

August 2025

The right Connection

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



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.

Distractions

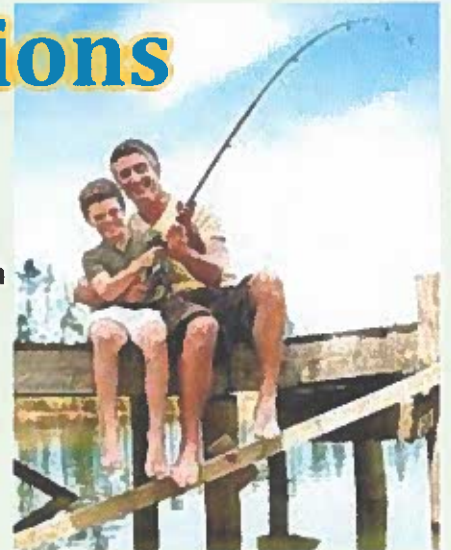
You're on vacation enjoying summer and all the wonderful memories you're making with the distractions that come with it whether you're with friends, your spouse, your kids, grandkids.

The weather is beautiful and you're indulging in a little extra spending on meals, lodging and activities because that's what we all do when we relax.

But unlike that beautiful scene before you, there's a dark, ugliness you don't see lurking in the background. Unfortunately, while you're off playing, scam artists are at work.

So what do you do. Check your spending against your bank statements and credit card receipts. And if you find a discrepancy:

- Contact any financial institution involved with the transaction
- Report the incident to your local police, the state's attorney general, the FBI or other enforcement agencies
- In cases of ID theft, file a report at identittheft.gov and consider freezing your credit
- Block or ignore messages from a perpetrator
- For digital scam prevention: regularly restart your phone, use two factor authentication, change your passwords every six months, shop on valid sites, store information on an external hard drive, and turn on SIM protection (subscriber identity module)





- 1** **PEER Luncheon**, 11am, Ionia TRD, Topic—Benefits of Yoga and Meditation
- 4, 5, 11, 12, 18, 19, 25** **PEER LED**, Chair Yoga, 9:30am, Ionia TRD
- 4, 11, 18, 25** **PEER LED**, Game Night, 4pm, Ionia TRD
- 5, 12, 19** **PEER LED**, Peaceful Paces, 10:30am, Ionia TRD
- 5, 12, 26** **PEER LED**, Gardening Group, 11am, Ionia TRD
- 5, 12, 19** **PEER LED**, Rooted and Restored 11:30am, Ionia TRD
- 5, 12, 19, 26** **PEER LED**, Volunteer Group, 3:30pm, Ionia Theater
- Tuesdays** **PEER LED** Fitness Group, 2:30pm and **Thursdays**, 3pm, 8/14, 21 and 28, all at Ionia 24/7
- Every Tuesday, Wednesday, Friday**, 1:30pm, Ionia Fitness. Contact: Patricia
- 7** **Back 2 School, Bash**,
- 8** **Back 2 School Bash**, Ionia TRD
- 11, 25** **PEER LED**, LGBTQIA+ Group, 3pm, Ionia TRD
- 12, 26** **PEER LED**, Better Days Ahead, 1pm, Portland TRD
- 13** **PEER LED**, Self Love, 11:30am, Ionia TRD
- 14** **PEER LED**, **Trufant Flea Market Trip**, 9am. Must be signed up to go.
- 18** **Committee of the Whole Meeting**, 4-6pm, Ionia TRD
- 19** **PEER LED**, Bingo, 1:30pm, Burger King
- 20** **PEER LED**, Crafts, 9:30am, Ionia TRD
- 20** **PEER LED**, Train Your Brain, 11am, Ionia TRD
- 21** **PEER LED**, Grief and Loss Support Group 11am, at Ionia TRD
- 22** **PEER LED**, Garage Sailing, 8:30am
- 25** **TRD Board Meeting**, 4-6pm, Ionia TRD



MONTH LONG AWARENESSES:

Children's Eye Health and Safety Month

Preventblindness.org

Digestive Tract Paralysis/Gastroparesis Awareness

International Foundation for Gastrointestinal Disorders (iffgd.org)

National Breastfeeding Month

US Breastfeeding Committee (773) 359-1549

National Immunization Awareness Month (NIAM)

CDC.gov

National Wellness Month

Everything from self care and stress management to healthy routines like sleeping, eating well, drinking water and exercising to regular doctor and dental checkups, annual exams (like mammograms) and immunizations.

Psoriasis Action Month

Psoriasis.org (800) 723-9166.

WEEK LONG AWARENESSES:

- August 1-7** World Breastfeeding Week
- August 4-10** National Health Center Week
- August 12-18** OSHA's Safe and Sound Week

DAY AWARENESSES:

- 8/1** World Lung Cancer Day
- 8/31** International Overdose Awareness Day



- 8/1** Lake Odessa, Swifty's Park
- 8/8** Portland, William Toan Park
- 8/15** Lyon's, Hazel Devore Park

GRANDFRIENDS

- 8/15** Back to School Bingo, 10am, The Brooks, Portland with grandfriends
- 8/22** Wheelchair and Walker Wash, 4-5pm, Green Acres, Ionia. Share snacks too with grandfriends
- 8/25** Lunch Bag Decorating for IM Kids, 10am, Intersect Health Care, Belding

Have suggestions? Email the editor at sferris@rightdoor.org



August 7, 11am-3pm, Portland and Belding

School Supplies only

August 8, 9am-3:30pm, Ionia TRD

School Supplies, Haircuts, Clothing

This popular, annual event is hosted by our school outreach team headed by Rachel Selby with a little help from children's case management and others. School supplies were provided to 447 youth in backpacks free of charge. Most of the supplies were donated by agency staff through a pizza party challenge to meet their item goal. Two other fundraisers took place in previous months at the Wagon Wheel and Pizza Hut, where staff ate and the restaurants donated a percentage of the TRD sales that day back to the event. It takes a village—or a wonderfully, generous staff and community to do this every year!

There were seven stylists ready to cut hair in Ionia



Above and below:

Also in Ionia there were free hygiene products and clothing to go with the hair cuts and backpacks.

Another contributor to this was Mitten Chiropractic

Above and below:
Before and after packing the backpacks



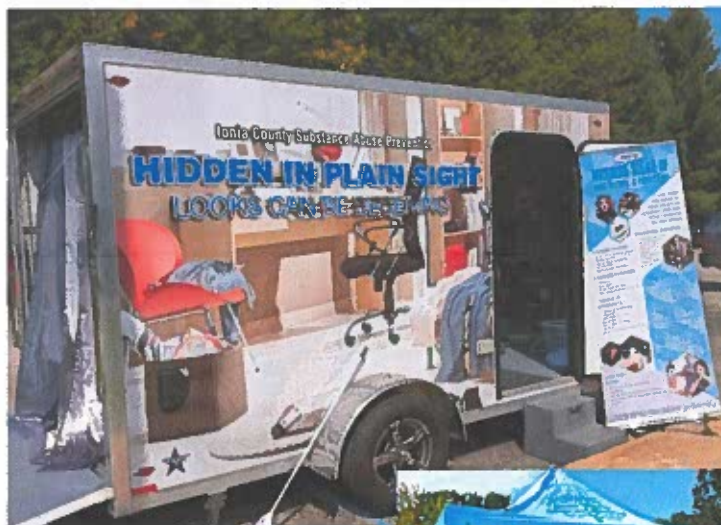
Shout out to some great thinkers in our Belding location who gave away in the gym with games to make it more of a kid friendly, fun event!



A hygienist from MCDoc is reaching out to local libraries to teach kids proper oral hygiene.



Armed with pamphlets from Delta Dental Foundation, a story book, set of teeth, big toothbrush, stuffed dragon, and care kits, she came to Lyons District Library in July for story time. While there kids used flossers to dig out playdough between Lego block tops to simulate flossing. The purpose of the visit was to introduce preschoolers to good oral hygiene practices, help parents find a dentist in the area, stress the importance early hygiene and dental visits have on tooth decay since oral health, overall health and school success are all connected. This fall as kindergarteners enter school, they will not only have their eyes and hearing tested but their teeth will be checked too! (These same progressive dentists had info and care kits on hand at the Back2School Bash!)



Also at Back2School Bash, braving the heat, was Ionia County Hope and Recovery with surveys, prizes and giveaways. The Ionia County Substance Abuse teaching trailer was on site as well.

(When I went through this years ago, I missed more signs than I got right, that a teenager was abusing substances. An excellent display!)



Health
FAIR

September 18

2:30-5pm

Steele Street Hall,
Ionia



THE right DOOR
for hope, recovery and wellness

5K

WALK/RUN/ROLL
For Mental Health Awareness

Thursday, September 18

Gregory's Steele Street, Ionia

Registration 5pm

Walk/run/roll 6pm

*Cost to participate is a non perishable food item for our food pantry. Receive a free t-shirt with early registration online at rightdoor5K.com

featuring Express Yourself Art Gallery

The Right Door is hosting our annual Health and Wellness Fair. This event brings together various local organizations, services and small businesses that care about your health, body and mind.

In addition to the fair, enjoy our presentation of Express Yourself—an art show featuring unique art crafted by local members of our community. Following this is the 5K Walk, Run and Roll through the community.

Questions?

Call 616-527-1790

Ask for a Peer Support Specialist

THE right DOOR
for hope, recovery and wellness

This event is open to everyone.



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 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



**FEEDING
AMERICA**
West Michigan

8/5	2 pm, Walk up, Central UMC, Lake Odessa
8/5	6 pm, Drive Through, Twin Rivers Elementary, Muir
8/9	10am, Drive Through Mount Hope Church, Portland
8/12	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds
8/15	4:30 pm, Drive Through, Belding High School
8/19	6 pm, Drive Through, Hubbardston American Legion
8/27	5pm, Drive Through, Shiloh Community Church, Orleans
8/28 *	4:30pm, Drive Through, Saranac Community Church



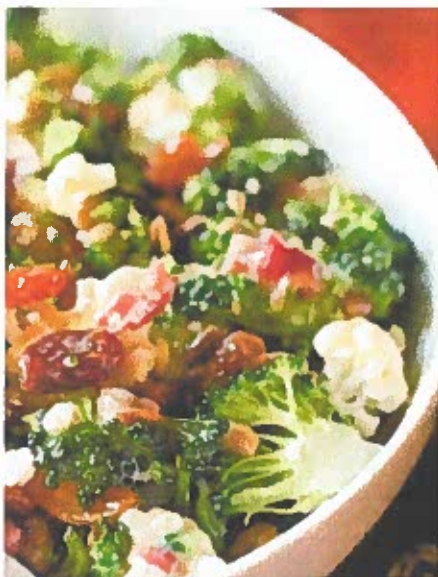
West Michigan Farmer's Markets

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

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



Classic Broccoli Salad

Dana Willford,
Clerical

Our Wellness Committee holds different fundraisers each month to raise money to restock the agency food pantry. In July we held a Super Summer Salad Shindig where staff competed for the Best Summer Salad. This Classic Broccoli Salad was our staff favorite.

Ingredients:

- 1 head cauliflower—chopped
- 1 head broccoli—chopped
- 1/2 red onion—chopped
- 12 pieces of bacon—crispy
- 3/4 cup sunflower seeds
- 1 cup raisins (optional)

Dressing:

- 1 cup mayonnaise
- 1-1/2 tablespoon white wine vinegar
- 1/4 cup sugar (plus a pinch or two more)

In a small bowl, combine mayonnaise, vinegar and sugar and set aside. Crumble the bacon into a large bowl and add the rest of the ingredients. Pour on the dressing and refrigerate for at least 2 hours before serving.



CRUNCHY ASIAN EGG ROLL SALAD

ERIC PALUMBO, HOMEBASED

DRESSING:

- 1 1/4 cup vegetable oil
- 2 tablespoons lime juice
- 1 teaspoon soy sauce
- 2 teaspoons toasted sesame seed oil
- 2 teaspoons chopped ginger
- 1 teaspoon chopped garlic
- 1/3 cup chopped green onion
- 2 teaspoons chopped cilantro
- 1 teaspoon siracha hot sauce

SALAD INGREDIENTS:

- 3 cups coleslaw mix and 3 cups chopped romaine
- 2 cup sliced radish and, 1 cup slice cucumber
- 1/3 cup chopped red bell pepper
- 1 package your favorite cooked egg rolls (4-5 rolls)



FARMER'S MARKET

9/13

Silk City Market, 9am-1pm, The Gathering Place, Belding

Tuesday, Sassy Rooster Farmers Market, 4-7:30pm,
(Southwest corner Nash/Grand River)
Replaces the market at Saranac Train Depot.

Thursday, Lyons Farm Market, 3-6pm, Lyons Pavillion

Saturday, Ionia Farmers Market, 9am-2pm, *across from the fairgrounds*

Saturday, Red Mill Pavillion, 9am-1pm, Portland

Double Up Food Bucks





GROUPS

Anger Management

Mondays, 5-6pm, Virtual.

Better Days Ahead

Peer Led, August 12, 26, 1pm, Portland TRD.

Bingo

Peer Led, August 19, 1:30pm, Burger King.

Building Better Boundaries

Peer Led, July 10, 17, 24, 31, 11am, Ionia TRD.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 4pm, Virtual.

The Connection Space

Peer Led, July 7, 21, 28, 11am, Ionia, TRD.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafts

Peer Led, August 20, 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.

Fitness

Peer Led, Every Tuesday, 2:30pm, and Thursday, August 14, 21, 28, 3pm, Ionia 24/7 Fitness. Every Tuesday, Wednesday and Friday, 1:30. Contact Patricia.

Game Night

Peer Led, August 4, 11, 18, 25, 4pm, Ionia TRD.

Gardening Group

Peer Led, August 5, 12, 26, 11am, Ionia TRD.

Grief and Loss Support Group

Peer Led, August 21, 11am, Ionia TRD.

Garage Sailing

Peer, Led, August 22, 8:30am, Ionia TRD.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

Kids Skills Group

Mondays, 1:30pm, Ionia TRD.

LGBTQIA

Peer Led, August 11, 25, 3pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

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

Peaceful Paces

Peer Led, August 5, 12, 19, 10:30pm, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 12:30pm, Ionia TRD.

Recovery Stick Group

Peer Led, July 3, 17, 24, 31, 10am, various locations.

Rooted and Restored

Peer Led, August 5, 12, 19, 11:30am, Ionia TRD.

Self-Love

Peer Led, August 13, 11:30am, Ionia TRD.

Social Skills

Peer Led, July 3, 17, 24, 31, 11am, Drop In Center.

Teen Skills Group

Mondays, 10:30am, Ionia TRD.

Train Your Brain

Peer Led, August 20, 11am, Ionia TRD.

Volunteer Group

Peer Led, August 5, 12, 19, 26, 3:30pm, Ionia Theater.

YOGA

PEER LED

Chair, August 4, 5, 11, 12, 18, 19, 25, 9:30am, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535

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

COMMUNITY RESOURCES



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

www.alvahnbeldinglibrary.org

Belding Community Education
(616) 794-4646

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

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



Music IN THE PARK

East Riverside Park, Belding, MI
Thursdays to September, 7pm

August 29-September 1 Roaring Twenties Theme

5K and Mile Fitness Walk, Food Truck Rally, Handmade Craft and Vendor Show, Parade, Fireworks, Super Kicker Rodeo



HUBBARDSTON



CITY OF IONIA

Hubbardston American Legion, 165 Lincoln Avenue, (989) 981-6527

Department of Health and Human Services

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

Ionia County Commission on Aging

115 Hudson Street, Ionia
(616) 527-5365

iccoa@ioniacounty.org

- Nutrition Programs
- Friendship Dinner Sites, Senior and Congregate Meals
- Home delivered Meals on Wheels
- Health and wellness programs like Fitness, Armchair Exercise,
- In-home assistance services
- Supportive services
Alzheimer's Caregiver Support Group
- Programs like Tai Chi, in person or zoom, Euchre, Painting Group

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

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

www.ioniacommunitylibrary.org

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

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

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

Heartlands Institute of Technology
(616) 527-6540

Trade programs for secondary students

Montcalm Community College
(989) 328-2111

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

(MICAN) Montcalm Ionia College Access Network

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

Michigan State University Extension

(616) 527-5357 4-H programming for youth 5 to 20 years old, plus adult/senior nutrition planning, wellness programs, budgeting skills, home foreclosure prevention, more

Walking Rails to Trails

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

RAVE—Relief After a Violent Encounter

24-hour 1-800-720-7233 www.raveim.org

Free and confidential services to survivors of domestic and sexual violence and victims of homelessness

River's Edge Drop In Center

302 East Main Street (616) 522-9773

Soaring Above Ionia Teen Center

318 Jefferson Street (616) 523-4570

Tony Balice Walk-In Care Clinic

550 East Washington Street, First floor
(616) 523-1644

United Way Montcalm-Ionia Counties

2-1-1 (800) 887-1107 or (616) 794-9840

Help with food, housing, paying bills, taxes. Support for family crisis/community disaster

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



LAKE ODESSA

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

Lake Odessa Library,
(616) 374-4591
www.lakeodessalibrary.org

Monday and Thursday, AA Meeting, 7pm, St. Edwards Church
(616) 902-9001

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

Sundays, Old Time Country Music Shows, 3pm Bob's Barn Jamborees, Johnson Street, Lake Odessa. Open mic 4:30pm
bobwarner40@gmail.com



City of Portland (616) 647-7531

Portland District Library,
(517) 647-6981
www.pdl.michlibrary.org

Portland Alternative/Community Ed (517) 647-2987

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

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

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



August 15, 8:30pm, Lyons Library Lawn
The Wild Robot

Bring your own snacks, blankets/seats



Wednesdays, 7pm
till September
Portland Bandshell



LYONS-MUIR

Lyons Township District Library
(989) 855-3414.

Storytime, Knitter's Circle, Writers Group, Crafts, Games, Sip and Read Book Club,
www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125



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

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

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

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

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

Village of Saranac
(616) 642-6324



Kid Zone

Farmers Market
Food Trucks
Fresh roasted Corn
Silent Auction
Hands on Tractors
Covered Wagon Rides
Live Music

SATURDAY, AUGUST 23-24

BRIDGEFEST

SARANAC

TRAILHEAD AND BOAT LAUNCH

—Pancake Breakfast
—5 Mile Walk/Run
—Parade/Amusement Park Rides/Movie after Dark
—Cornhole Tournament
—Craft/Local Vendors/Food
—Quilt Show/Community Awards
—Brisket/Pork Dinner
—Music/DJ/Line Dancing

For a Complete List of Community Resources
www8cap.org



August

**Mystery
Outing
August
22**

1
Fishing Friday

4
11 Goal
Getters
12 Board
Meeting
2 Presentation

5
11 Junk
Journaling
2 Round Table
Talk

6
11 Healthy
Relationships
1 Free Lunch
2 Close early

7
Closed
MiPeers
Conference

8
Closed
MiPeers
Conference

11
11 Goal
Getters
2 Women
Supporting
Women

12
11 Junk
Journaling
2 Round Table
Talk

13
11 Healthy
Relationships
1 Free Lunch
2 Bingo

14
11 Crafts
12-3 Bowling

15
Fishing Friday
2 Men
Supporting Men

18
11 Goal
Getters
2 Mindful
Monday

19
11 Junk
Journaling
2 Round Table
Talk

20
11 Healthy
Relationships
1 Free Lunch
2 Bingo

21
Craft Day

22
Fishing Friday
2 Men
Supporting Men

25
11 Goal Getters
2 Women
Supporting
Women

26
11 Junk
Journaling
2 Round Table
Talk

27
11 Healthy
Relationships
1 Free Lunch
2 Bingo

28
11 Crafts
12-3 Bowling

29
Fishing Friday
2 Men
Supporting Men

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773



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



TRUFANT
fleaMarket

August 14, 9am

*(Must be signed up with
peers)*

Contact Shelly, Lexi, or Katie
616.527.1790



**GARAGE
SALES**

August 22
*Meet at 8:30am,
Ionia TRD*



Some of the work sold by Colleen Atchison, July 18 at The Right Door booth during the Ionia Free Fair. Twice as much as was pictured here had already sold with only a few hours in to her shift/day. Most small items took her two hours to knit while a few of the larger pieces were crafted in a day!