

The right Connection

March 2025

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:
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.



Just as Puxatawny Pete saw his shadow early February for six more weeks of winter, the luck of the Irish was not with us as March came in like a lamb instead of a lion.

However Daylight Savings Time draws near before the arrival of spring—or does it? Currently bills are before the Michigan and federal legislatures to eliminate Daylight Savings Time and if passed would make one universal time year round. No more spring ahead or fall back upsetting our equilibrium, circadian rhythm or shifting our daylight hours.

This is not a new phenomenon though. Years ago the Sunshine Act was proposed to keep our internal and outward clocks standardized. It was also mentioned again as recently as 2022.

Whether either of the bills are made law, or not, everyone will welcome spring, the warmer weather, being outside more often in less clothing, with the sun removing the last vestiges of winter giving our souls a shot of renewed hope.



Member of:



MARCH

3, 4, 6, **PEER LED**, Chair Yoga, 10am, *Ionia TRD*
10, 11, 13, 17, 18, 20, 24, 25, 27, 31

3, 17 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*

3, 10, **PEER LED**, Walking Group, 11:30am, meet at
17, 24, 31 *Ionia TRD*

3, 10, **PEER LED**, Game Night, 4pm, *Ionia TRD*
17, 24, 31

13, 27 **PEER LED**, Writing for Recovery, 11am, *Ionia TRD*

4, 5, 7, **PEER LED**, Fitness, 1:30pm, *Ionia TRD*
11, 12, 14, 18, 19, 21, 25, 26, 28

4, 6, **PEER LED**, Fitness, 2:30pm, *Ionia TRD*
11, 13, 18, 20, 27

4, 11, **PEER LED**, Volunteer Group, 3:30pm, *Ionia Theater*

5 **PEER LED**, Crafts, 9:30am, *Ionia TRD*

5, 19 **PEER LED**, Self Love, 11:30am, *Ionia TRD*

6, 13, **PEER LED**, Game Night, 1:30pm, *Belding TRD*

6, 13, **PEER LED**, Restorative Yoga, 4:30pm,
20, 27 *Belding TRD*.

6, 13, **PEER LED**, Dining with Diabetes, 5pm, *Ionia TRD*

7 **PEER LUNCHEON**, Connection between
Mental and Physical Health, 11-12:30pm, *Ionia TRD*. Wellness Bingo Drawing

9 **Daylight Savings Time—Spring Ahead?**

11, 25 **PEER LED**, Better Days Ahead, 1pm,
Portland TRD

11, 26 **PEER LED**, Mobile Food Pantry transport,
3:30pm on the 11th; Zion, 2pm, on the 26th.
Call for a ride

12, 26 **PEER LED**, Better Days Ahead, 9:30am, *Ionia TRD*

12, 26 **PEER LED**, Wii Fit, 11am, *Ionia TRD*

12, 26 **PEER LED**, Creative Cards, 3pm, *Portland TRD*

12, 26 **PEER LED**, Cooking, 4:30pm, *Ionia TRD*

17 **Saint Patrick's Day**

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

20 **Spring has Sprung**

21 **CPR**, 10am, *Ionia TRD*, Preregistration
required

24 **TRD Committee of the Whole**, 4-6pm, *Ionia TRD*

31 **TRD Board Meeting**, 4-6pm, *Ionia TRD*

JUST BREATHE



MONTH LONG AWARENESSES:

- **Brain Injury Awareness**
Brain Injury Association of America
www.biausa.org 703.584.8630
- **Child Life Month** - Association of Child Life Professionals— www.childlife.org/
- **Multiple Sclerosis Awareness**
Multiple Sclerosis Association of America
<https://mymsaa.org>
- **National Colorectal Cancer Awareness**
Colorectal Cancer Alliance www.ccalliance.org
- **National Developmental Disabilities**
National Association of Councils of Developmental Disabilities nacdd.org/ddam 202.506.5813
- **National Kidney Month**
National Kidney Foundation NKF 212.889.2210
- **National Nutrition Month**
Academy of Nutrition and Dietetics nnm@eatright.org
- **Pain Awareness Month**
American Chronic Pain Association
- **Workplace Eye Wellness**
American Academy of Ophthalmology aao.org

WEEK LONG AWARENESSES:

- | | |
|-------------|--------------------------------------|
| March 2-8 | Bone Marrow Failure Awareness Week |
| March 9-15 | Patient Safety Awareness Week |
| March 9-15 | Pulmonary Rehab Week |
| March 12-15 | Medical Genetics Awareness Week |
| March 17-21 | National LGBTQ Health Awareness Week |
| March 17-21 | National Poison Prevention Week |
| March 17-23 | National Drug and Alcohol Facts |

DAY AWARENESSES:

- | | |
|-------|-------------------------|
| 3/3: | World Birth Defects Day |
| 3/13: | World Kidney Day |
| 3/21: | World Down Syndrome Day |
| 3/24: | World Tuberculosis Day |

Did you know the main purpose of Daylight Savings Time is to move an hour of daylight from the morning to the evening during the summer months in order to give people the opportunity to enjoy longer summer evenings? I think we can appreciate that extra hour of daylight after work, but consider factors that make this such a challenging feat.

Although the idea of daylight savings was originated by Benjamin Franklin in 1784, it did not come to be until April 1916 beginning in Germany and Austria. This clearly took many years of opposition and obstacles to work through like how much time should be adapted, how often it should be adjusted. Farmers were also concerned how the change would affect their animals' productivity.

Once the decision was made to change the daylight hours, the concept really took off with other countries quickly adopting the policy. In 1918, the United States created an act to preserve daylight and provide standard time to America. Thus, the standard time zones were established that we are now familiar with.

There is still plenty of opposition and inconsistencies regarding time changes worldwide. For those that struggle with the semi-annual sleep schedule changes, this can be a few weeks nuisance. People argue how time change affects their energy and puts peoples safety at risk. There is evidence to support an increase in the



severity and instances of auto accidents as well as a decrease in work productivity while people adjust plus an increase in heart attacks.

Those who live near the equator have the same length of day and night year-round. They generally do not participate in Daylight Savings since there is no need. However, the closer people live to the North and South Poles, the longer the period of daylight they receive during the summer months.

The US begins Daylight Savings at two o'clock in the morning on the second Sunday of March while most of Western Europe springs ahead at one in the morning on the last Sunday. Two American states who do not observe Daylight Savings Time are Hawaii and Arizona except for the Navajo Nation in Arizona.



FACTS ABOUT SUBSTANCE ABUSE AND ADDICTION



Estimated
**14.5 MILLION
PEOPLE**

aged 12 or older have
misused illicit drugs
in the United States.



Estimated annual
**ECONOMIC COST IS
\$740+ BILLION**
(for substance abuse
and addiction in the
United States).



**200% INCREASE
IN OPIOID-RELATED
OVERDOSE DEATHS**

since 2000 in the
United States.



Nearly
**HALF OF ALL
PATIENTS**
who enter addiction
treatment programs have
a co-occurring mental
health disorder.



Approximately
**20 MILLION
PEOPLE**
in the United States
have a substance
use disorder.

IF YOU DO NOT MAKE
TIME FOR YOUR
WELLNESS, YOU WILL
BE FORCED TO MAKE
TIME FOR YOUR
ILLNESS.





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



Beating Cabin Fever

Unlike Seasonal Affective Disorder (SAD), which is a form of depression affecting some two million people of various ages, especially between December and February, most of us experience some form of depression many call cabin fever at the tail end of winter. With the lack of sunshine through Michigan winters and the last vestiges of the cold dragging from now till it actually thaws and becomes spring is a hard time for most of us to endure. We become impatient for spring to come, winter to end and get downright frustrated and grumpy as our normal equilibrium is disrupted.

According to the Mayo Clinic and American Medical Association, many of the same remedies for SAD will help with cabin fever. Those and a few others include:

- Get active or stay active. Joining a gym can help get swimsuit ready too
- Get proper rest, eat nutritiously and stay hydrated
- Make plans with friends
- Plan to attend special interest events like concerts, shows, movies, theater or sporting events
- Join a bowling team/league, line dance or participate in a pastime that you practice only at the end of winter so you look forward to it.
- Get creative and keep busy with an old hobby or develop a new one
- Remodel or redecorate a room in your home
- Spring clean your home practicing 40 items for 40 days to give away and declutter your closet at the end of the 40 days
- Go on holiday where it is warmer to plan for and look forward to
- Take advantage of mid winter thaws to get outside or go tanning
- Take up a winter only sport like skiing, skating, sledding, hockey
- Be thankful we do not live in Alaska where darkness stretches for most of the day for months on end



Corned Beef Brisket Seasoning

I enjoy corned beef brisket several times during March. But the seasoning packet that comes with the meat is too small for my liking so I make my own for a more flavorful brisket

Sue Ferris, Newsletter Editor

Ingredients

1. 1 tablespoon mustard seed
2. 1 tablespoon dill seed
3. 1 tablespoon coriander
4. 1 tablespoon black peppercorns
5. 1 tablespoon peppercorn medley
6. 3 large bay leaves crushed
7. 1 teaspoon crushed red pepper flakes
8. 1 teaspoon cloves

Directions

Combine all the spices. If you prefer, which I do, multiply this three or four times to have a crust of spices covering the fat cap of your brisket.

You can toast your mustard, dill seeds and whole peppercorns in a fry pan over medium heat for one minute shaking or stirring to let the spices bloom. You can also place them into a food processor or a spice grinder along with the red pepper flakes and bay leaves to coarse grind if you prefer consistency.

However, you can just mix all the spices and top your meat without all the extra fuss. Just put your bay leaves in the broth or water with the meat so you do not eat them, or, place on top of the meat and remove after cooking.



March has been widely recognized nationally as read across America for kids. Dr. Seuss has long been associated with the program since March 2nd marks the author's birthday. Many communities, libraries and schools nationwide host special reading events and activities to commemorate the day and month.



- | | |
|------|--|
| 3/4 | 2 pm, Walk up,
Central UMC, Lake Odessa |
| 3/4 | 6 pm, Drive Through,
Twin Rivers Elementary, Muir |
| 3/11 | 4:30 pm, Drive Through,
Zion UMC, Ionia Fairgrounds |
| 3/18 | 6 pm, Drive Through,
Hubbardston American Legion |
| 3/21 | 4:30 pm, Drive Through,
Belding High School |
| 3/26 | 5pm, Drive Through,
Shiloh Community Church,
Orleans |
| 3/28 | 4:30pm, Drive Through,
Saranac Community Church |

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 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 a year for two years with referral from another agency.

Eating Healthy with MyPlate

Choose fresh, frozen, or canned fruit without added sugar.

Eat a variety of veggies, especially dark green, red and orange ones.



Switch to low-fat or fat-free milk and dairy.

Make at least half your grains whole grains.

Vary your proteins. Try beans, peas, nuts, soy and seafood.

Easy guide to portion sizes

Palm
Amount
of lean
meat



Fist
Amount of
rice, pasta,
cereal



Thumb
Serving
of cheese



Thumb tip
Amount of
peanut butter,
mayonnaise





GROUPS

Anger Management

Mondays, 5-6pm, Virtual.

Better Days Ahead

Peer Led, March 12, 26, 9:30am, Ionia TRD.
March 11, 25, 1pm, Portland TRD.

Bingo

Peer Led, March 18, 1:30pm, Taco Bell

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Cooking

Peer Led, March 12, 26, 4:30pm, Ionia TRD.

Crafts

Peer Led, March 5, 9:30am, Ionia TRD.

CPR

Preregistration required, 10am, Ionia TRD.

Creative Cards

Peer Led, March 12, 26, 3pm, Portland.

DBT Fidelity Group

Thursdays, 1-2:30pm, Ionia TRD.

DBT Skills

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

Dining with Diabetes

Peer Led, March 6, 13, 20, 27, 5pm, Ionia TRD.

Teen DBT

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

Fitness

Peer Led, March 4, 5, 7, 11, 12, 14, 18, 19, 21, 25, 26, 28,
1:30pm, Ionia TRD. March 4, 6, 11, 13, 18, 20, 27, 2:30pm, Ionia.

Food Pantry Rides

Peer Led, March 11, Mobile Food Bank, 3:30pm; March 26, 2pm.

Game Night

Peer Led, March 6, 13, 20, 27, 1:30pm, Belding TRD.
March 3, 10, 17, 24, 31, 4pm, Ionia TRD.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

LGBTQIA

Peer Led, March 3, 17, 31, 3pm, Ionia TRD.

Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

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

Pre Teen Skills (5th-7th Grade)

Wednesdays, 4-5pm, Ionia TRD.

Self-Love

Peer Led, March 5, 19, 11:30am, Ionia TRD.

Volunteer Group

Peer Led, March 4, 11, 18, 25, 3:30pm, Ionia Theater.

Walking Group

Peer Led, March 3, 10, 17, 24, 31, 11:30am, Ionia

Wii Fit

Peer Led, March 12, 26, 11am, Ionia TRD.

Writing for Recovery

Peer Led, March 13, 27, 11am, Ionia TRD

YOGA

PEER LED

Chair, March 3, 4, 6, 10, 11, 13, 17, 18, 20, 24, 25, 27, 31,
10am Ionia TRD.

Restorative, March 6, 13, 20, 27, 4:30pm, Belding TRD.

Sexual Assault Support Group by RAVE,

(Relief After Violent Encounter Ionia/Montcalm),

March 30, 5:30-6:30pm,

848 East Lincoln Street, Ionia.

Sign up with Patricia by texting **989.593.8380**



HEATING
and/or **UTILITY**
ASSISTANCE

Belding Emergency Fund

616.794-1900

Disability Advocates

616.949.1100

EightCAP, Inc.

616.236.1027

Energy Assistance

855.275.6424

Home Heating Tax Credit Status

517.636.4476

Lakewood Community Council

616.374.8861

MDHHS—Michigan Department of

616.527.5200

Health and Human Services

State Emergency Relief for home/utilities Michigan.gov

Salvation Army

855.929.1640

Supportive Services for Veterans Families **616.754.9315**

Tri-County Home Works People Fund **800.421.8956**

THAW—The Heat and Warmth Fund **800.866.8429**

2-1-1—United Way **2-1-1 or**

800.887.1107



FREE ONLINE HEALTH PROGRAMS 2025

Canr.msu.edu/ionia/

Courses are
on main page
and continue
for several
pages

616.527.5357

Chronic Disease Self-Management Christi Demitz, demitzch@msu.edu, 517-490-1608

- [Chronic Disease PATH Online Series](#) Thursdays, Feb 27 - Apr 3, 2025, 1:00 - 3:00 PM ET
- [Tomando Control de su Salud Series](#) 25 de Febrero - 8 de Abril, 2025, 10 a.m. - 12 PM ET
- [Chronic Disease PATH Online Series](#) Mondays, Feb 10 - Mar 17, 2025, 10:30 AM - 12:30 PM ET
- [Chronic Disease PATH Telephone Toolkit](#) Tuesdays, Feb 18 - Mar 25, 2025, 9:00 - 10:00 AM ET
- [Chronic Disease PATH Online Series](#) Mondays, Mar 3 - April 7, 2025, 10:30-11:30 AM ET
- [Chronic Disease PATH Telephone Toolkit](#) Tuesdays, Mar 11 - Apr 15, 2025, 6:30 - 7:30 PM ET
- [Chronic Disease PATH Telephone Toolkit](#) Tuesdays, Mar 18 - Apr 22, 2025, 3:00 - 4:00 PM ET
- [Chronic Pain PATH Telephone Toolkit](#) Wednesdays, Apr 16 - May 21, 2025, 10:00 - 11:00 AM ET
- [Chronic Pain PATH Toolkit](#), Tuesdays, May 6 - June 12, 2025, 1:30-2:30 PM ET
- [Chronic Disease PATH Toolkit](#), Thursdays, May 8 - June 12, 2025, 11:30am - 12:30pm ET
- [Diabetes PATH Series Online](#), Tuesdays, May 20 - June 24, 2025, 2:00-4:00 PM ET

Walk With Ease Georgina Guzman, gguzman@msu.edu, 616-632-7884

- [Walk With Ease Self-Paced Series](#) Feb 28 - Apr 4, 2025
- [Camina con Gusto \(Autodirigido\)](#) Jueves, 6 de marzo- 10 de abril, 2025
- [Walk With Ease Self-Paced Series](#), Mar 10 - Apr 14, 2025
- [Walk With Ease Self-Paced Series](#) Mar 31 - May 5, 2025
- [Walk With Ease Self-Paced Series](#), May 1 - June 5, 2025
- [Walk With Ease Self-Paced Series](#), May 1 - June 5, 2025
- [Walk With Ease Self-Paced Series](#), May 7 - June 11, 2025
- [Walk With Ease Self-Paced](#), June 12 - July 17, 2025

Tai Chi And Tai Chi for Better Sleep Nicole Wethington, wethingn@msu.edu, 989-344-3264, ext.

- [Tai Chi for Better Sleep Series](#) Mon & Wed, Feb 3 - Apr 2, 2025, 2:00 - 3:30 PM ET
- [Tai Chi for Diabetes](#), Tuesdays, Mar 4 - May 6, 2025, 8:00 AM CT/9:00 AM ET
- [Tai Chi for Arthritis & Falls Prevention](#), Tues & Thurs, April 1 - May 29, 2025, 9:00 - 10:00 AM ET

A Matter of Balance Nicole Wethington, wethingn@msu.edu, 989-344-3264, ext.

- [Matter of Balance Series](#), Thursdays, Mar 6 - April 24, 2025, 1:00 PM CT/2:00 PM ET
- [Matter of Balance Series](#), Tuesdays, Mar 18 - May 6, 2025, 2:00 - 4:00 PM ET

RELAX: Alternatives to Anger Series Holly Tired, tired@msu.edu, 616-570-5818

- [RELAX: Alternatives to Anger Series](#) Mondays, Mar 3 - 24, 2025, 8:30 - 9:30 AM ET
- [RELAX: Alternatives to Anger Series](#), Mondays, Mar 10 - 31, 2025, 6:00 - 7:00 PM ET
- [RELAX: Alternatives to Anger Series](#) Mondays, Mar 31 - Apr 21, 2025, 8:30 - 9:30 AM ET
- [RELAX: Alternatives to Anger Series](#), Mondays, Apr 21 - May 12, 2025, 6:00-7:00 PM ET

Sleep Education Classes Liz Williams, josaitis@msu.edu, 586.909.9631

- [Sleep Education for Everyone](#) Mondays, Mar 3 - Apr 7, 2025, 12:30 - 1:00 PM ET
- [Sleep Education for Everyone](#), Wednesdays, Mar 5 - Apr 9, 2025, 10:00-10:30 AM ET

Mindfulness Classes Holly Tired, tired@msu.edu, 616-570-5818

- [Stress Less with Mindfulness Series](#) Tuesdays, Mar 4 - Apr 1, 2025, 1:00 - 2:00 PM ET
- [Mindfulness for Better Sleep Series](#) Tuesdays, Mar 4 - Apr 8, 2025, 2:00 - 3:30 PM ET
- [Mindfulness for Better Sleep Series](#) Tuesdays, Mar 25 - Apr 29, 2025, 12:30 - 2:00 PM ET
- [Mindfulness for Better Sleep Series](#), Thursdays, Apr 3 - May 8, 2025, 1:00-2:30 PM ET
- [Mindfulness for Better Sleep Series](#) Thursdays, Apr 24 - May 29, 2025, 12:30 - 2:00 PM ET
- [Mindfulness for Better Sleep Series](#), Thursdays, May 1 - June 5, 2025, 10:30am - 12:00pm ET



One Time Presentations/Lunch & Learns

- **Be Kind to Your Mind Lunch & Learn** Monday, Feb 24, 2025, 11:30 AM - 1:00 PM ET
- **Sleep Basics Coffee Hour** Tuesday, Feb 25, 2025, 8:30 - 9:30 AM ET
- **Calming Down & Destressing Lunch & Learn** Friday, Mar 7, 2025, 12:00 - 1:30 PM ET
- **Mindfulness in the Workplace Coffee Hour** Wednesday, Mar 10, 2025, 8:30 - 10:00 AM ET
- **Mindful Eating Lunch & Learn** Friday, Mar 21, 2025, 12:00-1:30 PM ET
- **RELAX: Alternatives to Anger for Parents & Caregivers**, Mar 26, 2025, 6:00-7:30 PM ET
- **Smart Food Choices Lunch & Learn** Wednesday, Apr 2, 2025, 12:00 - 1:00 PM ET
- **Diabetes Simplified Lunch & Learn** Wednesday, Apr 9, 2025, 12:00 - 1:00 PM ET
- **Keep Moving to Prevent Health Problems Lunch & Learn** Wednesday, Apr 16, 2025, 12:00 - 1:00 PM ET
- **Maintaining Health in Challenging Times Lunch & Learn** Wednesday, Apr 23, 2025, 12:00 - 1:00 PM ET
- **Living Well With Diabetes: Diabetes Simplified**, Tuesday, May 6, 2025, 12:00-1:00 PM ET
- **Living Well With Diabetes: Smart Food Choices**, Tuesday, May 20, 2025, 12:00-1:00 PM ET
- **Living Well With Diabetes: Keep Moving**, Tuesday, May 27, 2025, 12:00-1:00 PM ET

Other Series

616.527.5357

- **New Year, New You Series** 3rd Wednesday of each month in 2025, Jan 15 to Dec 17, 2025, 12:00 - 12:45 PM ET
- **Keys to Embracing Aging** Mondays, Feb 10 - Mar 17, 2025, 1:00 - 1:45 PM ET
- **Healthy Aging Series** Mon, Apr 21 - Jul 14, 2025, 1:00-1:30 PM ET

FREE TAX HELP

- **H&R Block**
<https://hrblock.com>
Explore their \$0 filing
- **Internal Revenue Service**
<https://www.irs.gov>
IRS FREE FILE: do your taxes for free/Internal Revenue Service
TCE program especially for those 60 and older
- **Michigan Legal Help**
<https://michiganlegalhelp.org/resources/income-tax>
AARP free tax help to those 50 and older with low to moderate income. Do not need to be an AARP member



VITA Volunteer Income Tax Assistance



Get Connected. Get Help.™
United Way Montcalm -
Ionia Counties



**No winter lasts forever;
No spring skips its turn.**

Hal Borland



Luncheon
Topic:
*Connection
between
Mental and
Physical*



9



Daylight Savings
Spring Forward

3

11 Goal
Getters
2 Self-Love
for Women

4

11 Shopping
Junk
Journaling
3 Meditation

5

11 Healthy
Relationships
1 Free Lunch
2 Bingo

6

Craft Day

7

11 Lunch with
Peers at The
Right Door
2 Music

10

11 Goal
Getters
2 Tool Box
3 Committee

11

11 Shopping
Junk
Journaling
3 Meditation

12

11 Healthy
Relationships
1 Free Lunch
2 Bingo

13

Craft Day
12-3:30
Bowling

14

11 Roundtable
Talk
2 Music

17

11 Goal
Getters
2 Self-Love
for Women

18

11 Shopping
Junk
Journaling
3 Meditation

19

11 Healthy
Relationships
**12-3 St. Patty's
Party**

20

**Spring
Equinox**
Craft Day

21

11 Roundtable
Talk
2 Music

24

11 Goal
Getters
2 Mindful
Monday

25

11 Shopping
Junk
Journaling
3 Meditation

26

11 Healthy
Relationships
1 Free Lunch
2 Bingo

27

Craft Day
12-3:30
Bowling

28

11 Roundtable
Talk
2 Music

31

11 Goal
Getters
2 Self-Love
for Women



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773