



The right Connection

May 2023



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 Mon-
days 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.



Member of:



No matter who you are—a Right Door staffer, a family member, neighbor, friend or person served—mental health touches you in some shape or form.

Perhaps a parent has Alzheimer's, a child is diagnosed with ADHD, a neighbor has a substance abuse issue, a friend has an eating disorder, a spouse is depressed, or you are grieving.



It Touches Us All

Even though we have connectiveness with mental health and we talk of awareness and acceptance, the stigma surrounding mental illness still exists. And even though the message is getting out, mental health issues have risen.

Regardless of what you try to do to make others aware of that stigma and the support people need for wellness and dignity, focus on what you can change right here and now. Focus on self care and sharing the importance of personal hope for, and care of, your immediate circle...your spouse, child, parent, neighbor, friend, or you.

After all self care is necessary, and should be guilt free, because before you can help others, "to thine own self be true." You need to help yourself.



- 1, 15, **PEER LED GROUP**, Pay it Forward, Katie, 12-2pm, TRD Ionia
- 22, 29 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, TRD Ionia
- 1, 8, 15 **PEER LED**, Recovery Garden, Katie, 10-11am, TRD Ionia
- 2,9,16 **World Asthma Day**
- 23, 30 **Cinco de Mayo**
- 5 **PEER LED**, Volunteer Group, Shelly, 3:30pm, Ionia Theater
- 2, 9, 16 **PEERS**, Drab2Fab, Patricia, 9am-6:30pm, TRD Ionia
- 4 **National Children's Mental Health Day**
- 7 **PEER LED**, Self Love, Shelly, 10:30-11:30am, TRD Ionia
- 10, 24 **PEER LED**, Social Hour, Shelly, 1-2pm, McDonalds
- 10 **PEER LED**, Get the Most out of Your Doctor's Appointments, 3pm, TRD Ionia
- 11 **PEER LED**, Knit and Sip, Shelly, 10-11am, TRD Ionia
- 11, 25 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, TRD Portland
- 11, 25 **PEER LED**, CBT, Brian Post, Outpatient, 12-1pm, TRD Ionia
- 12 **Mother's Day**
- 14 **Committee of the Whole**, 4-6pm, Ionia
- 15 **PEER LED**, Movement Class, Shelly, 10:30-11:30am, TRD Ionia
- 17, 31 **PEER LED**, Euchre, Shelly, 12:30-3:30pm, Commission on Aging. \$1
- 17 **Mental Health Action Day**
- 18 **PEER LED**, Portland Walking Group, 1-2pm, meet at TRD Portland
- 18 **TRD Full Staff Meeting, 9-10:30am, Ionia**
- 19 **National Transgender Pride Day**
- 19 **Hepatitis Testing Day**
- 19 **PEER LED**, Picnic and Walk, Patricia, 11:30am-1pm, Ionia Fairgrounds
- 20 **World Autoimmune/Arthritis Day**
- 22 **TRD Board Meeting**, 4-6pm, Ionia
- 24 **National Schizophrenia and Psychosis Awareness Day**
- 24 **PEER LED**, Social Hour, Shelly, 1-2pm, Mooville
- 24 **PEER LED**, Working While on Social Security, Shelly, 3-4pm, TRD Ionia
- 26 **PEER LED**, Games, Patricia, 11:30am-1pm, TRD Ionia
- 28 **Memorial Day**

Poetry and Mental Health

Welevelupfl.com

The topics of mental health and mental illness are frequently addressed in the work of poets and artists because they have personally dealt with it and sought a way to make sense of it. Each of us has a unique way of thinking through and handling challenging situations, and for creative people, this frequently entails placing words, shapes, music, or color on paper.

This poem on mental health was picked because it shared a prominent lesson that all of us can take away. First, realizing the challenges of mental illness can triumph over feelings of hopelessness. The strength of community and our resiliency can overcome feelings of depression or grief.

Here is a stanza from the famous poem:

DON'T HESITATE

Mary Oliver

"If you suddenly and unexpectedly feel joy, don't taste. Give in to it. There are plenty of lives and whole towns destroyed or about to be. We are not wise, and not very often kind. And much can never be redeemed. Still life has some possibility left. Perhaps this is its way of fighting back, that sometimes something happens better than all the riches or power in the world."

People sometimes find it difficult to experience unrestrained delight, especially if they are worried that something will take their joy away. The poem acknowledges this is a possibility, but it also encourages readers to enjoy every moment of bliss they are experiencing. No matter how small, it is still worth taking pleasure in.



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 or turn in to clerical. Thanks!

Week Long Awarenesses and Observances:

May 1:	Children's Mental Health Week
May 6-12::	Nurses Week
May 7-13:	Public Service Week
May 7-13:	National Hospital Week
May 8-12:	Teacher Appreciation Week
May 14-20:	Nursing Home Week
May 14-20:	National Women's Health Week
May 14-20:	National Skilled Nursing Week
May 14-20:	National Police Week
May 21-27:	National EMS Emergency Medical Services Week

Month Long Awarenesses and Observances:

- ALS/Lou Gehrig's Disease Awareness
 - American Stroke Month
 - Be Kind To Animals Month
 - Better Sleep Month
 - Better Speech and Hearing Month
- Borderline Personality Disorder Awareness
 - Brain Cancer/Brain Tumor Awareness
 - Cancer Research Month
 - Celiac and Cystic Fibrosis Awareness
 - Hepatitis Awareness Month
 - High Blood Pressure Education Month
 - Lupus and Lyme Disease Awarenesses
 - **Mental Health Awareness Month**
 - Multiple Sclerosis Month
 - National Asthma and Allergy Awareness
 - National Clean Air Month
- National Melanoma/Skin Cancer Detection Month

Courage Affirmations for Mental Health

While the taboo around mental health clears the more we talk about it, mental health issues themselves are on the rise.

When we are low we can become harsh and negative when we talk inwardly to ourselves. Instead choose positive words to bolster ourselves through each day.

1. I can overcome my fears
2. I can persevere and stay strong
3. I am free from anxiety
4. I can overcome any stressful situation
5. I can make it happen
6. I am loved. I am important. I am unique
7. I am supported
8. I can feel the shift towards peace
9. I know I am worthy of peace
10. The peace that I need is inside me
11. Nobody can help me achieve peace but me
12. The power is in my hands
13. I know that problems are temporary
14. All problems have solutions
15. I am capable of handling anything

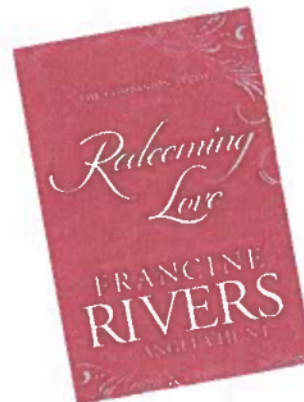
Adapted from The Gratitude Life Blog

10 10 Ways to Relieve Stress In 10 Minutes or Less

- Step outside, take a walk
- Listen to your favorite music
- Chew a piece of gum
- Watch a funny video
- Squeeze a stress ball
- Run your hand under water
- Clean your work area
- Make a to-do list
- Tell some jokes
- Stretch it out

BOOK REVIEW

Patricia Wentworth
Peer Recovery Coach



Redeeming Love by Francine Rivers is a beautiful story about tragedy and abuse in a girl's life. The focus is how a man tries everything to instill hope and forgiving redemption into her heart and mind. Although set in an earlier era, the book is current and can be read by all genders and ages from teens on up.

What Services are Available?

Services and supports designed to meet your individual needs through Person-Centered Planning

24-Hour Crisis Response and Intervention: Crisis response, assessment, referral and therapy aimed at behavioral health crisis situations. 24-hour on-call staff respond to crises reached through our 24-hour, toll-free crisis phone **1(888)-527-1790**.

Access: Assessment, information and referral services provided to those seeking behavioral health services to meet the support needs of the individual or family.

Applied Behavioral Analysis: Intensive services provided to children 0-21 years old who are diagnosed with Autism Spectrum Disorder (ASD) and who meet medical necessity criteria. ABA utilizes evidence based intervention to assist children learn age appropriate skills and behaviors. Services include, but are not limited to, language skills, social skills, communication, following instructions, peer interactions, following daily routines, self-help, daily living skills, and behavior challenges.

Applied Suicide Intervention Skill Training (ASIST): Asist is a two-day workshop designed for family, friends and other community members as they may be the first to talk with a person at risk for suicide. Asist also provides those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as part of the care they provide.

Community Inpatient Treatment: Short-term hospitalization to assist those experiencing a mental health crisis resulting in a risk to their health and safety or to others, allowing them to stabilize for other treatment.

Community Living Supports: Assistance and support to help a person's goal to stay independent, productive and participate in their community.

Family Support and Training: Education, support and training provided to families caring for a relative with a mental illness, serious emotional disturbance or intellectual/developmental disability to assist them with relating to, caring for and/or living with the individual receiving behavioral health services.

Functional Behavioral Assessment (FBA) and Behavior Treatment Planning: A Board Certified Behavioral Analyst (BCBA) uses a variety of different assessment methods (e.g., interviews, observations, ABC data and functional analyses) to help determine the function of problem behavior plans are then made up of interventions developed from the results of those FBAs and use function-based interventions. These plans are then carried out by caregivers under monitoring and training from BCBA's.

Home Based Services: Intensive services provided to children and their families to support families in meeting their child's developmental needs and to support and preserve the family unit. Family driven, youth guided treatment is provided in the family home or community.

Housing Assistance: Assistance with short-term, transitional or one-time only housing expenses for individuals moving from restrictive settings to more independent settings. Persons served are eligible for housing assistance when other benefits, personal or community resources cannot cover the housing cost.

Infant Mental Health: Home-based support and interventions to children birth through ages three designed to promote healthy infant development and parental skills. Interventions work to establish nurturing parent-child relations, connect families to supportive resources in the community and strengthen parent capacity to provide appropriate care to their child.



SERVICES

Continued...

Integrated Healthcare Coordination: Assistance connecting individuals to primary care providers. Support to both persons served and medical providers to ensure behavioral health concerns are not a barrier to high quality health care.

Jail Diversion: Case management and community support services to divert individuals with a mental illness or intellectual disability who have committed non-violent crimes and are in jail.

Juvenile Justice Liaison: Based at the juvenile court, the Massachusetts Adolescent Youth Screening Instrument (MAYSI) is used to identify youth at risk for mental illness. Those identified at risk are provided with resources and referrals to meet the adolescent and family needs.

Nursing Home Mental Health Assessment and Monitoring: Comprehensive review and consultation regarding a nursing home resident's need for behavioral health services.

Older Adult/Alzheimer-Dementia Support: Services and supports coordinated to help older adults diagnosed with a mental illness or Alzheimer/Dementia live in their homes as long as possible.

Outpatient Therapy: Office-based therapy for individual, group and family settings.

Parent Support Partner: A trained parent support partner, who has a child with behavioral health needs, provides education, support and training to parents so they may develop skills needed to support their child(ren) to improve functioning.

Peer Support: Services are an evidence based mental health model provided by a Certified Peer Support Specialist who assists people with their recovery from mental illness and substance use disorders.

Psychiatric Care: Evaluation, treatment and monitoring of behavioral health related symptoms requiring medication as part of the treatment.

Respite: Care provides short-term relief to family or other primary caregiver(s) from daily stress and demands caring for a child/adult with intellectual/developmental disabilities, severe emotional disturbances, or mental illness who has comprehensive support needs.

School-based Outreach: Consultation, assessment, crisis response and referrals provided to children and families when school identify the need for possible behavioral health treatment.

Substance Use Assessment and Outpatient SUD Therapy: Screening, assessment and treatment referrals for Outpatient SUD

Therapy, Case management Therapy, IOP, MAT, and Recovery Coach.

Supported Employment: An employment specialist helps those seeking employment by working with them to develop resumes, build interview skills, connect with local employers and provide ongoing training and support once employed.

Targeted Case Management/Supports Coordination: Services include assessment, planning, crisis prevention and intervention, advocacy, coordination and monitoring to assist individuals in gaining access to needed health services, financial assistance, housing.

Treatment Foster Care: Provides youth within the Ionia County Juvenile Justice System the opportunity to develop skills in a foster home instead of an institutional type setting.

Wraparound: Strengths-based, family-centered planning led by family and specially trained facilitator. A team approach of families, community agencies and natural supports to plan and meet family goals.

Veteran's Services: Medically necessary services for Veterans or Active Duty Military (ADM). Access Certified Service Officers for VFW and the Michigan Chapter of Paralyzed Veterans of America.





May 4, 2023
The Right Door
Ionia

9am-4pm Persons Served,
4-6:30pm Public



PEERS DRAB TO FAB BEST YET

All in all there were about 20 people through the door in the first 20 minutes of Drab To Fab at the Ionia Right Door May 4. By day's end there was the least amount leftover of all previous events - leftover donated clothing, shoes, purses, accessories (above), hygiene products and snacks!

Gracie Naab was one of the hairdressers on site cutting hair for free (top left) and still there the last hour. Amish friendship bread (top right), made with Jello flavoring, flew out the doors too along with apples, mandarin oranges, chips and water. Some 130 plus people attended the indoor event with many stopping first at the Sparrow Mobile Health Clinic (in the morning) for health screenings and immunizations. And many peer led group posters and Right Door partner and resource fliers went out the door too.

Do we have an opportunity for you

Are you crafty? Do you wish to sell what you make? Well now you can.

TRD will provide free tables and chairs for persons served to sell your wares during the Ionia Free Fair from July 13-22 for either a half or full day.

All monies made are yours.

If you wish, you may have a companion with you while selling. If you do not feel comfortable being present to sell your items, arrangements can be made for someone else to do so with the money still going to you. For more information, please contact Shelly Hanses at 616-527-1790 or 888-PEERS-53.



MAY PRESENTATIONS (OPEN TO THE COMMUNITY):

Peers have been busy adding and changing groups, activities and presentations for people to have fun while feeling more included in their communities and familiar with successfully navigating events.

- 1) **TIPS FOR TALKING WITH YOUR DOCTOR**, May 11, 3-4pm, Ionia TRD. Shelly Hanses and Rob Weiland.
- 2) **BENEFITS OF CHIROPRACTIC CARE AND GOOD NUTRITION**, May 16, 1-2pm, Ionia TRD with Tim Grady.
- 3) **WORKING WHILE RECEIVING SOCIAL SECURITY**, March 24, 3-4pm, Ionia, with TRD Supported Employment Specialist, Vanessa Woodard.

FUN EVENTS

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

First and Third Thursdays, Dinner, 5pm followed by the Grand Valley Strings, 6-8pm, Ionia County Commission on Aging. RSVP for dinner 616.527.5365. Suggested donation \$3.

May 6: Grounded 5k Run/Walk and Disc Golf Tournament. 10am-3pm, Saranac.

May 6: Annual Swiss Steak Dinner, 5-7pm, Holy Cross Lutheran Church, Belding. Dine in or drive through. Pay what you can.

May 7: Great Lakes Men's Chorus, 3-6pm, First United Methodist Church, Ionia. \$12 at the door.

May 12,13: Murder's in the Heir Dinner Theatre, 5pm, Red Pavilion, Portland.

May 12: Corks and Kegs 2023, Wine and Craft Beer Tasting, benefit for RAVE (Relief After Violent Encounter, 5-8pm, Shadow Ridge Golf Course, Ionia. Hors d'oeuvres, music, silent auction, raffles. \$35/person.

May 13: Mother's Day Tea, 11am-1pm, Horrocks Garden Center, Ionia. Tea and refreshments, door prizes and seminars. 11am: Demystifying Hydrangeas. Noon: Pruning, Fertilizing and Pollinating Fruit Trees.

May 13: SAMS on Safari (Saranac Area Musicians and Singers) 7pm, Saranac Junior/Senior High School. Collecting non perishable items for Saranac Pantry. Cost \$5 at the door, \$3 seniors/students.

May 13: Vintage Roof Market, 10am-3pm, Replace the Roof on the Floral Building Fundraiser. Donations at the Door. Vendors of handcrafted and homegrown goods, auction, concessions. Want to be a vendor? Contact Karlee Bailey at 616.523-4400.

May 16: Lego Activity, 4pm, Lake Odessa Community Library.

May 16: All American Circus, 7pm Ionia Fairgrounds. Tickets: allamericancircus.com

May 20: NERF Wars, 1pm, on the lawn of the Lyons Township District Library. Supplies provided for a friendly NERF battle.

May 20: May Mayhem Demolition Derby and Food Truck Rally, Ionia Fairgrounds. \$10 admission. Food Trucks 11am, Rally 4pm.



May 20, 21: The Worlds Largest Food Truck Rally, 11am, 20th and noon on the 21st, Ionia Fairgrounds.

May 20: Jones Customer Appreciation Day 8am till closing. Craft vendors, meat sales, more.

988 SUICIDE & CRISIS
LIFELINE

988 is the new three digit dialing code that routes callers to the National Suicide and Prevention Lifeline (now known as the 988 Suicide and Crisis Lifeline). If you need emotional support now anywhere in the country you can easily access service 24/7 with Mical 988.



Mical 988 has been active across the United States since July last year and is not a replacement for Community Mental Health Service programs, crisis lines or specialty crisis services. Instead Mical answers 988 text and chats statewide to back up centers since Michigan is still in the developmental stage for its in-state text and chat rollout process.

Currently Mical answers 988 calls statewide except in Calhoun, Cass, Kalamazoo, Kent, Macomb, St. Joseph and Van Buren Counties.

myStrength

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Sign up for free, unlimited access to personalized help with myStrength!

- Reduce stress
- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app

SIGN UP TODAY

1. Go to www.mystrength.com
2. Click **Sign Up**
3. Enter the Access Code:
RightDoorCommunity





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
- **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



The Right Door



Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Euchre

Peer Led, May 17, 12:30-3:30pm, Commission on Aging. Cost \$1.

Family Psychoeducation

Saturdays, 10am, Ionia.

Peer Led/Integrated Healthcare

Ongoing Peer Led, May 4, Drab2Fab, 9am-6:30pm, May 12, CBT, Brian Post, 12-1pm, May 19, Picnic and a Walk, Fairgrounds, 11:30am-1pm, May 26, Games, 11:30am-1pm. TRD Ionia all but 19th.

Knit and Sip

Peer Led, May 11 and 25, 10-11am, TRD Ionia.

LGBTQIA

NEW

Peer Led, May 1, 8 and 15, 3-4pm TRD Ionia.

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, TRD Ionia.

Movement Class

Peer Led, May 17 and 31, 10:30-11:30am, TRD Ionia.

Parenting Through Change

Starting February 15, 5:15-6:45pm, Ionia.

Pay It Forward

NEW

Peer Led, May 1, 15, 22 and 29, 12-2pm, TRD Ionia.

Recovery Garden

NEW

Peer Led, May 2, 9 and 16, 10-11am, TRD Ionia.

Self-Love

Peer Led, May 10 and 24, 10-30-11:30am, TRD Ionia.

Seeking Safety Group

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

Social Hour

Peer Led, May 10, 1-2pm, McDonalds, May 24, 1-2pm, Mooville.

Volunteer Group

Peer Led, May 2, 9 and 16, 3:30pm, Ionia Theater

Walking Group

Peer Led, May 18, 1-2pm, Meet at TRD Portland.

Women's Support Group

Ongoing, Peer Led, every other Thursday, Shelly, 1-2pm, TRD Portland.

YES, Truly Our Friends (YTOF) NEW

Ongoing, starting May 19, 10am-12pm, Fridays, TRD Ionia.

For more information, or to join a group, contact your clinician or Peer.

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

For a Complete Listing of all
Ionia County Resources:

www.8cap.org



Other outings up and coming:

May 15: We are heading to the barn for horse care

May 26: We are going to garage sales

May 29: We will be OPEN for a BBQ for Memorial Day



MAY April
SHOWERS
BRING
May
FLOWERS

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10am Volunteering 11:30 Goal Getters 2:30 Sit to be Fit	2 11-11:30 Trainer Joe's 2:30 This is me!	3 11 Healthy Relationships 1 Free lunch 1:30 Nutrition 2 Bingo 3 Music	4 12:30-4 Bowling in Portland	5 10-12 Gardening 1 Cheap Skates 3 Music	6
7	8 10 Volunteering 11:30 Getters 2:30 Sit to be Fit	9 11-11:30 Trainer Joe's 2:30 This is me!	10 11 Healthy Relationships 1 Free lunch 1:30 Nutrition	11 12:30-4 Bowling in Portland	12 10-12 Gardening 1 Cheap Skates 3 Music	13
14	15 10 Volunteering 11:30 Getters 2 Outing to Barn	16 11-11:30 Trainer Joe's 2:30 This is me!	17 11 Healthy Relationships 1 Free lunch 1:30 Nutrition	18 12:30-4 Bowling in Portland	19 10-12 Gardening 1 Cheap Skates 3 Music	20
21	22 10 Volunteering 11:30 Getters 2:30 Sit to be Fit	23 11-11:30 Trainer Joe's 2:30 This is me!	24 11 Healthy Relationships 1 Free lunch 1:30 Nutrition	25 12:30-4 Bowling in Portland	26 10-12 Gardening 1 Cheap Skates 3 Music	27
28	29 10 Volunteering 11:30 Getters Memorial Day BBQ Lunch	30 11-11:30 Trainer Joe's 2:30 This is me!	31 11 Healthy Relationships 1 Free lunch 1:30 Nutrition	12:30-4 Bowling in Portland		

WWW.SHININGMOM.COM

Holidays and Observances: 5 - Cinco de Mayo; 14 - Mother's Day; 29 - Memorial Day