

The right Connection

December 2024



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 West 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 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.



Member of:



We rise by lifting others

The giving season is upon us. Now normally I would include information about wonderful charitable organizations to contact for assistance or donations like Toys for Tots, the Dolly Parton Imagination Library, Star Mothers for our troops abroad, and more. Instead, I want to look at other ways to donate, or serve others, whether it's helping at a soup kitchen, cooking or serving at a community holiday dinner, phoning, or dropping a card to a shut in, or simply giving the gift of time anyone can give.

As an example, my daughter-in-law left my home on Thanksgiving evening and headed to her grandfather's to have dinner with him. She hadn't been invited. He didn't know she was coming. You see her grandmother passed away the week before, at home, in the care of hospice and surrounded by family. Her grandpa had already pre-purchased a small Thanksgiving meal from the store to share with his wife and never cancelled it.

While Grace selflessly gave a small amount of time to be there, the gesture and her presence comforted him greatly. Both their hearts swelled proving no time is better spent than in the service of others. **Happy Holidays!**

DECEMBER

- 2, 9, 16 **PEER LED**, Game Night, 4pm, *Ionia TRD*
- 3, 5, 10, 12, 19 **PEER LED**, Fitness, 2:30pm, *Ionia TRD*
- 3, 10, 17 **PEER LED**, Chair Yoga, 11am, *Ionia TRD*
- 3, 10, 17 **PEER LED**, Volunteer Group, 3:30pm, *Ionia Theater*
- 3, 17 **PEER LED**, Caring Cards, 3pm, *Ionia TRD*
- 4 **PEER LED**, Better Days Ahead, 9:30am, *Ionia TRD*
- 4, 11 **PEER LED**, Women's Support Group, 1pm, *Ionia TRD*
- 5, 19 **PEER LED**, Caring Cards, 3pm, *Portland TRD*
- 5, 19 **PEER LED**, Restorative Yoga, 4pm, *Ionia TRD*
- 6 **PEER LUNCHEON**, Learn about Protein, 11-12:30pm, *Ionia TRD*
- 9, 23 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*
- 10 **PEER LED**, Mobile Food Pantry transport, 3:30pm
- 11 **PEER LED**, Christmas Crafts, 9:30am, *Ionia TRD*
- 11 **PEER LED**, Self Love, 11:30am, *Ionia TRD*
- 16 **TRD Board/Staff Luncheon**, 12pm, *Ionia TRD*
- 17 **PEER LED**, Bingo, 1:30pm, *Taco Bell*
- 17 **PEER LED**, Paint and Cocoa, 4pm, *Ionia TRD*
- 18 **TRD Recipient Rights Advisory Committee**, 3pm, *Ionia TRD*
- 20 **PEER LED Christmas Party**, 12pm, \$5 gift exchange, *Ionia TRD*
- 16 **TRD Board/Staff Luncheon**, 12pm, *Ionia TRD*
- 24, 25 **Happy Holidays! TRD is Closed.**
- 30 **PEER LED**, Illuminate Church food pantry, 10:30am, *Ionia*
- 31 **Happy New Year! TRD is Closed.**

SEASONS GREETINGS

We will be closed to observe the holidays

MONTH LONG AWARENESSES:

- **HIV/AIDS Awareness and Flu Vaccination**
- **International Sharps Injury Prevention Month**
- **National Giving Month**
- **National Impaired Driving Prevention Month**
- **National Safe Toys and Gifts Month**

WEEK LONG AWARENESSES:

December 1-7: **Crohn's and Colitis Awareness Week**

December 4-8: **National Handwashing Awareness**

December 4-8: **National Influenza Vaccination Week**

DAY AWARENESSES:

12/1: World Aids Day

12/3: International Day of Persons with Disabilities

12/21: First Day of Winter/Winter Solstice



Would you like to share a story of hope, a poem, or other ideas?

Your ideas count... Please consider sharing them.

Email sferris@rightdoor.org



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



Thanksgiving Baskets



Packers included (left to right): Lisa Lubenow, Outpatient Supervisor, Jill Carter, Data Analyst and Kim Roberts, Case Management. Missing from the picture was Rachel Selby, School Outreach.

On November 22nd members of The Right Door's Wellness Committee packed 17 baskets for our most at risk persons served and their families. One held ham while the others contained turkeys.

The baskets also included dinner rolls, potatoes, butter, stuffing mix, gravy, cranberry sauce, green beans, French fried onions, cream of mushroom soup and milk—everything to make a traditional Thanksgiving dinner.

Monies for the basket contents came from an annual fundraiser where TRD staff donate food and cash to a U of M/MSU college football rivalry.





GROUPS

Adult Autism Group

Every other Monday, 1:30-2:30pm, Ionia TRD.

Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Better Days Ahead

Peer Led, November 20, 9:30am, Ionia TRD.

Adult DBT Skills

Ongoing, Mondays, 1pm, Ionia TRD.

Caring Cards

Peer Led, December 5, 19, 3pm, Portland TRD.
November 3, 17, 3pm, Ionia TRD.

Crafts

Peer Led, December 11, 9:30am, Ionia TRD. Paint and Cocoa,
December 17, 4pm, Ionia.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Fitness

Peer Led, December 3, 5, 10, 12, 19, 2:30pm, Ionia TRD.

Food Pantry Rides

Peer Led, December 10, Mobile Food Bank, 3:30pm; December 30,
Illuminate Food Bank, 10:30am.

Games Group

Peer Led, Mondays, December 2, 9, 16, 4pm, Ionia TRD.

Games Group

Peer Led, Mondays, December 2, 9, 16, 4pm, Ionia TRD.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

LGBTQIA

Peer Led, Ongoing, December 9, 23, 3pm, Ionia TRD.

Live Out Loud

LGBTQIA+ Teen Group, Ages 13-17, four weeks, Mondays,
2:30-3:30, Ionia TRD.

Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 12-1:30pm, Ionia TRD.

Self-Love

Peer Led, December 11, 11:30am, Ionia TRD.

Social Hour

Peer Led, December 17, Bingo, 1:30 Taco Bell.

Teen Skills Group

Thursdays, 3:30-4:30, Ionia TRD

Volunteer Group

Peer Led, December 3, 10, 17, 3:30pm, Ionia Theater.

Women's Support Group

Peer Led, December 4, 11, 1-2pm, Ionia TRD.

YOGA

PEER LED

Chair, December 3, 10, 17, 11am, Ionia TRD.

Restorative, Thursdays, 4pm, Ionia TRD.

Senior Santa's

Each year The Right Door collects items for Senior Santa's. We provide individual holiday care packages to seniors who are 60 years and older, isolated and lonely in Ionia County. For many, it may be the only gift they receive during the holidays.

There are donation boxes at all three of our locations for items like:

- Hand knit scarves, hats, gloves/mittens, slipper-cocks, lap robes/shawls...
- Personal care items like soaps, lotions, shampoos, deodorant, toothpaste/brushes, chap sticks, manicure sets, first aid items
- Gifts like crossword puzzle books, greeting cards, playing cards, calendars, memo pads, clip pads
- Handkerchiefs, combs, socks, eye glass holders, flashlights
- Household items such as Kleenex, paper towels, toilet paper, cleaning wipes, light bulbs, laundry soap...
- Non-perishable items like coffee, tea, healthy snacks, candy

Donations and funds are also raised at TRD through various projects including a Soups On Competition Luncheon. Limited to 100 gift baskets which are packed and delivered by staff before the holidays which are soon here!

Please contact Julie Dowling or Shelly Hanses at (616) 527-1790 for additional information



Dutch Almond Bנקet

This rich, buttery traditional Dutch desert of almond paste is wrapped in a flaky pastry. It is often given as a gift, or shared, at Christmas.

Sarah Reeder, Clerical



A Christmas tradition: My sister, cousin and me after a day of rolling Bנקet

Rachel's Holiday Slaw

Amy Martinez, Clerical



Dressing:

- 1/4 cup extra-virgin olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons maple syrup or raw honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground pepper

Slaw:

- 1/2 medium head green cabbage, shredded
- 1/4 medium head red cabbage, shredded
- 1 small red onion, thinly sliced
- 1 large carrot, peeled and shredded
- 1 cup dried cranberries
- 1/2 cup sliced almonds

Instructions:

In a large serving bowl add all of your prepped veggies, cranberries, and almonds for the slaw.
 In a small jar add all the ingredients for the dressing. Shake well to emulsify.
 Drizzle your slaw with the dressing and thoroughly toss to combine.

Crust:

- ◆ 4 cups flour
- ◆ 1/4 cup sugar
- ◆ 1 teaspoon salt
- ◆ 1/2 teaspoon baking powder
- ◆ 1 pound butter
- ◆ 1 scant cup cold water



Filling:

- ◆ 1 pound almond paste at room temperature
 - ◆ 2 cups sugar
 - ◆ 2 eggs
 - ◆ 1 egg white, slightly beaten
 - ◆ Sugar for sprinkling
1. To make the crust, combine the flour, sugar, salt, and baking powder. Cut in the butter as you would for pie crust, then add the water. Form dough into a ball and refrigerate overnight.
 2. For the filling, mix together the almond paste, sugar and eggs.
 3. Divide both the pastry and the filling into eight equal parts. With floured hands, shape each piece of filling into a 12-inch roll. Set aside.
 4. On a floured surface, roll a portion of dough into a 12 to 14 inch rectangle wide enough to wrap around and seal up a portion of the filling. Wrap around filling and seal. Repeat.
 5. Place each roll, seam side down, on a greased cookie sheet which has been covered by a piece of greased foil. Brush each roll with the egg white and sprinkle with sugar. Bake at 425 for 15 to 20 minutes.

FOOD RESOURCES

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 12-3pm, Wednesday and Friday 11am-12:30pm.

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 Wednesday's 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 a year for two years with referral from another agency.



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



COMMUNITY RESOURCES



BELTING



HUBBARDSTON



CITY OF IONIA

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

Belding Community Education
(616) 794-4646

Adult/alternative education, teenage parent program, enrichment program, English as a second language and G.E.D. prep classes

Belding Dial-A-Ride/Bel-Hop
(616) 794-3278

Hubbardston American Legion

Department of Health and Human Services

920 E. Lincoln, Ionia (616) 527-5200
(616) 527-1790

Ionia County Commission on Aging

115 Hudson Street, Ionia
(616) 527-5365

iccoa@ioniacounty.org

- Nutrition Programs
- Friendship Dinner Sites, Senior and Congregate Meals
- Home delivered Meals on Wheels
- Health and wellness programs like Fitness, Armchair Exercise,
- In-home assistance services
- Supportive services
- Third Tuesday Each Month, Alzheimer's Caregiver Support Group, 11:30am-12:30pm.
- Wednesdays, Tai Chi, 9:45-10:30am, or 10:45-11:45am, in person or zoom.
- Wednesdays, Euchre, 12:30-3:30pm.
- Fridays, Painting Group, 1-3pm

Ionia County Dial-A-Ride/I-Dart
(616) 527-4000

Ionia Community Library, Main Street, Ionia (616) 527-3680

www.ioniacommunitylibrary.org

Ionia Literacy Council (616) 389-8529
www.ioniacountyliteracycouncil.org

Free tutoring to adults in reading, math and English as a second language

Federal Student Aid-FAFSA Finances
(800) 968-9710

Hearlands Institute of Technology
(616) 527-6540

Trade focused programs for Ionia County secondary students

Montcalm Community College
(989) 328-2111

Offers Associates Degrees in Liberal Arts and Occupational programs online and in person in Ionia, Greenville, Sidney, Howard City. Job training programs offered as are on site workplace training

(MICAN) Montcalm Ionia College Access Network

(616) 527-4900 Post high school guidance for community college, universities, military, trade/vocational/technical schools

Michigan State University Extension
(616) 527-5357

- 4-H programming for youth 5 to 20 years old, plus adult/senior nutrition planning, wellness programs, budgeting skills, home foreclosure prevention

Walking Rails to Trails

www.traillink.com>FindTrails>Michigan trails and maps, Ionia County

RAVE—Relief After a Violent Encounter
24-hour 1-800-720-7233 www.raveim.org

- Offers free and confidential services to survivors of domestic and sexual violence as well as victims of homelessness

Tony Balice Walk-In Care Clinic

550 E. Washington Street, First floor, Ionia
(616) 523-1644

United Way Montcalm-Ionia Counties
2-1-1 (800) 887-1107 or (616) 794-9840

- Help with food, housing, paying bills, taxes. Support in a family crisis or community disaster

University of Michigan-Sparrow Ionia,
(616) 523-1400



LAKE ODESSA

First and Third Mondays, Bingo, 6pm, VFW, (616) 374-7075

Lake Odessa Library, (616) 374-4591

www.lakeodessalibrary.org. Family Storytime, Yoga, Stem, Crafts, Game Other programs

Monday and Thursday, AA

Meeting, 7pm, St. Edwards Church (616) 902-9001

Thursday, Area Alanon Meeting, 10-11am, Lakewood United Methodist Church (616) 575-8000

Sundays, Old Time Country Music Shows, 3pm Bob's Barn Jamborees, Johnson Street, Lake Odessa. Open mic 4:30pm

bobwarner40@gmail.com



City of Portland (616) 647-7531

Portland District Library, (517) 647-6981

www.pdl.michlibrary.org

Portland Alternative/Community Ed (517) 647-2987

Dale Hyland American Legion, 7pm, at VFW, second Monday each month

Portland Senior Center, Mondays, Bingo 6pm and Fridays 9:30am, Tuesdays and Thursdays, Euchre, 1pm (517) 647-4004

Thursday, TOPS (Take Off Pounds Sensibly), 6-7:30pm, Portland District Library (517) 647-2025

Wednesday, Area Allanson Meeting, 10-11am, First Congregational Church (616) 575-8000



LYONS-MUIR

Lyons Township District Library (989) 855-3414.

Storytime, Knitter's Circle, Writers Group, Crafts, Games, Caregiver Corner, Sip and Read Book Club,

www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144



Third Monday of the month, Boston Saranac Historical Society meeting, 7pm

Third Tuesday of the month, Saranac Community Association and Area Women's Club, 7pm, Greenridge office

Saranac Clarksville District Library (616) 642-9146
www.saraclark.michlibrary.org

SAMS (Saranac Area Musicians and Singers)

Practice, Saranac High School band room. Choir 6-7pm; Band 7-8pm (616) 902-7237

Village of Saranac (616) 642-6324



For the Complete 32 Page List of Community Resources, kindly go to:

www8cap.org

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.

THE *right* DOOR
for hope, recovery and wellness

National Mental Health Resources (for the holidays):

CDC (Center for Disease Control and Prevention)

www.cdc.gov>mentalhealth>toolsresources

Disaster Distress Helpline 800-985-5990

FindTreatment.gov

FindSupport.gov

Mental Health America www.mhanational.org

NAMI (National Alliance for Mental Illness) www.nami.org

NIMH (National Institute of Mental Health) www.nimh.nih.gov

SAMHSA (Substance Abuse and Mental Health Services Administration) 800-662-HELP (4357)

SUICIDE PREVENTION LIFELINE 800-2728250





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2 Board Meeting</p> | <p>3
11 Shopping
3 Junk Journaling Meditation</p> | <p>4
11 Healthy Relationships
1 Free Lunch
2 Bingo</p> | <p>5
12-3 Craft Day Bowling</p> | <p>6 11 Lunch with Peers at The Right Door
6 Ionia Christmas Parade</p> |
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1 Lunch</p> | <p>25
Merry Christmas
Center Closed</p> | <p>26
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1 Lunch</p> | <p>1
Happy New Year
Center Closed</p> | | |



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773