



**24-hour toll-free crisis line**  
**888-527-1790**

**Ionia Office**

375 Apple Tree Drive  
Ionia, MI 48846  
**616.527.1790**

**Hours:**  
Monday-Thursday  
-8am-7pm  
Friday -8am-5pm

**Belding Office**

7441 Storey Road  
Belding, MI 48809  
**616.527.1790**

Monday and  
Wednesday-8am-6pm  
Tuesday and Thursday  
-8am-7pm  
Friday -8am-5pm

**Portland Office**

208 West Bridge Street  
Portland, MI 48875  
**517.647.2128**

**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](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.

So the tree is down, the decorations are away and all the magic is over. The harsh reality of winter returns and it's time to clean up.

I don't know about you, but I like a clean house. I just don't enjoy the actual process because cleaning is a thankless job that never ends.



In my house, there's a cat, a dog, a guinea pig, two pellet stoves and two grand girls who come four days a week. Needless to say there's toys, finger prints, hair and dust everywhere no matter how often I dust and vacuum.

Growing up, my own kids always seemed to suffer when the house got shut up and the heat went on from November till April. In the early years, we had a wood insert instead of the pellet stoves and it was much dirtier and messier dragging in all that wood. The heat was dry and hot and fairly inexpensive except for the time it took to cut, haul and stack it. We also had an air purifier and a humidifier to counteract the dryness and air quality. Even so, my son was prone to a few years of mild ear infections and my daughter had some sinus and allergy issues to dust, dander, pollen and hay which we have in abundance in addition to the beef cattle, chickens and house critters.

Today, the pellet stoves are cleaner, the air better and the kids are grown and in their own homes. The dust still remains and so I was interested to read an article on how to reduce it to improve air quality and health if you are prone to sinus, allergies, ear infections, asthma, Copd or any other breathing issues like bronchitis pleurisy, pneumonia. I have included those tips to help you if you experience any of those symptoms or if you simply prefer a cleaner house for longer.



# JANUARY

1 **NEW YEAR'S DAY—Agency Closed**

6, 13, 20, 27 **PEER LED, Unfold: Fine Art Group, 10am, Ionia TRD**

6, 13, 20, 27 **PEER LED, Volunteer Group, 3:30pm, Ionia Theater**

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

8, 22, 29 **PEER LED, Game Club, 11am, Portland TRD**

9 **PEER LED, Luncheon, 11am. Topic: Starting the New Year, Ionia TRD**

**Tuesdays PEER LED Fitness Group 2:30, (except the 13th) and Thursday (except the 1st, 15th), 3pm, all at Ionia Fitness**

**Every Tuesday and Wednesday, and Friday, all at 1:30pm, at Ionia Fitness. Contact: Patricia**

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

19 **Martin Luther King Junior Day-TRD Closed**  
20 **PEER LED, Bingo, 1:30pm, Burger King**

22, 29 **PEER LED, Chair Yoga, 10am, Portland Library**

22, 29 **PEER LED, Better Days Ahead, 11am, REDIC**

26 **PEER LED, Chair Yoga, 10am, REDIC**

26 **PEER LED, Diabetes Support, 11am, REDIC**

26 **PEER LED, Game Night, 3pm, REDIC**

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

28 **PEER LED, Grief and Loss Support Group, 10am, Sozo**

28 **PEER LED, Coffee and Conversation, 11am, Sozo**

## CHEESEBURGER SOUP

Tristin Fisher, Access, TRD

**32 ounces of beef stock**  
**1 cup cubed peeled potatoes**  
**2 small carrots grated and chopped**  
**1 small onion chopped**  
**1/2 small can of minced green chilies (optional)**  
**1 minced clove of garlic**  
**1/2 teaspoon salt**  
**1 pound ground beef cooked and drained**  
**1 1/2 cups milk divided**  
**3 tablespoons flour**  
**8 ounces processed Velveeta**  
**1/2 teaspoon cayenne pepper**  
**1/2 pound sliced bacon cooked and crumbled**

Combine the first eight ingredients in a pot. Bring to a boil. Reduce heat, cover and simmer for 15 minutes. Add cooked ground beef. In the beef pan make a rue of flour and milk. Stir in Velveeta and spices. Stir and cook for about 5 minutes until cheese is melted, flour is cooked and thickened. Combine in soup pot. Stir in cooked and crumbled bacon before serving.

## MONTH LONG AWARENESSES:

**Cervical Health Awareness**—highly preventable with regular screening and HPV vaccinations

**Dry January**—after a busy holiday season, a month without alcohol consumption, or cutting back on it, helps people physical and mentally reset

**National Blood Donor Month**—focuses on the constant need for blood donations for ER care, surgeries and chronic disease management

**Mental Wellness Month**—focusing on treatment and recovery encouraging emotional health practices especially during the winter months

**National Birth Defects Prevention Month**

**National Glaucoma Awareness**—pinpoints glaucoma as a leading cause of blindness

**National Radon Action Month**—since radon exposure can increase the risk of lung cancer, it is important to test your home

**National Soup Month**—chilly weather makes it a great time to share heart healthy comforting recipes

**Stalking Awareness Month**—more of a problem than you think

**Substance Use Disorder Treatment Month**—focusing on treatment and recovery

**Thyroid Awareness Month**—your thyroid can affect fatigue, mood and weight

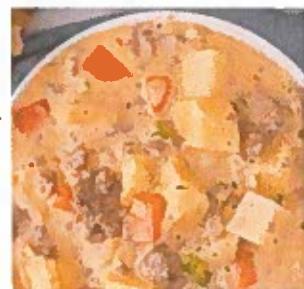
## WEEK LONG AWARENESSES:

1/1-7 **Diet Resolution Week**  
 1/18-24 **National Certified Registered Nurse Anesthetists Week**  
 1/26-30 **IV Nurse Week**

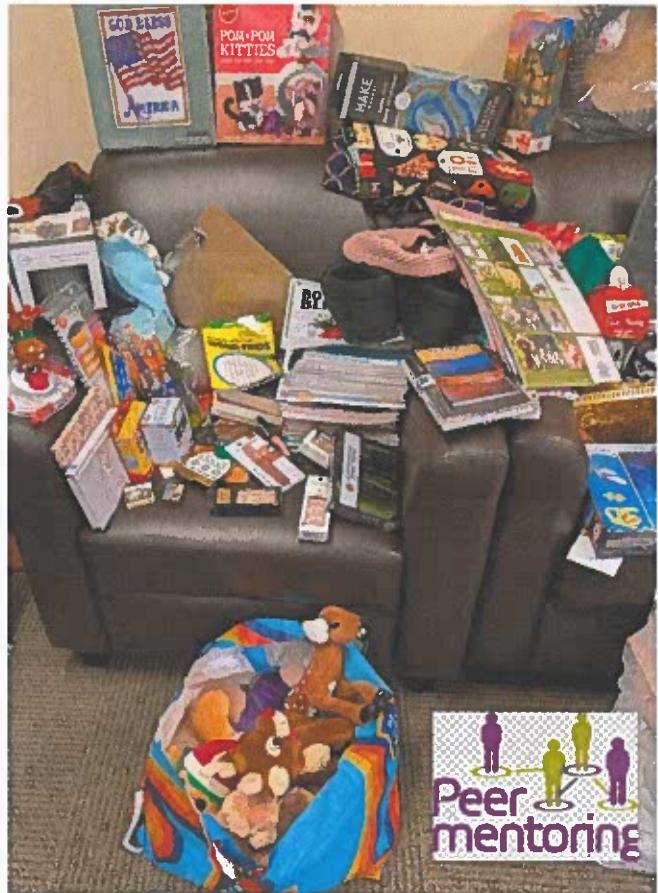
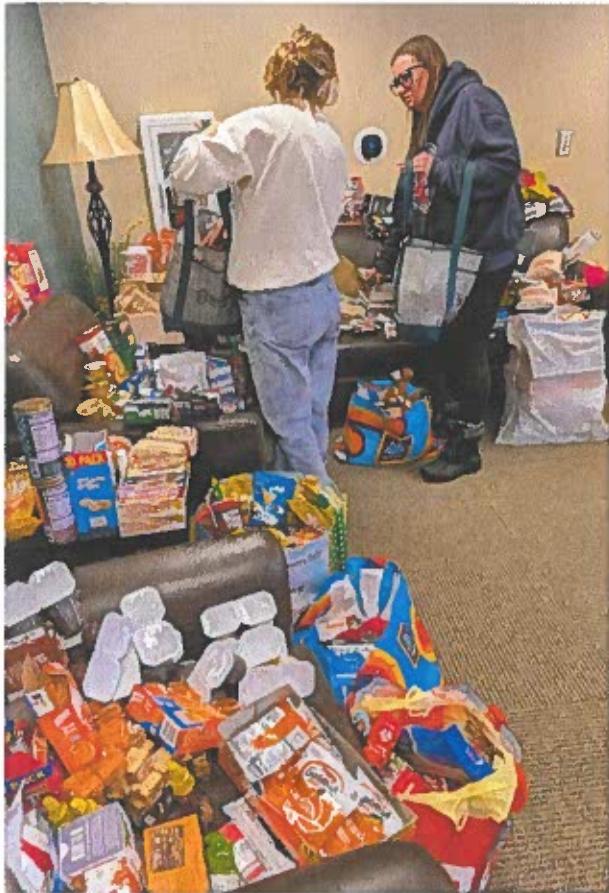
## DAY AWARENESSES:

12 **National Pharmacist Day**  
 19 **Healthy Weight Week**  
 23 **Maternal Health Awareness Day**  
 25 **World Leprosy Day**

Cheeseburger Soup was voted the number one soup in 2025 by Taste of Home. It was the winner of our Soup Off Challenge in November after a full staff meeting. All monies raised by the Soup Off went to the Senior Santa project.



# Senior Santa's



On December 12th, members of the Peer Team took the organized chaos of donations and created 118 Senior Santa bags. The bags were delivered before Christmas to 40 men, four couples and 74 women in our communities, 60 years or older, who may or may not receive services through us.

Donation boxes were placed at Habitat for Humanity, at Dollar General, Ionia City Market and Bigby Coffee in Ionia. Others were set at Chocolate Moose and the Portland Library along with the three in our offices. An additional \$780 in monetary donations came from the agency Soup Off in November (\$280) and from a generous gift from the University of Michigan Sparrow Ionia Hospital (\$500).

Each bag contained a little bit of everything from blankets, hats, mitts, scarves, and slipper socks to snacks and treats, paper and hygiene products along with pastime and crafty items for seniors who were isolated or may not have had anyone to spend Christmas with.

**FAR LEFT:**  
Crafts,  
pastimes,  
food stuffs,  
treats,  
snacks,  
candy.

**LEFT:** This year Peers added crafts to pastimes. Pastimes included word searches, sudoku, crosswords, jigsaw puzzles, pens, pencils and journals, coloring books, crayons, colored pencils...

**BOTTOM LEFT:**  
Hygiene and beauty products like shampoo, cream rinse, lotion, tooth paste, tooth brushes, mouth wash, floss, pill pouches, tissue, paper towel, wet wipes, more.



Some of the finished artwork from Peers Cocoa and Canvus night in December.

## How to Reduce Dust in Your Home



Dust and dirt comes into our homes in many forms. The most common come through the door as pollen, soil and particulate matter, with our fur babies pet dander, not so friendly dust mites, sloughed off dead skin, food crumbs, insect droppings, and airborne through our furnaces, vents and fireplaces.

Since we are more exposed during the winter months when we are not outside as much, and our windows are closed, how do we reduce dust in our homes for better breathing, health and overall air quality.

Our friends at Good Housekeeping and Molekule cite several tips to keep it at bay:

**DEEP CLEAN ROOMS EVERY FEW MONTHS** including moving and cleaning appliances, their cords, books, fans and baseboards. Declutter.

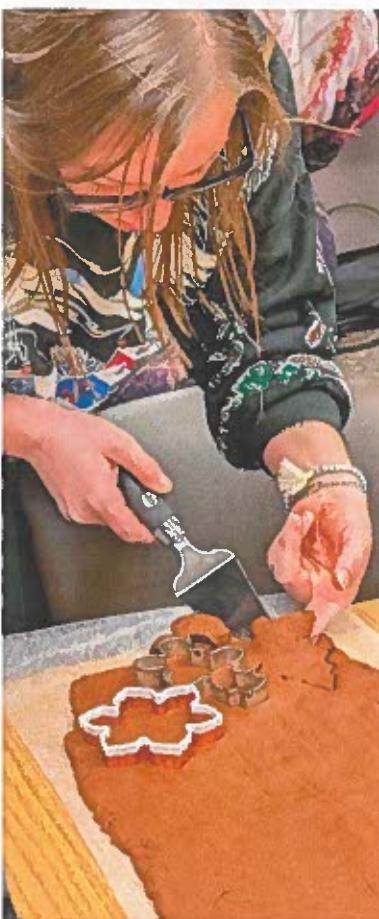
- **USE A DAMP CLOTH TO DUST** or an electrostatic cleaner instead of a feather duster as it releases dust back into the air.
- **CLEAN FROM TOP TO BOTTOM** in a room, not the other way around so dust particles are not released into the air to linger for several hours until after you are done dusting.
- **TRAP DIRT AND DUST AT THE DOOR.** Since 60 per cent of dust and dirt travels in your door, have a mat outside and inside to reduce it being spread throughout the home.
- **HAVE A NO SHOES RULE IN THE HOUSE** to also cut down how much is tracked past your doors.
- **DON'T SMOKE.** Like pollen, smoke floats in the air and settles on surfaces.
- **CLEAN BEDDING, DRAPE, CARPETS and GROOM PETS REGULARLY** since dust mites love to live there. Wash bedding once a week, pillows once a month and use a mattress cover. Drapes should be shook out and area rugs beat or cleaned twice a year. Carpets should be vacuumed at least once a week and carpet cleaned once every two months or more as needed. Keeping animals combed weekly and washed monthly also helps reduce dander. That dander and dead skin are mites favorite snacks so reduce snacks, reduce mites.
- **KEEP HUMIDITY LEVELS LOW** to keep dust mites at bay and less dust particles airborne.
- **SWEEP UP FOOD CRUMBS AND DEAD INSECTS** promptly.
- **CLEAN FIREPLACES REGULARLY OF ASH** and wipe down to reduce the dust and dirt they produce.
- **CHANGE FURNACE, HVAC and AIR CONDITIONER FILTERS** at least once a year as well as dust vents down with a damp cloth with an all purpose cleanser.
- **DITCH THE CLUTTER AND KNICK KNACKS** as they are dust collectors.



## December 19, Ionia TRD

Close to 30 people attended the Peer Friendsmas, some dressed in their holiday garb. Others came to play games and exchange gifts. One of the hottest commodities in the numbers gift game (top right) were fidgets (far right) from Josh Thelen, Adult Case Management Supervisor, TRD.

Other games and party activities were movie trivia, an imoge Christmas song scramble, and Christmas themed coloring pages. Still the snacks hit the spot for others. But most everyone enjoyed crafting their own cinnamon applesauce (and glue) cookie cutter ornaments (bottom right) out of the dough Lexie Doty premade. And all enjoyed the social time with each other.



## EMOTIONAL WELLNESS

**Tip 1:** Julie Dowling, *retired, Director of Specialty Services and Outpatient*

### WORK YOUR STRENGTHS

Because most of us view our weaknesses as changeable, we tend to focus on improving these traits and skills. But numerous studies show that people grow faster when they work on developing their strengths rather than improving their weaknesses. In addition, they are often happier, more confident, and less stressed when they use their strengths.

**Tip 2:** Julie Dowling

### BE CREATIVE

Expressing creativity can benefit the mind in more ways than one. Creativity may reduce anxiety, depression and stress. There are many ways you can create something new. Some include art, crafts, cooking, web design, building, music, photography and working on home projects.



### Tip 3: Julie Dowling

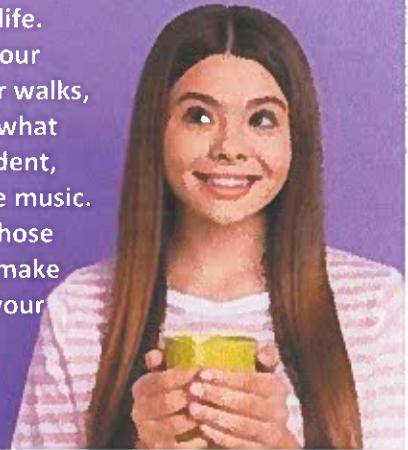
#### SLOW DOWN

One of the most sure-fire ways to increase stress is to rush from place to place and task to task. Taking opportunities to slow down once in a while helps us clarify priorities and be more present in each moment. It can also lower our blood pressure while enhancing cognitive functions and restoring emotional equilibrium.

Fallin love with your life.

Wake up early, buy your favorite coffee, go for walks, eat good food, wear what makes you feel confident, listen to your favorite music. Purposefully create those small moments that make you fall in love with your life.

*Unknown*



### Tip 4: Julie Dowling

#### BEGIN YOUR DAY MINDFULLY

For those with high stress jobs or littles running around the house (or both), it is essential to take these extra minutes of the day for self care. Early rituals can help with anxiety and depression but also with general mental well-being throughout the day. By having something to look forward to—whether it be a warm beverage, an audio meditation, or a cozy pair of slippers—morning routines encourage presence and grounded living.

When creating your mindful morning routine, remember that **there is no one way. And there is no right way.** Your routine will be specific to you. Everyone is unique, and our bodies and spirits will feel energized differently.

Also, remember that your routine does not need to look the same each morning. You may find yourself craving exercise or fresh air a few times a week. On other mornings, you may prefer reading with your kids or spending a few extra moments on skincare. Having a handful of rituals grounds you for when you need them most. Honor your needs, feelings and your schedule, (whichever season of life you are in). With that in mind, you can practice the routines that feel best for the day ahead.

### Tip 5: Julie Dowling

#### TRY SOMETHING NEW

Many of us like to stick with what we know, especially when things seem extra chaotic. However, venturing into an unknown realm may be just the thing to bring about an adrenaline rush and a little happiness inducing excitement.

Undergoing new experiences allow individuals to tap into their potential and discover things they may not have otherwise known about themselves. You might try something different like painting, cooking new foods, playing an instrument, picking up a sport or hobby, take a day trip somewhere you have never been, or learn a language.

### Tip 6: Julie Dowling

#### TAKE TIME FOR THINGS YOU LOVE

This will look a little different for everybody. Whether it is hiking a mountain, golfing a round with friends, curling up with a good book, or spending time with family, we all have activities that refill our personal buckets. Take time on a regular basis to do something you enjoy and refill that bucket!

## Tip 7: Jennie Morgan, Recipient Rights Officer, Customer Service

### Consume a Healthy Diet

When we view the food we eat as fuel for our body, it becomes a little easier to make healthy choices.

An eating plan that helps manage your weight includes a variety of healthy foods. Add an array of colors to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients.

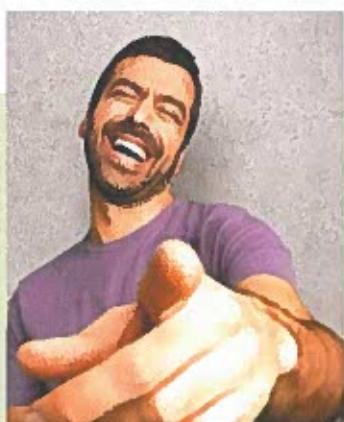


## Tip 9: Jennie Morgan

### SETTING RELATISTIC TARGETS

Goals do more than define our success and failure. They give us reason to celebrate our wins. And that is okay. Goals should stretch us but should also be achievable. Be realistic so you do not feel like you are failing all the time. Then find moments to celebrate—especially when times are tough.

*The agency's Wellness Committee shared tips in 2023 for staff emotional wellness.*



## Tip 8: Jennie Morgan

### EXERCISE FREQUENTLY

People who work out on a regular basis tend to enjoy better health both physically and mentally. Exercise improves cognitive function, quality of sleep and helps people maintain a healthy weight. These things, along with the brain's release of mood enhancing endorphins all help contribute to higher self-esteem and overall better mental health.

## Tip 10: Jennie Morgan

### GET OUTDOORS

When considering the impact of light on mental health, nothing beats natural daylight. Experts believe sunlight triggers the brain to release serotonin, a hormone associated with improving mood and focus. On top of directly impacting emotional well-being, moderate amounts of sunlight also benefit the body physically by providing vitamin D and improving certain skin conditions. In addition to soaking up the sun, spending time in nature can relieve stress and promote both mental and physical fitness. Whether you run, walk, hike, bike, swim or something else, scientists say participating in outdoor activities help decrease fatigue, control cholesterol levels and improve heart health.



## Tip 11: Jenny Morgan

### LAUGH

Though it can be hard to lighten up during difficult circumstances, the benefits are no joke. The Mayo Clinic reveals data that suggest laughing stimulates organs like the heart, lungs and muscles while it leads the brain to release more endorphins. Laughing and positive thoughts can also improve the body's immune system over time and help control pain by causing the body to release its own natural painkillers.



## 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** **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 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**



## 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)** **855.275.6424**
- **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](http://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)**



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

**1-888-544-8773**



Operated by the Food Bank Council of Michigan  
Funded in part by the Michigan Department of Health and Human Services

## BELDING AND ORLEANS:

**Ashley Baptist Church Food Pantry—Emergency**, 10463 Belding Road, (616) 794-3410. Pantry hours Monday to Friday 9am-5pm. Call the church in advance to schedule an appointment.

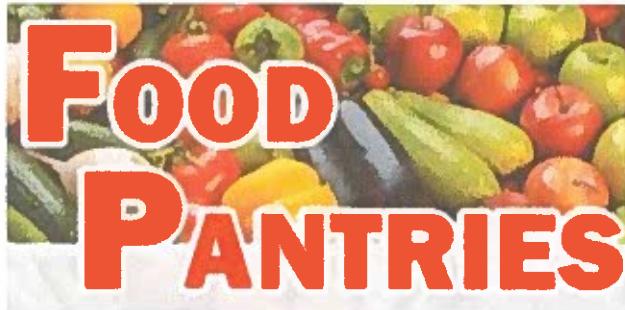
**Belding Area Schools Mobile Food Pantry**, 850 Hall Street, (616) 794-4646. Open third Friday of the month at 4pm.

**St. Joseph Catholic Church**, 409 South Bridge, (616) 794-2145. Open Thursdays 2-3pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

**Ionia County Commission on Aging-Belding (meal site)**

41 Belhaven Street, (616) 527-5365. Tuesday 11:30am-12:30pm (in person or pick up meals available). Meals require an RSVP by noon the Friday before. They may ask for a suggested donation; however, no donation is required for food.

**Shiloh Community Church**, 8197 Heth Street, Orleans, (616) 761-3584. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.



## IONIA:

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

**Ionia County Commission on Aging (meal site)**, 105 East Hudson Street, (616) 527-5365. Tuesday, 11:30am-12:30pm (in person meals or pick up and Thursday 11:30am-12:30pm (in person meals only).

**Seven Day Adventist Food Pantry**, 721 Elmwood Drive, (616) 527-6465. Open third Tuesday each month 9:30am-1pm. Pantry offering prebagged food items, perishables, and gently used clothing.

**Zion Methodist Church Food Pantry**, 130 East Washington, (616) 527-1920. Open Wednesday 2-4:30pm. Pantry offers pre-boxed items based on family size. Serving residents of Ionia County. *Due to a fire at Zion, the pantry will be housed at First Christian Church at the address above. Park in the lot and enter from the back of the church.*

## West Michigan



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

## LAKE ODESSA:

**Ionia County Commission on Aging—Lake Odessa (meal site)**, 1175 Emerson Street, (616) 527-5365. Please call ahead for appointment the Friday before. Hours are Tuesday and Thursday 11:30am-12:30pm (in-person and pick up meals)

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



1/6	2pm, Walk up, <b>Central UMC, Lake Odessa</b>
1/6	6pm, Drive Through, <b>Twin Rivers Elementary, Muir</b>
1/13	4:30pm, Drive Through, <b>Zion, Rather Parking Lot</b>
1/16	4:30pm, Drive Through, <b>Belding High School</b>
1/20	6pm, Drive Through, <b>Hubbardston American Legion</b>
1/28	5pm, Drive Through, <b>Shiloh Community Church, Orleans</b>

## PORTLAND:

**Ionia County Commission on Aging-Portland, (meal site)**, 421 East Bridge Street, (616) 527-5365. Tuesdays 11:30am-12:30pm (in person or pick up meals). Meals require an RSVP by noon the Friday before. The organization may ask for a suggested donation; however, no donation is required for food.

**Mount Hope Church—Mobile Food Pantry**, 845 Ionia Street, (517) 647-4136. Second Saturday of the month, 10-11am every other Month. December, February, April, June, August, October, December.

**Portland Community Food Bank**, 310 East Bridge Street, (517) 204-4279 or (517) 647-6844. Monday 9am-noon; Thursday 4-6pm. Pantry is inside the Portland Methodist Church.

## SARANAC:

**Saranac Community Church Food Pantry**, 125 South Bridge, (616) 642-6322. First and third Thursday 2-4pm. Available to Saranac or Clarksville residents once a month.

As of 10/8/2025

According to Baldwin Publishing (for hospitals, employees, wellness programs and healthcare networks) New Year's Resolutions give everyone a clean slate to eat healthier. Their new grocery survey finds 43 percent of Americans plan to save money by staying in to cook more homemade meals.

**Better Days Ahead**

Peer Led, January 22, 29, 11am, REDIC.

**Bingo**

Peer Led, January 20, 1:30pm, Burger King.

**CBT Anxiety**

Fridays, 2-3pm, Virtual.

**CBT Depression**

Ongoing, Fridays, 10-11am, Virtual.

**Choosing Strength**

Tuesdays, 5-6pm, Virtual.

**Coffee and Conversation**

Peer Led, 11am Sozo.

**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, January 7, 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.

**Diabetes Support**

Peer Led, 11am, REDIC.

**Fitness**

Peer Led Tuesday Fitness Group 2:30, (except the 13th) and Thursday (except the 1st and 15th), 3pm, all at Ionia Fitness.

**Every Tuesday and Wednesday and Friday**, all at 1:30pm, at Ionia Fitness. Contact: Patricia.

**Game Night**

Peer Led, January 26, 3pm, REDIC.

**Game Club**

Peer Led, January 8, 22, 29, 11am, Portland TRD.

**Grief and Loss Support Group**

Peer Led, January 28, 10am, Sozo.

**Healthy Relationships**

Fridays, 1pm, Ionia TRD.



# GROUPS

**Kids Skills Group**

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

**Life Skills**

Mondays, 1:30pm, Ionia TRD.

**Men's Group**

Tuesdays, 2-3pm, Ionia TRD.

**Parenting Through Change**

Starting January 20th, Tuesdays, 5-6:30pm, Ionia TRD.

**Unfold: Fine Art Group**

Peer Led, January 6, 13, 20, 27, 10am, Ionia TRD.

**Volunteer Group**

Peer Led, January 6, 13, 20, 27, 3:30pm, Ionia Theater.

**Yoga—Chair**

Peer Led, January 22, 29, 10am, Portland Library.  
January 26, 10am, REDIC.



MICHIGAN STATE  
UNIVERSITY

Extension

## FREE ONLINE HEALTH PROGRAMS

[Canr.msu.edu/ionia/](http://Canr.msu.edu/ionia/) **616.527.535**



## Heating and/or Utility Assistance

<b>Belding Emergency Fund</b>	<b>616.694.1900</b>
<b>Disability Advocates</b>	<b>616.949.1100</b>
<b>Eight CAP, Inc.</b>	<b>616.236.1027</b>
<b>Energy Assistance</b>	<b>855.275.6424</b>
<b>Home Heating Tax Credit Status</b>	<b>517.636.4486</b>
<b>Lakewood Community Council</b>	<b>616.374.8861</b>
<b>MDHHS (Michigan Department of Health and Human Services)</b>	<b>616.527.5200</b>
<b>State Emergency Relief for home/utilities</b>	<b>Michigan.gov</b>
<b>Salvation Army</b>	<b>855.929.1640</b>
<b>THAW Fund-Heat/Warmth Fund</b>	<b>800.866.8429</b>
<b>Tri County Home Works People Fund</b>	<b>800.421.8956</b>

**United Way (utility assistance)** **2-1-1**  
**or 800.887.1107**

\* Check with your utility company as well since some offer payment plans, discounts and assistance

Have suggestions? Email the editor at

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