever interests you, and cherish a little self connection.

Afterall, you don't have to wait for the time change to give yourself permission to focus on nurturing yourself.

Sue Ferris,
Newsletter Editor

Member:

MSHN
Mid-State Health Network



1 **DAYLIGHT SAVINGS ENDS.**

PEER LED Fitness Group every Tuesday and Thursday 11/12 and 19, all at 2:15pm at Ionia 24/7 Fitness

Every Tuesday, **Wednesday** (*except 11/4*), and **Friday** (*except 11/27*), all at 1:30pm, at Ionia 24/7 Fitness.

2, 9, 16, 23, 30 **PEER LED,** Game Group, 2:30pm, River's Edge Drop in Center (REDIC)

3 **ELECTION DAY.** Please vote

3, 10, 17, 24 **PEER LED**, Euchre, 10am, REDIC. Euchre, 10am, Saranac, Housing Commission, **11/6, 13** and **20**

9 PEERS Drab 2 Fab, 9:30am-2:30pm persons served. Open to the public 11:30am-2:30pm, Ionia TRD

11 **Lest we forget. VETERANS DAY.** Thank you veterans and your families for your courage, service and sacrifice

12 **PEER LED,** Self Love, 10:30am, REDIC

16 **COMMITTEE OF THE WHOLE**, 4-6pm, Ionia TRD

17, 24 **PEER LED,** Volunteer Group, 3:45pm, Ionia Theater

18, 25 **PEER LED**, Crafts, 9:30am, Ionia TRD

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

17 **PEER LED**, Bingo, 1:30pm, Taco Bell

26 **Thanksgiving.** Offices closed today and 27th



The Right Door is Closed

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

MONTH LONG AWARENESSES:

American Diabetes Mont/Diabetic Eye Disease Awareness

Bladder Health Month

Chronic Obstructive Pulmonary Disease COPD and Respiratory Health Month

Lung Cancer Awareness

National Epilepsy Awareness

National Family Caregivers Month

National Healthy Skin Month

National Home and Hospice Awareness

Pancreatic Cancer Awareness Month

Prematurity Awareness Month

Pulmonary Hypertension Month

Stomach (Gastric) Cancer Awareness

WEEK LONG AWARENESSES:

11/1-7	National Diabetes Week
11/8-14	**National Nurse Practitioner Week**
11/18-24	U.S. Antibiotic Awareness Week

DAY AWARENESSES:

9	**National Diabetes/Heart Connection Day**
12	**World Pneumonia Day**
14	**World Diabetes Day**
17	**World Prematurity Day**
18	**National Injury Prevention Day**
18	**World COPD Day**
19	**Rural Health Day**
19	**Great American Smokeout – Quit smoking with American Cancer Society**
20	**Transgender Day of Remembrance**
26	**National Family Health History Day**



COMMUNITY BABY SHOWER

Thursday, October 29

10am-12pm
The Right Door, Ionia

The Infant Mental Health team hosted its first free baby shower October 29th on the heels of Babies Week in the United States. And it was a huge success! Open to all families within the community, the shower celebrated children from birth to three years of age.

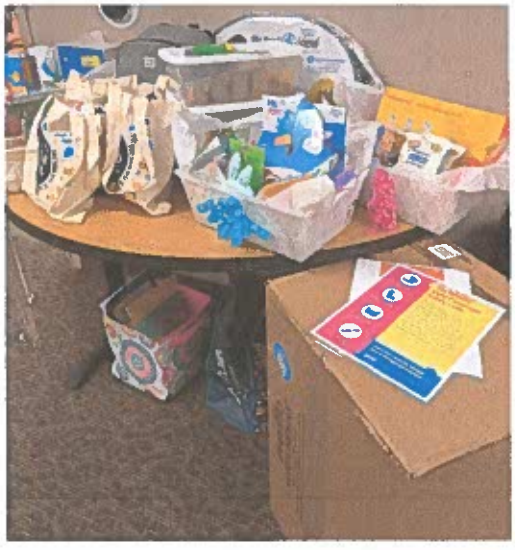
Some 60 attendees were able to connect with other families, while the kids could play and have a snack in the relaxed atmosphere. Parents could also learn about community resources like Eight Cap, Flat River Doulas, Help Me Grow Michigan, Ionia County Health Department, Mama Bear Doula Services and United Way. Others on hand included Michigan Community Dental Centers, Pregnancy Services of Ionia County as well as Grand River Playgroup. By visiting each vendor, like at Kids Day at the Ionia Free Fair, families would be involved in a diaper giveaway (in partnership with United Way) as well as raffles.

The shower was held for two hours in the morning at the Ionia Right Door location but may move elsewhere in the community next year to accommodate more guests, resources and clothing while having expanded shuttle bus transportation from both Ionia and Belding. Even so, this first event was posted on Ionia Informed, 411 and The Right Door social media sites and by all vendors involved to make this first shower the success it was.

Top Right: Jennifer McVay and Malikah Owensby from the agency's Infant Mental Health Team connected with community for resources, vendors, for attendance, promotion and raffle items (bottom right). There were raffle items for parents like gift cards for parents like massages and nails along with items for the kids including a car seat.









AUTUMN CELEBRATION

Representing The Right Door in the kid zone at Ionia's Autumn Celebration October 22nd was two of our ABA Team playing games and giving away treats and information. Across from them were our friends at Ionia County Hope and Recovery. The annual event features a chili dawg challenge with a free Trunk or Treat area, kids and pet costume contests and a kids zone.



HIGH SCHOOL MENTAL HEALTH FAIR

Led by students from Lakewood High School in Lake Odessa, a Mental Health Empowerment workshop was held October 28 under the guidance of Mrs. Hickey, the school's social worker.

At one of several wellness stations, students learned progressive muscle relaxation from community partner Rachel Selby of The Right Door's School Outreach Team. The fair has been held the last few years to teach healthy habits to students so as life's problems happen they realize they are able to cope best when healthy physically and mentally.

The team of Selby and Stephanie Taylor also offered groups to Ionia County children this summer focusing on friendship skills, coping skills, handling conflict and self esteem. They ran a summer arts and craft group at Portland's Sunset Ridge and provided free school supplies and backpacks to students at TRD's Back to School Bash in August.

LAKEWOOD VIKINGS

During the school year they partner with schools to provide whole class lessons for all students and smaller skill building groups when the school identifies those needing extra support (with parent permission of course). They help families connect with agency and community resources, consult with school staff when concerns arise and help schools and mental health providers understand what support each can offer. The ladies also act as one consistent contact at their schools coordinating Vanderbilt forms between schools, students and clinicians.

Rachel works with Lake Odessa schools, as well as those in Ionia, Pewamo-Westphalia and Carson City. Stephanie split's her time between school outreach for Belding and Saranac schools as well as her duties in children's case management at TRD. Together the pair have more than 30 years experience working in school settings.



And Costume Splash!

October 29, 4-6pm

The Autism Center,
The Right Door, Belding

Trick or treating for all ages/abilities

Open to the community



Left and Right: The ABA Team really got in the spirit by posing for pictures without being asked to.

Below: The whole team dressed for the event to play games, do crafts and give out candy and prizes for all the families who came.





2026 Peer Lunches

11/5 Drab to Fab

12/4 Eating healthy for the Holidays. Christmas Party



Lunch with Peers

Christmas Gathering

December 4, 11am

TRD Ionia

Food

Games

Optional gift exchange game

Please bring a wrapped $1 gift if you would like to participate in the gift exchange

DRAB TO FAB

November 5

9am-2:30pm, Ionia TRD

9-11:30am for persons served
11:30am-2:30pm for the public

Gently used clothing, shoes, accessories, hygiene products and haircuts

Top: **Before** setting up
Bottom: **After**. During the well attended event several student hair stylists from a local hairdressing school provided free haircuts while attendees visited, shopped and nibbled on sloppy joes and desserts (made by Teresa Martin who oversees the Peer Team). Over 140 hygiene bags were also given out.









Free Food Resources



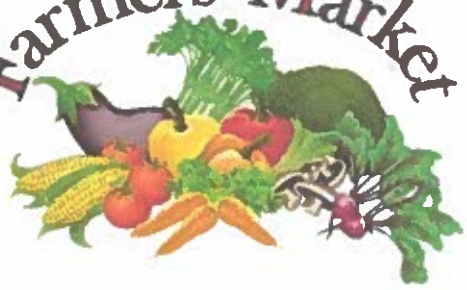
Bridge Card EBT
888.544.8773
Commission on Aging
616.527.5365
Double Up Food Bucks
866.586.2796
EightCAP, Inc.
616.754.9315
Feeding America West Michigan Food Bank
616.784.3250
Food and Nutrition Program Helpline (SNAP)888.544,8773
Good Samaritan Ministry (Saint Joseph Parish)
989.593.3440
Ionia County 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



FEEDING AMERICA
West Michigan

11/3	2pm, Walk up, Central UMC, Lake Odessa
11/3	6pm, Drive Through, Twin Rivers Elementary, Muir
11/10	4:30pm, Drive Through, Ionia Fairgrounds
11/14	10am, Drive Through, Mount Hope Church, Portland
11/17	6pm, Drive Through, Hubbardston American Legion
11/20	4:30pm, Drive Through, Belding High School
11/23	5pm, Drive Through, Shiloh Community Church, Orleans

West Michigan Farmers' 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

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

Community Events

Belding Turkey Trot,
November 21, 9am.
5K Run/Walk $30 after 11/8
1Mile Walk $15 after 11/20
Belding Turkey TrotRunSignup Page

Clarksville Tractor Parade and Tree Lighting,
November 27, Clarksville Gazebo
5pm Meet Santa
6:30 Santa lights the tree
6:40 Tractor parade
Warm up in the village hall with cocoa while the village business association hosts a cookout.

Ionia Bluegrass Country Show and Jam, 3pm, Ionia Theater.
Indoor stage show and open instrument jam session with concessions.

Christmas Around the Town
November 27, 9am-5pm, November 28, 9am-2pm, Lake Odessa.
Explore local crafters and artisan wares, holiday goodies, handmade gifts, artwork, tasty treats, one-of-a-kind finds, more.

Old Red Mill Thanksgiving Market, 9am-1pm, Red Mill Pavilion, Portland. Unique handcrafted, specialty items and locally made gifts, foods, music, baking, produce, more.

Free Thanksgiving Dinner
November 26, 1-3pm, Saranac American Legion. Dine in or take out. Saranac delivery available. Sponsored by Saranac Community Association.

Peer Recovery Coach, Josh Guernsey will share his recovery journey as a guest on The Continuous Miracle Show, November 29 at 11am, MGLM 106.3 FM.

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 Customer Service	**1-888-678-8914**
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 for basic needs	**2-1-1**
Disability Ombudsman Michigan Protection and Advocacy Services	**1-800-288-5923**
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 Help with Transportation, Meals for the Elderly	**1-800-677-1116**
Energy Assistance	**1-855-275-6424**
Home Heating Tax Credit Status	**517-636-4486**
Medicaid Customer Help MSA/MDHHS	**1-800-642-3195**
Medicare Includes Part D for Pharmacy	**1-800-MEDICARE**
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 For Low Income	**1-888-367-6557**
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 ReHab	**1-800-605-6722**
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**

THE right DOOR for hope, recovery and wellness GROUPS

Big Feeling Tamers
Thursdays, 4:30-5:30pm, Ionia TRD.

Bingo
Peer Led, 11/17, 1:30pm, Taco Bell.

CBT Anxiety
Fridays, 2-3pm, Virtual.

CBT Depression
Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength
Tuesdays, 5-6pm, Virtual.

Cognitive Therapy (Mindfulness-based)
Wednesdays, 2:30-4:30, Ionia TRD.

Control The Fire Group
Mondays, 4-5pm, for teens 12-17, Ionia TRD. Snacks provided.

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, 11/18, 25, 9:30am, Ionia TRD.

DBT Fidelity Group
Thursdays, 1-2:30pm, Ionia TRD.

DBT Skills
Ongoing, Mondays, 1-2:30pm, Ionia TRD.

Teen DBT
Tuesdays, 3:30-4:30pm, for teens 13-17, Ionia TRD.

Euchre
Peer Led, 11/3, 10, 17, 24, 10am, REDIC and
11/6,13, 20, 10am, Saranac Housing.

Fitness
Peer Led Fitness Group, every Tuesday and Thursday, 11/12, 19, all at 2:15pm at Ionia Fitness.

Every Tuesday, Wednesday, and Friday, (except 11/4), all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Group
Peer Led,11/2, 9, 16, 23, 30, 2:30 REDIC.

Grit For Beginners
Thursdays, 4-5pm, October 8-November 19, for kids, 6-12.

Healthy Relationships (Starting January)
Fridays, 1pm, Ionia TRD.

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

Kids Crafting Coping Skills Group
Tuesdays, 4:45-5:45, for teens 13-17, Ionia TRD.

Life Skills
Mondays, 1:30pm, Ionia TRD.

Men's Group
Tuesdays, 2-3pm, Ionia TRD.

APPLE OATMEAL MUFFINS



From Feeding America West Michigan

1/2 cup milk
1/3 cup applesauce
1/2 cup flour
1/2 cup quick-cooking oats *(uncooked)*
1/4 cup sugar
1/2 tablespoon baking powder
1/2 teaspoon ground cinnamon
1 tart apple chopped and cored

-Preheat oven to 400.
-Place 6 cupcake holder in baking tin.
-In a bowl add milk and applesauce. Mix.
-Stir in flour, oats, sugar, powder and cinnamon. Mix until moistened.
-Stir in chopped apples.
-Spoon into cupcake holders.
-Bake for 15-20 minutes till toothpick inserted comes out clean.
-Cool for 5 minutes before serving.
Optional toppings include raisins/walnuts.

Parenting Through Change
Thursdays, 1-2:30pm, virtually.

Ready to Work Group
Wednesdays, 12-1:30pm, Ionia TRD.

Self Love
Peer Led,11/12, 10:30am, REDIC.

Volunteer Group
Peer Led, 11/17, 24, 3:30pm, Ionia Theater.

Women's Group
Friday, 10am-12pm, Ionia TRD.



2 11 Goal Getters Mindful Monday 2:30 Games	**3** 10 Euchre 11 Junk Journaling Crafting	**4** 11 Healthy Relationships 1 Free Lunch	**5** Drab 2 Fab 11:30 Bowling	**6** 11 Physical Fitness 1 Nutrition
9 11 Goal Getters Mindful Monday 2:30 Games	**10** 10 Euchre 11 Junk Journaling Crafting ***Volunteer Theater***	**11** 11 Healthy Relationships 1 Free Lunch	**12** 10:30 Self Love 11:30 Bowling	**6** 11 Physical Fitness 1 Nutrition
16 11 Goal Getters Mindful Monday 2:30 Games	**17** 10 Euchre 11 Crafting 1 SMART Recovery	**18** 11 Healthy Relationships 1 Free Lunch	**19** Movie Outing ADA/Lowell 5	**16** 11 Physical Fitness 1 Nutrition
23 11 Goal Getters Mindful Monday 2:30 Games	**24** 10 Euchre 11 Crafting 1 SMART Recovery	**25** 11 Healthy Relationships 1 Free Lunch	**26** **Thanksgiving Day** **Center Closed**	**27** **Center Closed**
30 11 Goal Getters Mindful Monday 2:30 Games				

Have suggestions?
Email the editor at
sferris@rightdoor.org

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia **(616) 522-9773**