

# The right Connection

April 2026

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:**  
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.

## When Roles Reverse



It's ironic.

You start out being cared for and shaped by your parents. They are your world; your heroes. Then somewhere after puberty you think those same parents know absolutely nothing.

However, a few short years later we turn to them for advice as we navigate loan applications, buying cars, homes, marriage and having a family of our own. They are a godsend when our kiddos are little. Then we tend to forget them a bit focusing on our kids who are growing up into independent, rebellious, obnoxious, active teens.

We are so caught up in the whirlwind as our kids transition to adulthood, going off to college, out on their own that we tend to forget our parents a bit. But then one day you wake up shocked by how your parents have slowed down, need help, have health issues and have aged. You have also grown older and have become them in the circle we call life.

So how do you deal with caring for aging parents and coping with the role reversals?

Sue Ferris, Newsletter Editor

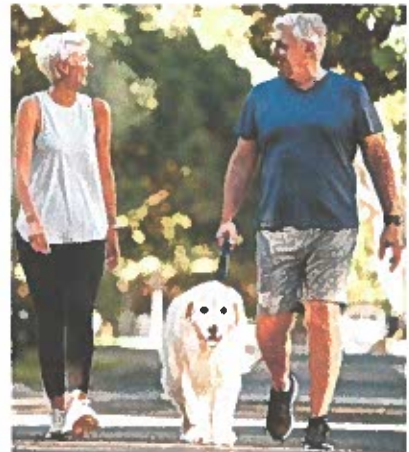


# How to Care for Aging Parents

Taking care of aging parents involves planning, ensuring their safety, and balancing their support with dignity and independence. Key actions include assessing their medical needs, modifying the home to prevent injury, assisting with daily tasks, managing finances and medications, and encouraging social interaction to prevent isolation. Adult children need to communicate openly with their parents and prioritize self care to avoid burnout.

1. **RESPECT AUTONOMY.** Involve your parents in decisions to help them maintain dignity and independence.
2. **ENCOURAGE INDEPENDENCE AND DAILY ACTIVITIES** so your parents feel empowered rather than controlled.
3. **FIND WAYS TO CONNECT** with them and include them in your life. Share a hobby they enjoy like golf, scrapbooking, travelling, to make memories so everyone gets the most out of their relationships.
4. **ENCOURAGE COMMUNITY ENGAGEMENT** and routine to provide social and emotional comfort and reduce anxiety.
5. **BE PATIENT AND RESPECTFUL.** Parents move slower and come to their own conclusions in time. Allow them the opportunity, time and respect to still make those decisions unless, or until, they cannot.
6. **LET PROFESSIONALS BE THE BAD GUYS.** Let doctors and other professionals impart bad news regarding limitations or restrictions since they are authorities; not you.
7. **GIVE PARENTS SPACE TO GRIEVE THE LOSS OF INDEPENDENCE** if it comes to that..
8. **SHARE TIME COMMITMENTS AND CARE DUTIES WITH OTHER FAMILY MEMBERS** like transporting to doctor appointments, getting groceries, housekeeping, meal prep. Maybe have a fun day like a cookout with everyone tackling seasonal needs like cleaning gutters, windows, raking leaves, more.
9. **UTILIZE RESOURCES** whether respite care, home health aides, senior living communities, hospice, Commission on Aging, a local cleaning lady, Meals on Wheels to help keep your parents independent, with choices and dignity while not as dependent on you.
10. **MANAGE YOUR OWN EMOTIONAL TURMOIL,** and seek advice or support if needed.
11. **WATCH FOR CHANGES.** Look for patterns like confusion, difficulty driving, seeing, hearing or neglect of daily tasks.

12. **MEDICAL AND SAFETY.** Ensure they schedule regular checkups, that they keep an updated list of medication on file, and that you are listed as an emergency contact.
13. **LEGAL AND FINANCIAL.** Have discussions early on about setting up Powers of Attorney for healthcare and finances.
14. **THE 40/70 RULE** is a guideline created by experts in aging and caregiving, that encourages adult children to begin having serious conversations about long-term senior care options with their parents by the time they are 40 years old and their parents are 70.
15. **ABOVE ALL, ENJOY HAVING YOUR PARENTS** in your life. AARP,  
Caring Resources, National Institute for Aging



## WHAT IS THE 3-3-3 RULE OF WALKING?

3-3-3 rule or Japanese Interval Walking Training is a fitness technique alternating three minutes of high-intensity (fast) walking with three minutes of low-intensity (slow) walking. This 30 minute routine is repeated five times, aiming to boost cardiovascular health, lower blood pressure, improve glucose, and increase leg strength.

## WHAT IS THE 6-6-6 WALKING TREND?

It is really just a format of walking based on the number six: There is a six minute warm-up followed by a brisk 60-minute walk that is followed with an easy six minute cool down.



## MONTH LONG AWARENESSES:

**Tuesdays PEER LED Fitness Group** 2:30pm except 28th.. **Thursdays** 3pm, all at Ionia Fitness

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

- 2, 9, 23, 30** PEER LED, Grief and Loss Support Group, 10:30am, REDIC
- 2, 9, 23, 30** PEER LED, Game Club, 11am, Portland TRD
- 2, 9, 23, 30** PEER LED, Self Love, 11:30am, REDIC
- 3, 10, 17** PEER LED, Euchre, 10am, Saranac Housing
- 3** PEER LED, Luncheon, 11am. Topic: Disaster Preparedness, Ionia TRD
- 6, 20** PEER LED, LGBTQIA+, 3pm, Ionia TRD
- 6, 13, 20, 27** PEER LED, Game Night, 3pm, River's Edge Drop in Center (REDIC)
- 7, 14, 21, 28** PEER LED, Unfold: Fine Art Group, 10am, Ionia TRD
- 7, 14, 21, 28** PEER LED, Euchre, Noon, REDIC
- 7, 14, 21, 28** PEER LED, Volunteer Group, 3:30pm, Ionia Theater
- 8** PEER LED, Crafts, 9:30am, Ionia TRD
- 8** PEER LED, Coffee and Conversation, 11am, Sozo
- 8, 22** PEER LED, Writing for Recovery, 3pm, Ionia TRD
- 10, 17** PEER LED, Volunteer Group, 3:30pm, Ionia Theater
- 20** Committee of the Whole Meeting, TRD 4-6pm, Ionia TRD
- 21** PEER LED, Bingo, 1:30pm, Mooville
- 24** PEER LED, Trip to Grand Rapids Public Museum, 10am, Ionia TRD. Must be signed up with Peers.
- 27** TRD Board Meeting, 4-6pm, Ionia TRD

- Alcohol Awareness Month**
- Autism Acceptance Month**
- Canine Fitness Month**
- Child Abuse Prevention Month**
- Deaf History Month**
- Earth Month**
- Financial Literacy Month**
- Garden Month**
- Limb Loss Awareness Month**
- Military Child Month**
- Move More Month**
- National Volunteer Month**
- Sexual Assault Awareness**
- STD Awareness Month**
- Stress Awareness Month**

*Themes for the month of April revolve around spring, growth, hope and wellness*

## DAY AWARENESSES:

- 1** Take Down Tobacco National Day of Action/ Day of Hope/National Walking Day
- 2** World Autism Awareness Day
- 3** Good Friday
- 5** Easter Sunday
- 7** World Health Day
- 11** World Parkinson's Disease Day
- 22** Earth Day



## Holidays The Right Door is Closed

- |       |                        |
|-------|------------------------|
| 5/25  | Memorial Day           |
| 7/3   | 4th of July            |
| 9/7   | Labor Day              |
| 11/26 | Thanksgiving           |
| 11/27 | Day after Thanksgiving |
| 12/24 | Christmas Eve Day      |
| 12/25 | Christmas              |
| 12/31 | New Year's Eve Day     |



## Keep or Toss Sentimental Clutter?



Spring cleaning season has arrived, and it has all of us eyeing our overstuffed closets and messy drawers. But if you plan on decluttering, you might come across a few items you are not ready to part with. Maybe it is a gift from an old friend that you rarely use, or mementos you inherited from loved ones. What do home organization experts suggest we do with sentimental items after decluttering.

## How Do You Choose What to Declutter?

Choosing what to part with during a cleaning session seems easy; kitchen tools you have not used in years can be tossed or donated; so can clothes past their prime. But when it comes to sentimental items, it is easier to hold onto them. This can be especially hard if you have heirlooms from a loved one, treasured items from childhood, or ones that remind you of a specific time in your life. But if you are short on space, there are ways to part with some items.

**"Try keeping only the best of the best,"** recommends Jamie Hord, founder of Horderly Professional Organizing.

**"If there is more than one thing you want to keep, contain and limit yourself to one box of items per person."**

If you are decluttering as a family, giving everyone a box for sentimental items is a great way to limit what you keep while making it easier to store in your home. Mindy Godding, founder of Abundance Organizing and president of the National Association of Productivity and Organizing Professionals has similar advice when it comes to choosing what to keep.

**"I am a big fan of the practice of 'shrining,' where we select one or two special items out of a larger category of stuff to represent that time, person, career, or life event,"** says Godding. **"It can be helpful to start by selecting a home for this shrine—maybe a shelf or small curio cabinet. That way, the available space will dictate how much can be kept. Then, choose your favorite items that evoke memories."**

Rather than focusing on what you need to part with, reframe your thinking. **"Most people will try to start a project by determining what needs to go; we recommend starting with the positive of 'What absolutely has to stay?'"** says Godding. **"Once you've prioritized and protected your favorites, it becomes a lot easier to take photos and let the rest go."**

## How to Store Items that Are Keepers



If you have extra space in your home, such as empty storage bins or space under your bed, you have options for removing the keepsakes from high-traffic areas. But if you are already short on space, it can be trickier to decide where your must-haves go.

In some cases, you might be able to turn a mostly decorative item into something you can use in your everyday life. **"Social media can be a great resource for finding a maker who could reinvent or 'upcycle' an item into something new,"** says Godding. **"Good organizers also collect these ideas and can offer suggestions about repurposing items."**

Nothing is off-limits for talented upcyclers, even large items like furniture. **"Some of my favorite projects from past clients include customizing Tervis Tumblers with vintage scouting badges, turning mom's mink coat into luxe teddy bears for all the grandkids, cutting a family dining table into smaller occasional tables, and giving grandfather's military dress blues a new life as custom handbags. Not only do these upcycled heirlooms become useful again, they are instant conversation pieces,"** says Godding.

But if it is time to let something go, you can always use photos to memorialize the item without taking up space. **"If the item is large, consider if taking a photo of it will hold its memory,"** says Hord. **"If it's something you physically want to keep, these items can usually be stored somewhere—not in prime real estate."**

# How to Let Go of Items You are Decluttering



It is common to have complicated feelings or a sense of guilt when decluttering. So remember your home is your own. You are not obligated to keep anything that is not useful or does not bring you joy.

**"You pay for the space you are living in, so you don't want anything not worth it to take up that space,"** says Hord. **"Let's normalize not keeping gifts you don't want or need!"**

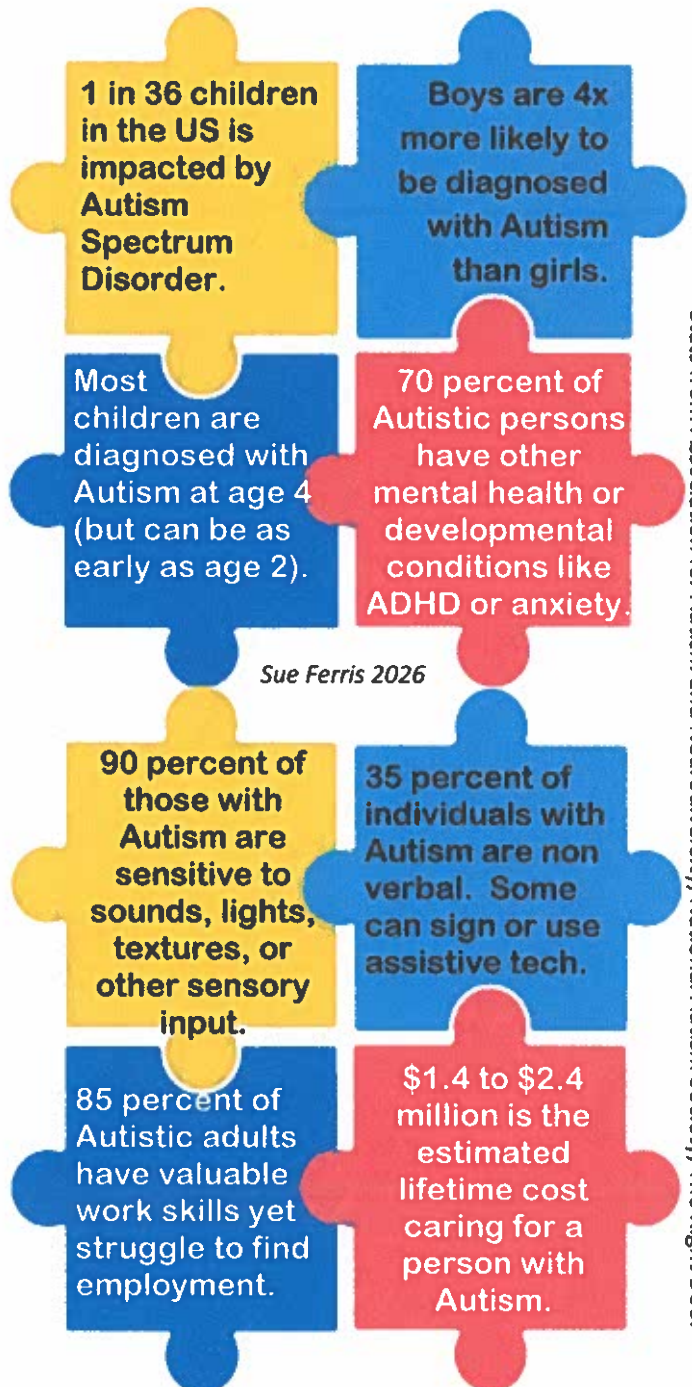
If you feel guilty about decluttering, it can help to find the source of those emotions. **"Feelings of guilt usually come from a sense of responsibility—where we hold on to items out of feelings of obligation to save an item on behalf of someone else, regardless of that item's usefulness or meaning to us,"** says Godding.

Decluttering does not have to be scary or a major undertaking! Start small with one section of your house, or set a timer for 15 minutes. Then take a break from cleaning. And when you encounter sentimental items, remember it is fine to hang onto things with special meaning, or look for new ways to use them in your daily life.

*Condensed from Better Homes and Gardens*



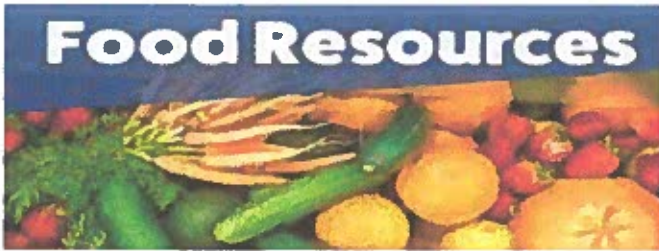
Autism Spectrum Disorder (ASD) is a neurological condition affecting social interaction, communication and behavior.



*Sue Ferris 2026*

Stats from Association for Autism and Neurodiversity, National Autism Society, The Right Door

There is no cure, but there is hope. There is also help. Call our ABA Team (616) 527-1790.



**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)**  
**800.225.5942**



## FOOD PANTRY FUNDRAISER

March Madness hit the Right Door and continues till the final four in Indianapolis, April 4 and 6. For \$5 staff joined a private group to play the Men's Basketball Tournament Challenge. Half the money collected goes to the agency food pantry while the other half will be split between staff—1st place, 2nd place and the biggest loser. It's a slam dunk anyway you look at it!



- 4/7 2pm, Walk up,  
**Central UMC, Lake Odessa**
- 4/7 6pm, Drive Through,  
**Twin Rivers Elementary, Muir**
- 4/10 10am, Drive Through,  
**Mount Hope Church, Portland**
- 4/14 4:30pm, Drive Through,  
**Zion, Ionia Fairgrounds**
- 4/17 4:30pm, Drive Through,  
**Belding High School**
- 4/21 6pm, Drive Through,  
**Hubbardston American Legion**
- 4/29 5pm, Drive Through,  
**Shiloh Community Church, Orleans**

**West Michigan**  
*fresh*  
**farmer's**  
**MARKET**

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

F.O.R.

Food and Other Resources

HELPLINE



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



## 2026 Peer Lunches

May	No Lunch—Drab to Fab
June 5th	Pride Event
July 10th	Cookout-Get to Know Your Peers
August 14th	Tips for Talking to your Doctor Get the most out of appointments
September 4th	Motivation
October 2nd	Diabetes Education
November	No Lunch—Drab to Fab
December 4th	Friendsgiving/Holiday Party

## CARROT CAKE COOKIES



**Easier than Carrot Cake but just as tasty!**

### INGREDIENTS:

- 1 cup butter softened
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 large eggs at room temperature
- 2 teaspoon vanilla extract
- 2 1/2 cups flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups grated carrots (5-6 carrots)
- 1/2 cup toasted chopped walnuts
- 1/2 cup raisins

### FROSTING:

Beat 8 ounce softened cream cheese with 1/2 cup softened butter about 3 minutes  
Add 1/2 pound powdered sugar  
1/2 teaspoon vanilla extract and mix till smooth (about 2 minutes)

1. Preheat oven to 350
2. Line baking sheets with parchment paper
3. Beat butter and sugars till creamy (about 3 minutes)
4. Add eggs and vanilla and beat till combined
5. In another bowl whisk together the dry ingredients
6. Gradually add the dry ingredients to the wet and mix till blended
7. Drop dough by a tablespoon 2 inches apart on the parchment lined pan
8. Bake 14 to 16 minutes till lightly browned.
9. Cool 30 minutes before icing with a dollop of frosting

Ice only when ready to eat. Unfrosted cookies can be stored in an airtight container in the freezer till ready to eat.

## CRAFT GROUP



Bunnies created by the Peer Craft Group March 18

## LOCAL MDHHS OFFERS FREE KITS

MDHHS is providing free naloxone medication to reverse opioid overdoses, to save lives and reduce overdose deaths. Since 2023 Naloxone has played a critical role in helping reduce the state's overdose deaths by 35 percent. Funding to provide Naloxone has been in large part due to opioid settlement dollars.

Since Michigan is slated to receive more than \$1.8 billion from nation opioid settlements by 2040 with half going to the State Opioid Healing and Recovery Fund and the rest directed to county, city and township governments across the state to fund more free kits and save more lives from overdoses.



# 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 (NAMI Michigan)** 1-800-950-6264  
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



# Community Events

## BELDING

**Combined Easter Events**, Belding Beauties and Bros/Encounter Church, April 4, 11am, Covered Mall. Eggs, candy, bounce house, hot dogs, cake contest, spring dance party, face painting, yard games. Meet the Easter bunny.

## CLARKSVILLE

**Talking is Teaching Scavenger Hunt**, April 1-May 30. County wide with all Libraries and Ionia ISD. Go to any library to find the Talking is Teaching Poster and receive a prize there. Repeat at each library. If go to 3 or more, send a picture to Lisa at [lwandell@ioniaisd.org](mailto:lwandell@ioniaisd.org) for entry in a grand prize.

## HUBBARDSTON

**Lenten Fish Fry**, all you can eat, American Legion, April 13. Fish, shrimp, steak fries, baked potato, coleslaw, roll, desserts, coffee/tea. All take outs, \$16. Dine in: Adults \$18, \$16 seniors 70 up, \$10, kids 6-12, under 5 eat free.

## IONIA

**Spring Break**, Free showing, April 8, 11am, Willy Wonka and the Chocolate Factory, Theater.

**Gift, Food and Craft Show**, April 18, 9am-5pm and 19, 10am-4pm, fairgrounds. Giant gift, food and craft show.

**Next Stop Comedy Show**, April 24, 8pm, Ionia Theater. See [nextstopcomedy.com](http://nextstopcomedy.com)

**Caitlin Cusack Theater Fundraiser Concert**, April 30, 7pm, Theater. Caitlin suffered a brain injury and recovered by song writing and performing. \$20 adults, \$10 middle/high school students. Elementary students free with adult ticket: [cityofionia.org](http://cityofionia.org)

## LAKE ODESSA

**The Barn Sale Trail**, April 24, 9am-5pm, April 25, 9am-4pm. 8 barns to shop including 2 in Lake Odessa, 2 in Clarksville, 3 in Hastings and 1 in Freeport. Vintage, rustic, décor, furniture, foods, crafts, more that are new or repurposed. See Facebook page for map.

## LYONS MUIR

**Easter Egg Hunt**, April 4, 11:30am, Lyons Muir Church.

## PORTLAND

**Egg Hunt**, April 4, 10am, Bogue Flats.

## SARANAC

**Easter Event**, April 4, 1pm at the Pavilion. Hunt for eggs, see the Easter Bunny, crafts, surprises, free books.

**Adult Cardio Drumming**, April 4, 11am-noon, Library. Register: <https://www.saraclark.michlibrary.org/news-events/#/events>.

# GROUPS

## Bingo

Peer Led, April 21, 1:30pm, Mooville

## CBT Anxiety

Fridays, 2-3pm, Virtual.

## CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

## Choosing Strength

Tuesdays, 5-6pm, Virtual.

## Coffee and Conversation

Peer Led, April 8, 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, April 8, 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.

## Euchre

Peer Led, April 3, 10, 17, 10am, Saranac Housing.

## Fitness

Peer Led **Tuesdays** Fitness Group 2:30, except the 28th. **Thursdays** 3pm, all at Ionia Fitness.

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

## Game Night

Peer Led, April 6, 13, 20, 27, 3pm, REDIC.  
Game Club, April 2, 9, 23, 30, 11am, Portland TRD.

## Grief and Loss Support Group

Peer Led, April 2, 9, 23, 30, 10:30am, REDIC.

## Healthy Relationships

Fridays, 1pm, Ionia TRD.

## Kids Skills Group

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

## LGBTQIA+

Peer Led, April 6, 20, 3pm, Ionia TRD.

## Life Skills

Mondays, 1:30pm, Ionia TRD.

## Men's Group

Tuesdays, 2-3pm, Ionia TRD.

## Parenting Through Change

Starting April 14, Tuesdays, 1-2:30pm, virtually.

## Ready to Work Group

Starting February 11, 12 weeks, Ionia TRD.

## Self Love

Peer Led, April 2, 9, 23, 30, 11:30am, REDIC.

## Unfold: Fine Art Group

Peer Led, April 7, 14, 21, 28, 10am, Ionia TRD.

## Volunteer Group

Peer Led, April 7, 14, 21, 28, 3:30pm, Ionia Theater.

## Writing for Recovery

Peer Led, April 8, 22, 3pm, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

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



## Parent Café

April 29, May 20  
10-11am, Kincaid Room  
Sozo, Ionia



- ◆ Once a month we meet at Sozo so parents and guardians can build connections to share struggles and victories with other community parents.
- ◆ Children not yet in school are welcome.
- ◆ Participants can choose a drink and sweet treat from the Parent Café Menu courtesy of a grant from the Ionia County Community Foundation.

## At The Right Door, We Value...

**Respect and Dignity in a Culture of Gentleness.**

*Every person shall be treated with respect and dignity in a gentle, welcoming, and listening environment.*



**Have suggestions?**  
 Email the editor at  
[sferris@rightdoor.org](mailto:sferris@rightdoor.org)

**1**  
 11 Healthy Relationships  
 1 Easter Dinner

**2**  
 10:30 Grief/Loss Group  
 11:30 Self Love  
 2 Crafts

**3**  
 11 Lunch with Peers TRD  
 1 Movie

**6**  
 11 Goal Getters  
 2 Mindful Monday  
 3 Games

**7**  
 10 Euchre  
 11 Junk Journaling  
 2 Bingo

**8**  
 11 Healthy Relationships  
 1 Free Lunch

**9**  
 10:30 Grief/Loss  
 11:30 Self Love  
 12-3 Bowling

**10**  
 11 Gardening  
 1 Movie

**13**  
 11 Goal Getters  
 2 Mindful Monday  
 3 Games

**14**  
 10 Euchre  
 11 Junk Journaling  
 2 Bingo

**15**  
 11 Healthy Relationships  
 1 Free Lunch

**16**  
 10:30 Grief/Loss Group  
 11:30 Self Love  
 2 Crafts

**17**  
 11 Gardening  
 1 Movie

**20**  
 11 Goal Getters  
 12 Board Meeting  
 3 Games

**21**  
 10 Euchre  
 11 Junk Journaling

**22**  
 11 Healthy Relationships  
 1 Free Lunch  
**Earth Day**

**23**  
 10:30 Grief/Loss  
 11:30 Self Love

**24**  
 9:30 Grand Rapids Public Museum  
 Center Closed

**27**  
 11 Goal Getters  
 2 Mindful Monday  
 3 Games

**28**  
 10 Euchre  
 11 Junk Journaling  
 2 Bingo

**29**  
 11 Healthy Relationships  
 1 Free Lunch

**30**  
 10:30 Grief/Loss  
 11:30 Self Love

## RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773