

toll-free crisis line

888-527

-8am-7pm

-8am-5pm

-8am-7pm

-8am-5pm

-8:30am-5pm

-1790

Hours:

Friday

Friday

Monday and

Closed 12-1pm

Monday, Tuesday, Thursday, Friday

Monday-Thursday

Wednesday-8am-6pm Tuesday and Thursday

Wednesday-8:30am-7pm

Ionia Office

375 Apple Tree Drive Ionia. MI 48846 616.527.1790

Belding Office 7441 Storey Road Belding, MI 48809 616.527.1790

Portland Office 208 West Bridge Street Portland, MI 48875 517.647.2128

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.



As the gloom and uncertainty of November's weather sets in, so too does the federal government's longest shutdown on record which could have seriously impacted many in our communities.

In response to the federal government's shutdown, in October, the USDA directed states to pause the distribution of some Food Assistance Programs like SNAP (Supplemental Nutrition Assistance Program) beginning November 1st. However, the Supreme Court temporarily paused a lower court's order, and a directive issued by the MDHHS (Michigan Department of Health and Human Services), directed its EBT vendor to resume issuing full payments following the temporary pause and confusion.

Thankfully, the situation is averted for now.

Continued...









2 Daylight Savings Ends.

Fall back one hour

3, 10, PEER LED, Chair Yoga, 11am, Ionia TRD

17, 24

3 PEER LED, LGBTQIA+ Group, 3pm, Ionia TRD

3, 10, PEER LED, Game Night, 4pm, Ionia TRD 24

6 PEER LED, Drab to Fab, 9am-3:30pm, Ionia TRD. Free clothing, shoes, hygiene product and haircuts

11 Veterans Day
Lest we forget the men and women who
have given so much for our country and us!
Thank you for your service

11 PEER LED Mobile Food Pantry, 3:30pm. Call if you need a a ride.

11, 18, PEER LED, Volunteer Group, 3:30pm, Ionia Theater

12 PEER LED, Self Love, 10am, Ionia TRD

12, 26 PEER LED, Budgeting 101, 11am, Ionia TRD

13 PEER LED, Game Club, 11am, Portland TRD 23, 30

Tuesdays PEER LED Fitness Group, 2:30pm (except the 25th) and Thursday the 13, 20, 3pm, all at Ionia 24/7

Every Tuesday, Wednesday (except the 5th), Friday, (except the 28th) 1:30pm,Ionia Fitness.

Contact: Patricia

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

18 PEER LED, Bingo, 1:30pm, Burger King

19 PEER LED, Train Your Brain, 10am, Ionia TRD

20 PEER LED, Better Days Ahead, 11am, Drop in Center

21 PEER Friendsgiving, 11am, Ionia TRD

24 TRD Board Meeting, 4-6pm, Ionia TRD

26 PEER LED, Zion Food Pantry. Call if you need a ride

26 PEER LED, Crafts, 9:30am, Ionia TRD

27, 28 TRD Closed for the Thanksgiving Holiday

And even though a law signed in July this year would have a broad impact cutting dollars over the next decade to some Food Assistance Programs, many groups are being proactive.

Feeding America is one group who has launched a fundraising campaign called "Bridge the Gap" to help continue funding should cuts be made to SNAP benefits. The cuts would have reduced food availability placing greater demand on local food banks with lower inventory. Other groups were similarly prepared to help out. Michigan State Senate approved \$71 million to support food assistance programs. To counter the effect of the SNAP funding disruption, the Michigan Fair Food Network had planned to expand its program through December 31st removing earning caps and daily limits for Double Up benefits. They also considered expanding eligible food, upping Double Up "Bonus Bucks" and lifting the 90 day expiration date.

Michigan.gov Michiganpublic.org

MONTH LONG AWARENESSES:

American Diabetes Awareness Month **Bladder Health Month COPD Awareness Month** Diabetic Eye Disease Month **Lung Cancer Awareness** Movember (Men's Health Awareness Month) National Alzheimer's Disease Month National Epilepsy Month National Family Caregivers Awareness Month National Healthy Skin Month National Hospices and Palliative Care Month National Marrow Awareness Month **National Prematurity Awareness Pancreatic Cancer Awareness Month Pulmonary Hypertensions Month** Stomach Cancer Awareness

WEEK LONG AWARENESSES:

November 2-8
National Diabetes Education Week
November 18-24
US Antibiotic Awareness Week

DAY AWARENESSES:

11/14 World Diabetes Day11/19 World COPD Awareness Day11/20 The Great American Smokeout

Store Thanksgiving Meal Deals



Aldi's

Their holiday meal feeds 10 for \$40. Includes 21 items to make turkey, sides and desserts like mac and cheese, stuffing, mashed potatoes, green bean casserole, sweet potato casserole, cranberry sauce and pumpkin pie. Available October 15-December 24 for both Thanksgiving and Christmas.

Amazon

Key in Thanksgiving Meal, select feeds 5 for \$25 as items are otherwise sold separately. Meal includes: Turkey, stuffing, gravy, green bean casserole items, mashed potatoes, cranberry organ relish. Till November 25.

Meijer

Meijer promotes a holiday meal to feed 4-6 people for \$37. Turkey and Meijer brand ingredients are included for mashed potatoes, green bean casserole, sweet potato casserole, cranberry sauce, stuffing, gravy, dinner rolls and pumpkin pie. Meijer also offers a Deluxe turnkey dinner for purchase at the deli for the same number of people with the same items for more dollars. The dinner is already cooked but must be ordered 2q4 hours in advance.

Walmart

Walmart's Thanksgiving dinner costs \$40 to feed 10 people. They provide ingredients to make a traditional meal of turkey, cranberries, potatoes, gravy, green casserole, rolls, carrots, corn, mac and cheese and pumpkin pie.

Free Thanksgiving Meals

November 27

1-3pm
Free Thanksgiving Dinner, Saranac Legion,
sponsored by the Saranac Community
Association

November 27

12-3pm Free Thanksgiving Day Lunch VFW Portland 517.647.4980

November 27

Free Thanksgiving Dinner Kramers Bar and Grill, Pewamo







November 21, 11am, Ionia TRD



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 E					
	to give or get help	2-1-1				
•	Disability Ombudsman	1-800-288-5923				
_	Michigan Protection and Advocacy S	1-800-799-7233				
•	Domestic Violence Helpline Early on-Thru Department of Educ					
•	Intervention Services for Infants and					
	Disabilities and their Families	1-800-327-5966				
•	Elder Care Service	1-800-677-1116				
	Help with Transportation, Meals for t					
•	Energy Assistance	1-855-275-6424				
•	Home Heating Tax Credit Status	517-636-4486				
•	Medicald 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					
•	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	_				
•	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				



WIC-Women, Infants and Children Health and

Treasury Department

Nutrition Assistance Program

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 <u>newmibridges.michign.gov</u>

- 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

See Food Pantries, Churches, as well as West Michigan Feeding America Schedule, all on the next page



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

1-888-544-8773



1-888-4-GRANTS

1-800-225-5942



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 West Berlin Wesleyan Church, 5110 West Portland Road, 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:

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.



West Michigan Farmer's Markets

Denny Farms, 6588 Jordan Lake Road, Saranac (616) 527-1531 May-December

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

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.

(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





11/4	2pm, Walk up, Central UMC, Lake Odessa
11/4	6pm, Drive Through, Twin Rivers Elementary, Muir
11/11	4:30pm, Drive Through, Zion UMC, Ionia Fairgrounds
11/18	6pm, Drive Through, Hubbardston American Legion
11/21	4:30pm, Drive Through, Belding High School
11/24	5pm, Drive Through, Shiloh Community Church, Orleans

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) 647-4649. 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.

Pretend for a moment you are a Peer Specialist.

It is the Tuesday before Drab to Fab and it is time. It is time to bring in all the bags and boxes of donated clothes and accessories by our staff from the outer offices and those in the almost full Morrison Lake room. It is also time to look at the three big conference rooms and decide where everything will go. And it is time to drag in the clothing racks—many from the old lonia Kmart —and arrange them and the tables.

Now it is the day before Drab to Fab and all Peers are on deck from early morning to the end of the day unpacking bags and boxes and sorting all the donations into genders and sizes before hanging and folding them into their spots. Signage is added in the rooms and the main hallway while hygiene products are arranged in down the hall.

It is finally D Day! Most peers are on site to help persons served, giving out hygiene products and restocking snacks in the main hall including retired peer and greeter Dennis Gaskins. Others are transporting persons served as is lonia Dial-a-Ride who is doing so free for the day.

By the end of the day whatever is left is repacked by a tired by happy peer team in about two hours and sent to the Drop In Center for their use.

(Grateful for all staff donations of \$150 and \$300 given by Pat McKinstry, mother of board member Melissa. Pat's monies purchased boxes of underwear. Thank you.





November 6, Ionia Right Door

Left and center: Unpacking and set up.

Below left: TRD Initial Intake, Access Clinician Mallory Sali helps with haircuts as a licensed hairdresser for 20 some years.

Below bottom: Four students in the far back came from Agape School of Hairdressing and Cosmetology. Not only do our persons served receive free hair cuts, it provides extra hours of experience for students.



















October craft by Peer Craft Group





ROUP

Better Days Ahead

Peer Led, November 20, 11am, Drop In Center.

Bingo

Peer Led, November 18, 1:30pm, Bingo.

Budgeting 101

Peer Led, November 12, 26, 11am, Portland TRD.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 5-6pm, Virtual.

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, November 26, 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, except November 25, and Thursday, November 13, 20, 3pm, Ionia 24/7 Fitness. Every Tuesday, Wednesday and Friday, 1:30 (except the 25th). Contact Patricia.

Game Night

Peer Led, November 3, 10, 24, 4pm, Ionia TRD.

Game Club

Peer Led, November 13, 23, 30, 11am, Portland TRD.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

Kids Skills Group

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

LGBTQIA

Peer Led, November 3, 3pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 10-11:30 am, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 12:30pm, Ionia TRD.

Self-Love

Peer Led, November 12, 10am, Ionia TRD.

Teen Skills Group

Mondays, 10:30am, Ionia TRD.

Train Your Brain

Peer Led, November 19, 11am, Ionia TRD.

Volunteer Group

Peer Led, November 11, 18, 25, 3:30pm, Ionia Theater. TRD.



FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.5357



Local High Schools provide many weekly sporting games to attend during the winter months like Boys or Girls Varsity Basketball or Volleyball. Most are played on a Friday evening, have a snack bar and are fairly inexpensive to attend.

Check with each high school by googling their address or phone number to obtain a Varsity schedule of events to know when teams play at home.







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



November 24, 5pm

Adults Class Making of a Grinch Wooden Sign

Alvah N. Beiding Library 616.794.1450 to RSVP spot



HUBBARDSTON



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@ionlacounty.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.loniacountyliteracycouncil.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 <u>www.raveim.org</u>
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 bobwgrner40@gmgil.com

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

Village of Muir (989) 833-2144



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



11/21 Mexican Meal to support Vets Eat in or call 517-647-4980 to go





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

Players
LEGALLY
BLONDE
The Musical

7:30-9:45pm

November 14, 15 and 16

Box office opens an hour before Adults \$17 Students: \$11



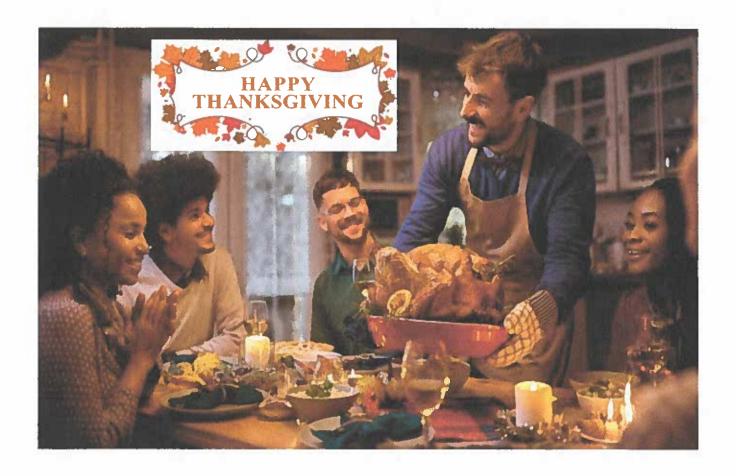
CRAFT SHOW

NOVEMBER 28 AND 29

LAKE ODESSA

Maps and Questions
BREANNA
(616) 337-5286

For a Complete List of Community Resources www8cap.org



3 11 Goal Getters 2 Women Supporting Women	4 11 Junk Journaling 2 Round Table Talk	11 Healthy Relationships 1 Free Lunch 2 Bingo	6 Drab To Fab The Right Door Craft Day	7 11 Men Supporting Men 1 Movie
10 11 Goal Getters 2 Mindful Monday	11 11 Junk Journaling 2 Round Table Talk	11 Healthy Relationships 1 Free Lunch	13 11 Crafts 12-3 Bowling	14 Movie Outing
17 11 Goal Getters 2 Women Supporting	18 11 Junk Journaling 2 Round Table Talk	19 11 Healthy Relationships 1 Free Lunch 2 Bingo	20 11 Better Days Ahead 12-3 Bowling	21 11 Men Supporting Men 1 Movie
Women 24 11 Goal Getters 2 Mindful Monday	25 11 Junk Journaling 2 Round Table Talk	1 Friendsgiving Dinner	27 Closed for Thanksgiving	28 11 Men Supporting Men 1 Movie

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773