

The right Connection

September 2024

THE *right* DOOR
for hope, recovery and wellness

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

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays-8am-6pm
Tuesdays and Thursdays
-8am-7pm
Fridays-8am-5pm

Portland Office

208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays
-8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:
www.rightdoor.org



*my*Strength

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.



Member of:



MSHN

Mid-State Health Network

My Plan, My Choice



Sometimes I feel like I am just treading water.

My plan is always the same. I start down a familiar path needing to eat healthy, exercise regularly, get enough sleep so I maybe drop a little weight, stay off more meds, keep my numbers in check and avoid more health issues in order to age healthy.

But somewhere along the line I hit a wall. Maybe it is something as simple as my workout buddy skips the gym one night and instead of going myself, I opt out, or cop out, and end up on the couch watching tv in the dark chowing down chips.

Not good!

Or maybe it is something unforeseen or uncontrollable like a sudden tragic accident claiming a young family member.

Whatever the obstacle, the fact remains, I need to learn how to deal with my stressors, make the right choices so I can successfully continue down my self improvement path. Otherwise I will just continue to tread water.



- 2 Labor Day**
- 3, 24 PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 3, 10, 24 PEER LED**, Volunteer Group, Shelly, Katie, or Rob, 3:30pm, *Ionia Theater*
- 5, 12, 26 PEER LED**, Chair Yoga, Lexie, 3:30pm, *Ionia TRD*
- 5, 12, 26 PEER LED**, Evening Yoga, Lexi, 5pm, *Ionia TRD*
- 5, 12, 26 PEER LED**, Recovery Garden, Katie and Rose, 9am, *Ionia TRD*
- 6 PEER LUNCHEON**, Our Recovery Stories, 11-12:30pm, *Ionia TRD*
- 9, 16, 23, 30 PEER LED**, Game Night, Lexie, 4pm, *Ionia TRD*
- 9, 23 PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 10 PEER LED**, Zion Mobile Food Pantry, 3:30pm, Ionia Fairgrounds. Call Shelly for a ride.
- 10 PEER LED**, Bingo, 1:30pm, Shelly, *Mooville*
- 11, 25 PEER LED**, Crafts, Shelly, 9:30am, *Ionia TRD*
- 11, 25 PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 11, 25 PEER LED**, Healing Hobbies, Shelly, 1pm, Bring your own project to work on. *Ionia TRD*
- 12 PEER LED**, Fitness, Rob, 2:30pm, *Ionia TRD*
- 13 PEER LED**, Women's Health Talk, Katie and Shelly, 11am, *Ionia TRD*
- 16, 30 PEER LED**, Math in Real Life, Katie, 3pm, *Ionia TRD*
- 16 TRD Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 17 PEER LED**, Walk a Mile, 10:30am, *Ionia TRD to Lansing Capital*
- 18 Recipient Rights Advisory Committee Meeting**, 3:30pm, *Ionia TRD*
- 19 TRD Health Fair**, 1-5pm, 5k Registration and Outdoor Games, 5-6pm; 5k Mental Health Awareness Walk, Run and Roll, 6pm, all at Gregory's/Steele Street Hall
- 22 First Day of Fall/Autumn Equinox**
- 23 TRD Board Meeting**, 4-6pm, *Ionia TRD Ionia TRD*
- 25 PEER LED**, Shiloh Food Pantry, 2pm. Call Shelly for a ride.
- 26 PEER LED**, Mending Your Mind, Lexie, 1pm, *Ionia TRD*

MONTH LONG AWARENESSES:

- Awareness Month for Blood, Childhood, Ovarian and Prostrate Cancers
- Baby Safety Month
- Childhood Obesity Awareness Month
- Disaster Preparedness Month
- Food Safety Education Awareness
- Healthy Aging Month
- Hispanic Heritage Month
- Integration Month
- National Celiac Disease Awareness
- National Cholesterol Education Month
- National Recovery Month
- National Service Dog Month
- Self Improvement Month

WEEK LONG AWARENESSES:

National Suicide Prevention Week,
September 8-14

Malnutrition Awareness Week,
September 16-20

National Week of Happiness at Work,
September 20-25

Self-Discovery
Empowerment
Personal Growth
Transformation
Encouragement
Motivation
Belief
Evolution
Resilience



Would you like to share a story of hope, a poem, or other ideas? Your ideas count... Please consider sharing them. Kindly email Sue at sferris@rightdoor.org.

The Only Person You Are
Destined to Become is the
Person You Decide to Be.

Ralph Waldo Emerson

Our destiny is not by chance. Instead, it is a series of decisions we make daily. We may want to enhance skills, change a mindset or cultivate new habits. Whatever we wish to improve, it all begins with a conscious decision to grow.

STEPS ON A SELF IMPROVEMENT JOURNEY

IDEA

Consider areas of your self or life you want to improve

Whether Mental, Emotional, Social, Lifestyle, Physical, Work, Recreational, Spiritual

PLANNING

Set goals based on the changes, growth and improvements you want to make

Use **S.M.A.R.T. GOALS**
Such as Specific, Measurable, Achievable, Realistic and Timely goals

STRATEGY

Set a plan on how you will achieve your goals

Do you need help?
What steps are required?
How will you deal with obstacles?
List Action Steps.

SUCCESS

Celebrate your achievements

*September is
Self Improvement Month*

The Right Door's Health and Wellness Fair September 19, 1-4pm Steele Street Hall, Ionia

The Peer Support Team are hosting a Health and Wellness Fair before the TRD 5K for mental awareness at Gregory's.

Health Screenings, Door Prizes, Games, Snacks, Local Resources

THE right DOOR
for hope, recovery and wellness

Join us Thursday, September 19, 2024
5k for Mental Health Awareness

Walk Run Roll
5k 2024
be kind to your mind

Gregory's Steele Street Hall
115 Steele St.
Ionia, MI 48846

visit www.rightdoor.org to register

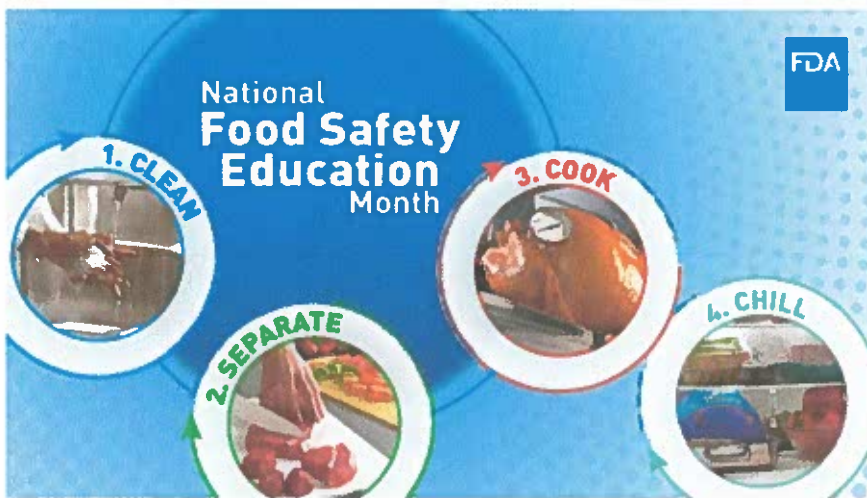
Registration begins at 5:00
5k will begin at 6:00

Cost of participation is a non-perishable item to be donated to a local bank.
Complimentary food will be served at the finish line.

therightdoor.org

Sign-up for the annual
Right Door 5k Walk, Run, Roll
deadlines September 12th.

<https://www.rightdoor.org/other-resources/right-door-5k.html>



Safe Food Handling

Each September, for 25 years, health educators have focused on safe food handling practices to avoid foodborne illness often called food poisoning. Follow four simple steps to help keep your family safe:

1. **Clean:** Wash your hands before and after handling food and wash your cutting boards, countertops, dishes, and utensils with hot soapy water. Rinse fresh fruits and vegetables under running tap water.
2. **Separate:** Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart. Use separate cutting boards for fresh produce and raw meat, poultry, seafood.
3. **Cook:** Use a food thermometer to ensure that raw meat, poultry, seafood, and egg products are cooked to a safe minimum internal temperature to destroy any harmful bacteria.
4. **Chill:** Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within two hours of cooking or purchasing. Refrigerate within one

CARAMEL APPLE CRISP



- 5 cups sliced peeled apples
- 2 tablespoons flour
- 2 tablespoons brown sugar
- 1/2 cup half and half
- 1/4 cup butter
- 1/2 cup rolled oats
- 1/4 cup brown sugar
- 1/4 cup flour
- 1/2 cup chopped walnuts
- 1/4 cup coconut
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla

For filling mix fruit with two tablespoons of flour and brown sugar. Place in a buttered 8 inch round baking dish and set aside.

For topping combine oats, sugar, flour, nuts, coconut, cinnamon, and the vanilla. Cut in the butter and mix till crumbly.

Pour half and half over the fruit and gently mix. Sprinkle topping over filling. Bake for 35 minutes at 350 or till golden brown.



Ionia Farmers Market
at M1 Credit Union
(by fairgrounds)
Saturdays 9am-2pm
May-October

Lake Odessa Farmers Market
(Central United Methodist Church)
June 8, 15, 22, 29, 9am-1pm

Saranac Community Market
Saturdays 9am-12pm, Trailhead
August 10—September 21—October 5

Portland Old Red Mill Market
Saturdays 9am-1pm
June 8-September 21

Ionia Farmers Market
at M1 Credit Union
(by fairgrounds)
Saturdays 9am-2pm
May-October

Lyons Farm Market
Lyons Pavilion
Thursdays 3-6pm
May-October

Homegrown produce, handcrafted items



Service Dogs Save Lives

FOOD RESOURCES

BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools. Food accessed once a month.*

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesday's 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velte, (269) 838-5887. Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

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

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years with referral from another agency.



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| September 3 | 2 pm, Walk up,
Central UMC, Lake Odessa |
| September 3 | 6 pm, Drive Through,
Twin Rivers Elementary , Mulr |
| September 10 | 4:30 pm, Drive Through,
Zion UMC, Ionia Fairgrounds |
| September 17 | 6 pm, Drive Through,
Hubbardston American Legion |
| September 20 | 4:30 pm, Drive Through,
Belding High School |
| September 25 | 5pm, Drive Through,
Shiloh Community Church,
Orleans |
| September 26 | 5:30pm, Drive Through
Saranac Community Church |

West Michigan Farm Markets *in Ionia County*

Denny Farms

6588 Jordan Lake Rd, Saranac (616) 527-1531

May-December Bridge Cards, Double Up, WPC-WIC, MF

Hanulcik Farm Market

1425 N. State Rd (M-66), Ionia (616) 527-3630

June-October, Bridge Cards, WPF-WIC, MF



Pierson Orchard Market

5348 N. State Rd., Ionia (616) 794-2527

May-October, Bridge Cards, WPF-WIC, MF

Bridge Card sales up to \$10/day = FREE fruits and veggies



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** 1-800-273-8255
- **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



Childhood Obesity AWARENESS Month



- Obesity effects one in five children globally
- Children of overweight parents have an 80 percent chance of being obese
- Seven out of 10 kids under 12 will be obese by the time they turn 18

TIPS TO PREVENT CHILD OBESITY:

1. Be their role model.
2. Focus on family eating and activity rather than a child's weight.
3. Eat a variety of healthy foods especially fruit and vegetables.
4. Replace pop, flavored milk and fruit drinks with water, milk and a limited amount of 100 percent juice as it is high in sugar.
5. Limit eating out, sweet and salty junk food and snacks to a minimum.
6. Get plenty of sleep. (Preschoolers need about 10-13 hours of sleep, 6 to 12 year olds need 9 to 12 hours while 13 to 17 year olds require eight to 10 hours.)
7. Move more as a family whether walking a pet, going to the park, playing ball, or simply doing chores like raking leaves, washing the car, gardening or vacuuming.
8. Replace screen time with family time.

Rewritten from CDC, National Institute of Health, John Hopkins Health recommendations



September is
Healthy Aging
Month

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



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.



GROUPS

Adult Autism Group

Every other Monday, 1:30-2:30pm, Ionia TRD.

Anger Management

Starting September 16, Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Crafts

Peer Led, September 11, 25, 9:30am, Ionia TRD.

Teen DBT

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

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Fitness

Peer Led, September 12, 2:30pm, Ionia TRD.

Food Pantry Rides

Peer Led, September 10, Zion Mobile Food Pantry, 3:30pm Ionia Fairgrounds. September 25, 2pm Shiloh. Call Shelly for a ride.

Games Group

Peer Led, September 9, 16, 23, 30, 4pm, Ionia TRD.

The Great Outdoors Group

Tuesdays, 10am, Locations vary. Call your primary worker.

Healing Hobbies

Peer Led, September 11, 25, 1pm, Ionia TRD.

LGBTQIA

Peer Led, Ongoing, September 9, 23, 3-4pm, Ionia TRD.

Live Out Loud

LGBTQIA+ Teen Group, Ages 13-17, waiting for more referrals, four weeks, Mondays, 2:30-3:30, Ionia TRD.

Math in Real Life

Peer Led, September 16, 30, 3pm, Ionia TRD

Mending Your Mind

Peer Led, September 26, , 1pm, Ionia TRD.

Parenting Through Change

PTC will be virtual. Starting July 11, 1-2:30pm, Thursdays.

Recovery Garden

Peer Led, Recovery Garden, September 5, 12, 26, 10am, Ionia TRD.

Recovery Stick Group

Tuesdays 2-3:30pm, Ionia TRD. Call your primary worker.

Self-Love

Peer Led, September 11, 25, 11:30am, Ionia TRD.

Seeking Safety

Wednesdays, 10-11:30am, Ionia TRD, skipping every fourth week.

Social Hour

Peer Led, September 10, Bingo, 1:30-2:30pm, Mooville.

Train Your Brain

Peer Led, September 3, 24, 2pm, Ionia TRD.

Volunteer Group

Peer Led, September 3, 10, 24, 3:30pm, Ionia Theater.

YES, Truly Our Friends (YTOF)

Ongoing, Fridays, 10am-12pm, Ionia TRD.

YOGA

PEER LED

Chair, September 5, 12, 26, 3:30pm, Ionia TRD.

Evening, September 5, 12, 26, 5pm, Ionia TRD.

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

FindTreatment.gov

FindSupport.gov

SAMHSA

“Recovery is a process.

It takes time.

It takes patience.

It takes everything you’ve got.”

Unknown



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 Closed for Labor Day	3 12-3 Labor Day Cook Out	4 11 Healthy Relationships 1 Free Lunch 2 Bingo	5 Craft Day 12-3 Bowling	6 10 Gardening 11 Peer Lunch, Right Door "Our Recovery Stories"	
	9 10 Gardening 2 Board Meeting	10 Junk Journaling 2Toolbox Group 3 Committee Meeting	11 11 Healthy Relationships 1 Free Lunch 2 Bingo	12 Craft Day 12:30 Center closes for Staff Training	13 11 Round Table Talk 2 Music	
	16 10 Gardening 2 Goal Getters	17 Walk-a-Mile Lansing Capital	18 11 Healthy Relationships 1 Free Lunch 2 Bingo	19 Craft Day Right Door Wellness Fair and 5K	20 11 Round Table Talk 2 Music	
	23 10 Gardening 2 Goal Getters	24 11 Shopping Junk Journaling 3 Meditation	25 11 Healthy Relationships 1 Free Lunch 2 Bingo	26 Craft Day 2 This is Me	27 11 Horseback Riding at Double R Ranch	
	30 10 Gardening 2 Goal Getters					

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM
302 E. Main Street, Ionia

(616) 522-9773