

# The right Connection

May 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

## 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](http://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 more important, more prevalent and talked about now than ever before. There are resources, services, websites, apps, associations and clinicians available to help you and tell you what your mental health condition is and what you can do to attain better overall health.

To me, many of you, and other lay people, mental health is pretty simple. You want to feel calm, somewhat collected, positive, peaceful and even happy. You want to be independent enough and capable of coping with most everything that comes your way and have some people and resources in your corner to help you when life gets tough. You are hopeful for today and the future taking one day at a time on a journey of recovery and wellness. Along the way if you stumble or stray once in awhile, you have the ability, mindset and power, to dust yourself off, and get back on your course of better health.

Hopefully your idea of what your mental health should be is as simple and your journey to get, and stay there is within reach.



Member of:



MSHN

Mid-State Health Network



## MONTH LONG AWARENESSES:

- Arthritis Awareness Month
- Better Hearing and Speech Month
- Better Sleep Month
- Borderline Personality Disorder Month
- Cancer Awareness Months for Bladder, Brain, Melanoma and Skin Cancer Detection and Prevention
- Cystic Fibrosis Awareness
- Food Allergy Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness
- Mental Health Awareness Month
- National Asthma and Allergies Month
- National High Blood Pressure Education Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- National Teen Pregnancy Month
- National Teen Self Esteem Awareness Month
- Older Americans Month
- Osteoporosis Awareness and Prevention Month
- Preeclampsia Awareness Month
- Tourette's Syndrome Awareness
- Women's Health Month

## WEEK LONG AWARENESSES:

- |                   |  |
|-------------------|--|
| <b>May 1-7</b>    | National Physical Education and Sport Week     |
| <b>May 5-11</b>   | <b>Children's Mental Health Awareness Week</b> |
| <b>May 11-17</b>  | Food Allergy Awareness Week                    |
| <b>May 11-17:</b> | National Women's Health Week                   |
| <b>May 12-18:</b> | National Stuttering Awareness Week             |

## DAY AWARENESSES:

- |              |   |
|--------------|---|
| <b>5/5:</b>  | World Pulmonary Hypertension Day                    |
| <b>5/6:</b>  | World Asthma Day                                    |
| <b>5/7:</b>  | <b>Children's Mental Health Awareness Day</b>       |
| <b>5/12:</b> | International Nurses Day                            |
| <b>5/12:</b> | National Women's Checkup Day                        |
| <b>5/17:</b> | World Hypertension Day                              |
| <b>5/20:</b> | World Autoimmune and Autoinflammatory Arthritis Day |
| <b>5/22:</b> | World Preeclampsia Day                              |
| <b>5/24:</b> | World Schizophrenia Day                             |
| <b>5/28:</b> | National Senior Health and Fitness Day              |
| <b>5/30:</b> | National Heat Awareness Day                         |

- 1** **DRAB to Fab**, 9am-3pm, *Ionia TRD*
- 1, 15,** **PEER LED**, Social Skills, noon, *Ionia TRD*
- 22**
- 2, 4, 7,** **PEER LED**, Fitness, 1:30pm, *Ionia Fitness*
- 9, 13, 14, 16, 20, 21, 23, 27, 28, 30**
- 5** **Cinco de Mayo**
- 5, 6, 8,** **PEER LED**, Chair Yoga, 10am, *Ionia TRD*
- 12, 13, 19, 20, 27, 29**
- 5, 12,** **PEER LED**, Living Skills, 1:30pm, *Ionia TRD*
- 19**
- 5, 19** **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*
- 5, 12,** **PEER LED**, Game Night, 4pm, *Ionia TRD*
- 19**
- 6, 13,** **PEER LED**, Gardening Group, 11am, *Ionia TRD*
- 20, 27**
- 6, 8,** **PEER LED**, Fitness at Ionia Fitness, 2:30pm
- 13, 15, 20, 22, 29**
- 6, 13,** **PEER LED**, Volunteer Group, 3:30pm, *Ionia Theater*
- 20, 27**
- 7, 21** **PEER LED**, Better Days Ahead, 9:30am, *Ionia TRD*
- 7, 21** **PEER LED**, Wii Fit, 10:30am, *Ionia TRD*
- 9** **PEER LUNCHEON**, What is an Emergency, tips on getting the most out of a doctor's visit, 11am, *Ionia TRD*. *Wellness Bingo is due*
- 13, 27** **PEER LED**, Better Days Ahead, 1pm, *Portland TRD*
- 14, 28** **PEER LED**, Self Love, 11:30am, *Ionia TRD*
- 14, 28** **PEER LED**, Creative Cards, 3pm, *Portland TRD*
- 14** **TRD Committee of the Whole**, 4-6pm, *Ionia TRD*
- 20** **PEER LED**, Bingo, 1:30pm, *Mooville*
- 21, 28,** **PEER LED**, The Great Outdoors, 2 pm, *various locations*
- 22, 29** **PEER LED**, Recovery Stick, 2pm, *Ionia TRD*
- 23** **Cook out with Peers**, 11am, *Ionia TRD*. *We will grill food and play games outdoors. No need to sign up. Please bring a lawn chair if you have one.*
- 26** **Closed for Memorial Day**
- 27** **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 28** **PEER LED**, Crafts, 9:30am, *Ionia TRD*
- 28** **PEER LED**, Zion Food Pantry, 2pm, *call for a ride*
- 29** **PEER LED**, Building Better Boundaries, 11:30am, *Ionia TRD*



An annual survey for peer-led groups was completed during March this year. Below are the results compiled by Shelly Hanes who is the lead for our Enhanced Peer Grant.

- 95.45 percent of those surveyed reported learning new skills/information related to self-advocacy and better communication with their doctor
- 90.91 percent reported having increased awareness/skills related to at least one of the dimensions of wellness
- 90.91 percent reported that they can apply the skills they have learned to their lives
- 95.45 percent reported that their overall experience with Peer led groups/presentations to be good to outstanding

- Every 40 seconds, someone in the U.S. has a stroke.
- The faster stroke is treated, the more likely the patient will recover with little or no disability.
- Remember, stroke is largely treatable.
- It is just a matter of knowing the warning signs and acting fast.



life is why™

Heart.org/HBP

CALL 911 IMMEDIATELY

# SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST

B	E	F	A	S	T
Loss of balance, headache, dizziness	Eyes: Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Time to call for ambulance immediately

Normal blood pressure is below

## 120/80

People with high blood pressure have an increased risk of having a stroke.



Up to **80%** of strokes may be **prevented**.

At age 50, ideal cardiovascular\* health adds to life expectancy:

**5.2 years** for men

**6.3 years** for women.



**Stroke occurs when a blood vessel to the brain is blocked or bursts.**

Blood and oxygen flow are interrupted, and brain cells begin to die.

More than **1 in 3** American adults with high blood pressure **don't know they have it.**



Have your blood pressure checked and keep it in check by self-measuring at home and recording results to help

**REDUCE** your risk of stroke.





AWARENESS MONTH



## 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 Covered Mall)	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 Health	samsha.gov
Suicide Prevention Lifeline	800.273.8255
Substance Abuse and Mental Health	800.662.4357

- Approximately **43** Million adults are affected in the United States

- 1 in 20** adults are seriously affected

- 1 in 5** people will be affected in their lives

- 1/3** of students with mental illness will dropout

- Less than **Half** GET HELP

- No-one chooses to get sick  
Why would they choose to be mentally ill?

- Those affected are more likely to be a victim than a perpetrator



# 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](http://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

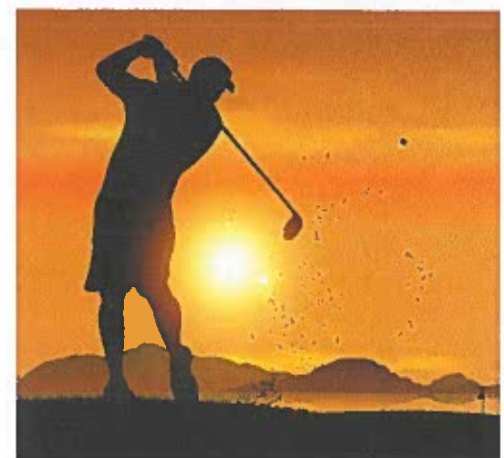
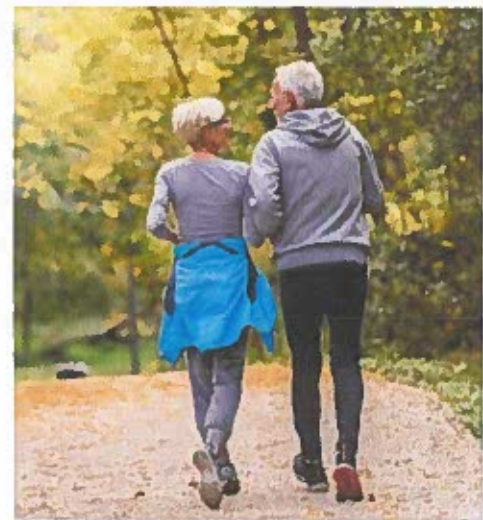
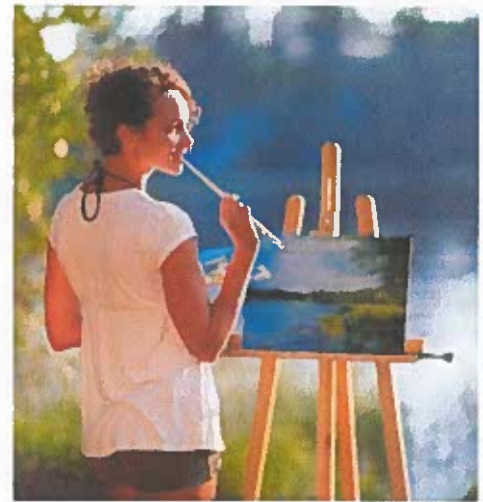
- Designed for Veterans experiencing symptoms of PTSD for screening and tracking symptoms.
- English and Spanish
- Tools Include: Guided Relaxation, Soothing sounds/images, relationship tips and more!



## 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

*Keep active mentally and physically and with others.  
It all helps with*

Mental Health, Women's Health, Hypertension and Stress,  
Physical Fitness, Osteoporosis and Better Sleep which are just  
a few of many May Health Awarenesses and Observances.



## 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



## BENEFITS OF NATURE TO MENTAL HEALTH

Discover how being with nature improves our mental health and reduces stress.

### REDUCES ANXIETY

Our bodies release less cortisol and more natural endorphins, which promote happy thoughts and good feelings.

### MORE FOCUSED

There is fresh air, and less noise pollution while being with nature.

### IMPROVES CREATIVITY

Less stress and anxiousness makes our minds more clear and open to creativity.

### CHANGE OF MOOD

Being with nature makes us more calm and balanced. There is less mood change triggers.

### ALLOW TO DISCONNECT

Distractions are reduced by forcing us to put down the phones and computers and to slow down.

### REDUCES BLOOD PRESSURE

The muscles are not tensed when relaxed. Heart rate also normalises.



It was a drab day drenched early by rain but people came out despite that for the fabulous finds.

In all, 165 people went home happy with clothes, shoes and hygiene products, plus at least 43 had their hair cut, and picked up information, or were checked out, by the U of M Stroke and Mobile unit. (The ladies did spend some time inside and eventually gave away all their information before screening and drawing the winning raffle ticket for a basket the Peers Support Team provided).

Extra large men's clothing were not as plentiful as the peers hoped they would provide. But they were just thankful for the donations and help they received from staff businesses and persons served



**Fellow retirees:** Dennis Gaskin, former peer, currently president of The Drop In Center's Board alongside boss, mentor and friend Julie Dowling on her last day with TRD.

It was however, a bittersweet day for agency staff with Julie Dowling retiring at the end of it. Of course the team had to decorate with retirement banners, balloons much to Julie's chagrin.

In all, Julie worked at TRD for years 30 years wearing many hats. She began in a split position as a Case Manager and Team Leader for Persons with Developmental Disabilities. From there she jumped to Case Management Supervisor, Community Network Division Director before being named Chief Operations Officer. Julie then became the Interim Director, then Clinical Director. She currently served on the agency's Leadership Team and is Director of Outpatient and Specialty Services (including School Outreach and Peer Support below).





### **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 Velle, (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



**FEEDING  
AMERICA**  
West Michigan

5/6

2 pm, Walk up,  
**Central UMC, Lake Odessa**

5/6

6 pm, Drive Through,  
**Twin Rivers Elementary, Muir**

5/13

4:30 pm, Drive Through,  
**Zion UMC, Ionia Fairgrounds**

5/16

4:30 pm, Drive Through,  
**Belding High School**

5/20

6 pm, Drive Through,  
**Hubbardston American Legion**

5/28

5pm, Drive Through,  
**Shiloh Community Church, Orleans**

5/29

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



# GROUPS

## Anger Management

Mondays, 5-6pm, Virtual.

## Better Days Ahead

Peer Led, April 9, 23, 9:30am, Ionia TRD.  
April 8, 29, 1pm, Portland TRD.

## Bingo

Peer Led, March 18, 1:30pm, Mooville

## CBT Anxiety

Fridays, 2-3pm, Virtual.

## CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

## Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

## CPR

Preregistration required, April 25, 10am, Ionia TRD.

## Creative Cards

Peer Led, April 9, 23, 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, April 3, 10, 17, 24, 5pm, Ionia TRD.

## Teen DBT

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

## Fitness

Peer Led, April 1, 2, 4, 8, 9, 11, 15, 16, 18, 22, 23, 25, 29, 30  
1:30pm, Ionia TRD. Fitness at the Gym, April 3, 10, 17, 24, 3pm;  
2pm on the 4, 11, 18, 25; 2:30 on April 15, 22, Ionia.

## Food Pantry Rides

Peer Led, April 8 Mobile Food Bank, 3:30pm; April 30, 2pm.

## Game Night

Peer Led, April 7, 14, 21, 28, 4pm, Ionia TRD.

## Grief Group

Wednesdays, 1-2pm, Ionia TRD.

## LGBTQIA

Peer Led, April 7, 21, 3pm, Ionia TRD.

## Life Skills

Peer Led, April 7, 14, 21, 28, 1:30pm, 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, April 2, 16, 30, 11:30am, Ionia TRD.

## Social Skills

Peer Led, April 10, 17, 24, noon, Ionia TRD.

## Volunteer Group

Peer Led, April 1, 8, 15, 29, 3:30pm, Ionia Theater. (3:15 on 29)

## Walking Group

Peer Led, April 7, 21, 28, 11am, Ionia

## Wii Fit

Peer Led, April 9, 23, 11am, Ionia TRD.

## Writing for Recovery

Peer Led, 10, 24, 11am, Ionia TRD

## YOGA

PEER LED

**Chair**, April 1, 3, 7, 8, 10, 15, 17, 21, 22, 24, 28, 29, 10am  
Ionia TRD.

**Restorative**, April 3, 10, 17, 24, 3pm, Belding TRD.



Dance Like No-one is Watching



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

[Canr.msu.edu/ionia/](http://Canr.msu.edu/ionia/)

616.527.535



**1**  
9-3  
Drab 2 Fab  
Right Door

**2**  
11 Roundtable  
Talk  
2 Self Love for  
Men

*Luncheon  
Topic:  
Donate Life*

**5**  
11 Goal  
Getters  
2 Tool Box  
3 Committee

**6**  
11 Junk  
Journaling  
3 Meditation

**7**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**8**  
11 Music  
12-3  
Bowling

**9**  
11 Lunch with  
Peers at The  
Right Door  
2 Crafts

**12**  
11 Goal  
Getters  
2 Self-Love  
for Women

**13**  
11 Junk  
Journaling  
2 True to You

**14**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**15**  
11 Music  
2 Craft s

**16**  
11 Roundtable  
Talk  
2 Self Love for  
Men

**19**  
11 Goal  
Getters  
2 Mindful  
Monday

**20**  
10 Visit Hastings  
Drop In  
2 True to You

**21**  
11 Healthy  
Relationships  
1 Free Lunch  
2 Bingo

**22**  
11 Music  
12-3  
Bowling

**23**  
11 Roundtable  
Talk  
2 Crafts

**26**  
Memorial Day  
Closed

**27**  
11 Junk  
Journaling  
2 True to You

**28**  
11 Healthy  
Relationships  
12-3 Memorial  
Day Celebration

**29**  
11 Music  
2 Craft s

**30**  
11 Roundtable  
Talk  
2 Self Love for  
Men



## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773