

The right Connection

June 2022



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 W. Bridge Street
Portland, MI 48875
517.647.2128

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

EMAIL:
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 SERVICES 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. Thank you.



In this our inaugural issue of **The Right Connection**, we hope to provide a free, monthly communication tool for you, our persons served. We will provide some frequently asked for contact information for our agency, some county resources for you, groups, trainings and links as well as fun events, a calendar, book review and recipes. Maybe you need help with food, housing, tax preparation, grief counselling, substance abuse, more. Perhaps you may want to share a success story of yours. Or read about someone else's journey to hope, recovery or mental wellness. Since this is a newsletter for you, we would especially like your input. Kindly drop us a line for articles you wish to see. Either leave them in the suggestion box in each of our lobbies, Or if you prefer, hand them to one of our helpful clerical staff.

Regardless, we look forward to connecting with you!



Member of:



Harvest These Benefits



According to a University of Michigan survey, the pandemic put a crimp on exercise for many people. Exercise decreases cardiovascular disease and can alter brain chemistry. An active body produces more proteins to enhance neuron connection vital to healthy cognition. In short, exercise is good for our bodies and brains fending off dementia. But did you know gardening is considered an exercise. According to Jeff Hughes, cohost of *Garden Fit* on PBS, you can count your hobby towards your daily exercise goals. He says,

“Gardening encompasses multi-directional movement, balance, long periods of repetitive actions, a wide variety of stretching and the use of mental strategies that make aesthetic and maintenance decisions.”

Hughes also points out that there are 18 million new gardeners since the pandemic began.

7 Simple Steps to Wellness



Know Your Numbers



Fuel Your Body



Move Your Body



Manage Your Stress



Get Adequate Rest



Live Tobacco Free

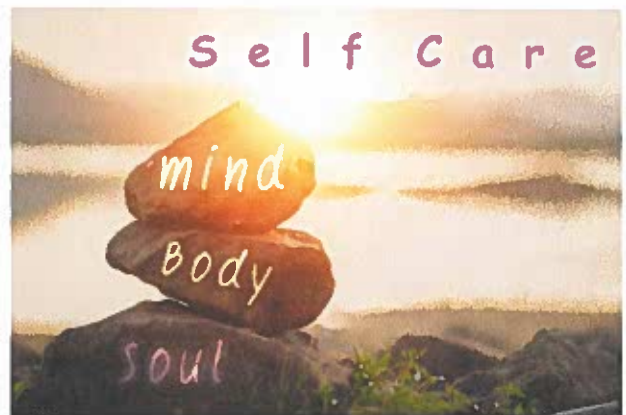


Find a Primary Care Provider and Create a Strong Relationship



JUNE

- June 6** WWII/D Day Anniversary
- June 14** Flag Day
- June 17** **The Right Door Grant Event,** Ken's Market food basket and Luncheon, *noon*
- June 19** Juneteenth
- June 20** Father's Day
- June 20** Longest Day of the Year
- June 21** Summer Solstice/ Summer Begins
- June 24** **TRD Grant Event,** Picking Strawberries at Hanulcik Farms *noon*



Month Long Awareness & Observances:

- Alzheimer's Awareness
- Brain Awareness Month
- National Safety Month
 - Pride Month
 - PTSD Awareness
- Rebuild Your Life Month
- Pet Appreciation Week June 5-11



Samaritas Substance Use Disorder Services

Samaritas Is Now in Partnership with **THE right DOOR**
for hope, recovery and wellness

Samaritas employees have 88 plus years experience in 40 plus cities in Michigan
They are located in Belding and through the Ionia Right Door location on Friday's
For Intake, call **Samaritas (833) 720-WELL** or **The Right Door (616) 527-1790**

Complete a screening with **The Right Door**

Assessment and Treatment with Samaritas (although services can be tag teamed for person served with special needs)

Samaritas services include:

- Individual, family and group outpatient counselling
- Intensive outpatient services allowing individuals to live at home and continue with employment or school
- Case management and recovery coach;
- Medicated assisted treatment (not methadone) for alcohol and opioid use stabilizing individuals, removing concern of withdrawal in conjunction with counselling services
- Services can be in home, face to face in office and virtually
- Transportation to and from appointment

To Help Clear Unhelpful Thoughts



Michele "Shelly" Joldersma, Peer Recovery Coach
The Right Door

A flushing breath—which are two short inhales through the nose and one exhale swiftly through the mouth—can be used as a quick intervention to direct yourself away from unhelpful thoughts and behaviors. It also clears adrenaline from the system after a shock. Try this breath when you are meditating as it is a challenge to sit still.

It relieves persistent thoughts, obsessional tendencies and cravings leaving you grounded, present and empowered.

1. Sit or stand somewhere you will not be disturbed
2. Choose a fixed point in front of you to "anchor" your gaze through the process. Start by taking three to five deep breaths
3. Take two audible, one second inhales through the nose in quick succession, making the second one deeper than the first
4. Breathe an energized two second exhale through the mouth. Picture the inhales seeking and finding the unwanted thoughts or behaviors and then exhale flushing them out
5. Repeat this sequence up to six times. Then pause and see how you feel. Repeat six times more if needed. Then go outside for a walk

Westmacott-Brown, N. (2019) *Self Care Breathwork*. Doring Kindersley Limited DK.

Patricia Wentworth
Peer Recovery Specialist

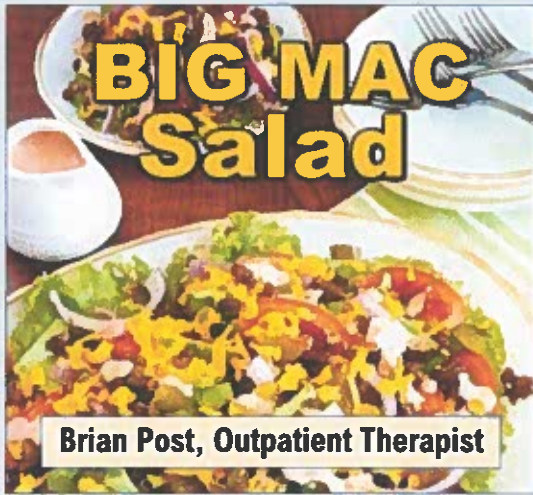
The Right Door



When this person began services at The Right Door, they were overweight and were nervous, silent and uncomfortable around others and in groups. They struggled with socialization and self esteem all at the start of the pandemic.

They began zooming one of our groups, and playing Euchre with me to become more comfortable socializing. With help from Outpatient Therapist Brian Post, this person was able to receive bariatric surgery. They lost 90 pounds, was proud of themselves and their accomplishment.

They became more outgoing and now confidently attend groups in person, never missing one and always asking questions!



Salad Ingredients:

- 1 head lettuce chopped or shredded
- 2-3 chopped dill pickles
- 4 Roma tomatoes chopped
- 1 yellow onion diced
- 2 cups shredded cheddar cheese
- 1 pound cooked ground beef/turkey or meat alternative

Mix in a salad bowl. Serve with dressing.

Dressing Ingredients:

- 1/2 cup mayonnaise
- 1 Tablespoon Ketchup
- 2 Tablespoons yellow mustard
- 1/2 cup dill relish
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Make dressing hours before and chill in the refrigerator for best flavor. Serve in the salad or on the side.

What's Happening

CRUSIN' CLASSIC CAR SHOW, June 4, 5pm, Main to Dexter Streets, Ionia.

THE BARN SALE TRAIL, June 10, 9am-6pm and June 11, 9am-4pm, Rustic Love, 1135 4th Avenue, Lake Odessa and six other barns with farmhouse, vintage, primitive home/garden décor.

COW PIE CYCLING RACE, June 11 at Main and Steele Streets, Ionia.

SHS ALUMNI BANQUET, June 18, 7pm dinner, Fairway of Kent Banquet Center (formerly Deer Run Golf Course). (616) 897-9774.

LAKE ODESSA FAIR, June 22-26. June 22: 5pm Midway opens, 6pm Beer Barn opens and Parade, 7:30pm Horse Pulls Grandstand.

June 23: 9am Dairy Show, 4pm Midway opens, 5pm Rabbit Show and Dodgeball Tournament, 6pm Beer Barn opens, 7pm Trivia Night. June 24: 9am Livestock and Horse Shows, 3pm Kids Stem Activities, 5pm Beer Barn opens and Adult 2's Volleyball Tournament, 7pm Car Cruise. June 25: Pickleball Tournament TBA. 12pm Eye Screenings, 1pm Midway opens, and Classic Car show, 2pm Youth/Teen Volleyball Tournaments and Pedal Pull, 4pm Kid Games, 6pm Truck and Tractor Pulls, Grandstand and Raffle, 10:30 Fireworks. June 26: 9am Adult 4 Volleyball, 12pm Eyesight Screenings, 1pm Cornhole Tournament, 6pm Demolition Derby.

IONIA FIREWORKS, June 30, Fairgrounds.

FARMERS ACCEPTING BRIDGE CARDS IN IONIA COUNTY



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

Farm to Fork
49 N. Bridge Street,
Saranac, (616) 914-6961
www.tsitagagarm.com/farmtofork

Hanulcik Farm Market
1425 N. State Rd., (M-66), Ionia
(616) 527-3630 U-pick apples, peaches strawberries

Heffron Farms 7724 Ashley Avenue Belding (616) 794-2527 www.heffronfarms.com
Pierson Orchard 5348 N. State Road Ionia (616) 527-4847 May-October

HAVE A BRIDGE CARD?

UP TO \$20 DAY



HAVE A BRIDGE CARD?

GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

GET DOUBLE FRUITS & VEG WITH DOUBLE UP FOC

- 1 Use your Bridge Card at participating markets
- 2 Get your fill and double up with
- 3 Use Double Up Food Bucks to purchase Michigan fruit and veggies

HAVE A BRIDGE CARD?

GET DOUBLE THE FRUITS & VEGGIES WITH DOUBLE UP FOOD BUCKS

USE HERE.

For West Michigan markets

www.westmichiganfarmmarkets.org

How to Use Your Bridge or Pandemic EBT (P-EBT) Card at Markets

Go to farmers market info table and use your card to purchase wooden tokens for SNAP eligible food items. You will receive a match of FREE Double UP Food Bucks (silver tokens) to buy Michigan fruit and veggies. Look for participating markets. →

COMMUNITY RESOURCES



CITY of BELDING

Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 10am-6pm. Helping special needs adults gain work and social skills plus a job
Alvah N. Belding Library, Main Street, (616) 794-1450
www.alvahnbeldinglibrary.org



CITY OF IONIA

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org
Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org
Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365
Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud
Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters (616) 527-3860
Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money and wellness programs. <https://www.canr.msu.edu/ionia> (616) 527-5357
Rails to Trails, trails and maps, Ionia County, www.trailink.com. **Find Trails Michigan**
River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773
Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, all by appointment only at the Ionia County Health Department, Adams Street (616) 527-5341 select 3
Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077
Tuesday, Wednesday, Saturday, The Christian Service Center, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530
Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, Ionia Seventh Day Adventist Community Service Center the 3rd Tuesday each month. ID needed (616) 527-6465
Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

Lake Odessa



Lake Odessa Community Library, 4th Avenue, (616) 374-4591. Family Story Time Wednesdays 10:30am
www.lakeodessalibrary.org
Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075
Monday and Thursday-AA Meetings, 7pm, St. Edwards Church, Robert (616) 902-9001

Lyons-Muir



Lyons Township District Library, Bridge Street, (989) 855-3414. Story time Wednesday, Book club third Thursday of month, Writer's group first Thursday. www.lyonsmichlibrary.org



PORTLAND

Portland District Library, Kent Street, (517) 647-6981 www.pdl.michlibrary.org
Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome
Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004
Wednesday -Al Anon Meeting, 10am, Portland First Congregational Church, masks required
Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments. (517) 647-2025



Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed. (616) 642-6322
Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146
www.saraclark.michlibrary.org
SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room. Anyone welcome. (616) 902-7237.



EBT-SNAP Cards are now accepted on Meijer delivery and pickup orders through the Meijer app.

Ionia County Syringe Services Program (SSP) provides Narcan, distributes and collects sharps disposal containers, tests person for HIV, offers vaccinations for Hepatitis A and B, provides sterile syringes and wound supplies, provides SUD referral for treatment **Thursdays 9am-3pm at Ionia County Health Department.**



ABA

Resource for talking to kids about Autism: <https://youtu.be/Ezv85LMFx2E>

Books:

- Forever Boy:** A mother's memoir of Autism and finding joy, *Kate Swenson*
- The Cat Who Came Back for Christmas,** *Julia Romp*
- The Autistic Brain,** *Temple Grandin*
- Thinking Pictures: My Life with Autism,** *Temple Grandin*

Movies:

- Love on the Spectrum,** Netflix
- Wretches and Jabbers**

Coordinator Seminars

The Right Door Care Coordinators have put together summer monthly resource meetings!

June 16

GRIEF and LOSS

Associated with Mental Illness

Presenter: **Gwen Capsha**

<https://grief-guide.com/about/>

Centered around grief and loss than can be associated with mental illness diagnoses, and how to address/cope with that. Open to community. Cost: \$300

July 21

PACE Program Info

<https://www.medicaid.gov/medicaid/long-term-services-supports/pace/programs-all-inclusive-care-elderly-benefits/index.html>

No Cost

Survivors of Domestic Violence

Outreach Group

Mondays at 2pm

Google Meet Up

To support, encourage and share experiences promoting healing, mental stability and coping skills

Facilitator: **Gretchen Edwards,** gretchene@raveim.org

YOUTH SUPPORT GROUP

Soaring Above Teen Center

Every other Tuesday at 6:15pm

Ages 13-20

Free support group to promote healing after trauma, sexual violence, teen dating violence, sex trafficking...



FUN SOLUTIONS

Social Skills Building for Children 8-14 on Autism Spectrum

May 16, Tuesdays 4-5:30pm, Rotating locations
Group therapy for 12 weeks

STRESS LESS

Mondays 10-11am LIVE in Portland
Outpatient for 11 weeks

LIVING WITH PAIN

July 28, 4:30-5:30pm, zoom for 6 weeks
Contact: **Nurse Jessica 616.527.1790**

PARENTING THROUGH CHANGE

Parents/Caregivers kids with SED diagnosis
Referrals till July 8

July 16, Tuesdays 5-6:30pm
Case Management for 10 weeks

SEEKING SAFETY GROUP

Saturdays 10-11:30 via zoom
Outpatient

Sign up with your primary clinician

Summer Training Calendar

- **CPI Non Violent Crisis Intervention**
June 15
8:30-3:30pm
Refresher or initial 30 maximum
- **CPR AED & First Aid**
June 9, July 14, August 11
8am-noon or 1-5pm
Class of six
- **Motivational Interviewing**
June 17
9am-4pm
Class of 16
- **Person Centered Planning**
July 14,
10-12pm
September 22, November 10
10-11:30am
12 max
- **Recipient Rights**
June 2, July 7, August 2
2-4 pm,
Class of 12
RR Refresher Course, zoom only
<http://www.rightdoor.org/for-providers/training/recipient-rights-training-refresher-course.html>
- **Working With People in Residential Settings**
June 9, August 11
10-12pm, 12 max

Training Resource Updates

Trainings for direct care workers have been updated on the TRD website and are available online at:

www.ImprovingMIPractices.org

You can locate the following training links from our website:

[ASIST/Training/The Right Door](#)

1. Infection Control/Disease Prevention/BBP
2. HIPAA Essentials
3. Cultural Competence
4. Emergency Preparedness
5. LEP (Limited English Proficiency)
6. Trauma Informed Care

Please note: Basic Health and Medications and Nutrition and Food are now online at <http://www.rightdoor.org/for-providers/training/>
Take test online. Call to set Vitals Test with nurse.