



The right Connection

January 2024



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



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:



If you are a traditionalist who makes New Year Resolutions be aware that researchers at Ohio State's Fisher College of Business say that only nine percent of Americans actually achieve their goals.



Statistically speaking, some 23 percent of us will quit our resolutions by the end of the first week while a whopping 43 percent more will stop trying by the end of January.

Both researchers at Fisher, and at Forbes Health, suggest there are four reasons why people seem to fail to achieve their New Year resolutions.

- GOALS SHOULD START AT A TIME OF CHANGE OR NEED FOR CHANGE.** If you make a pledge for tradition's sake your motivation will be lacking compared to a goal set out of necessity.
- EXPECT OBSTACLES.** No matter how small or straightforward the goal is, there are always obstacles. To keep optimistic, identify obstacles before you start and create plans to avoid barriers thereby reducing setbacks so you are more successful.
- SET GOALS IN SEVERAL SMALLER ATTAINABLE CHUNKS** leading to a bigger goal. Each chunk measures your progress, gives you inspiration to carry on, and allows you to celebrate small wins.
- ACCOUNTABILITY.** Studies show that people who write down their resolution, tell a friend, use technology like an electronic calendar to measure milestones, will be more successful.

Good luck and Happy New Year!



JANUARY

- 1** **NEW YEARS DAY**
- 1-2** **TRD Closed for the holiday**
- 3, 17, 31** **PEER LED**, Self Love, Shelly, 10-11am, *Ionia TRD*
- 3, 17, 31** **PEER LED**, Craft Group, Shelly, 11:30am, *Ionia TRD*
- 4** **World Braille Day**
- 4, 18** **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 5** **PEER LUNCHEON**, Living Healthier, 11-1pm, Joanna Urban, *Ionia TRD*
- 8, 22, 29** **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 9, 16** **PEER LED**, Volunteer Group, Katie, 3:30pm, *Ionia Theater*
- 9, 31** **PEER LED**, Food Pantry, Shelly, Call ahead for a ride. Zion Mobile Pantry, 9th at 3:30pm; 31st at 2pm
- 10, 17, 24, 31** **PEER LED**, Sunrise Yoga, 9am, Lexie, *Ionia TRD*
- 10, 24** **PEER LED**, Living with Diabetes, Lexie, 10am, *Ionia TRD*
- 11, 18, 25** **PEER LED**, Sunset Yoga, Lexi, 5pm, *Ionia TRD*
- 11, 25** **PEER LED**, Adulting 101, Lexie, 2pm, *Ionia TRD*
- 11, 18, 25** **PEER LED**, Built by You, Lexi, 3:30pm, *TRD Ionia*
- 15** **Martin Luther King Junior Day**
- 15** **TRD Closed to observe the holiday**
- 16, 30** **PEER LED**, Tune up Tuesday, Shelly, 10am, *Drop in Center*
- 16** **PEER LED**, Bingo, Shelly, 1:30pm, *Sozo*
- 18** **Full Staff Meeting**, 9-10:30am, *Ionia*
- 22** **Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 29** **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 23** **Maternal Health Awareness Day**
- 28** **World Leprosy Day**

WEEKLY OBSERVANCES:

- **January 1-7:** Diet Resolution Week
- **January 21-27:** Women's Healthy Heart Week
- **January 21-27:** National Activity Professionals Week: *Innovate, Inspire and Involve*
- **January 29-February 4:** World Leprosy Week

MONTH LONG AWARENESSES/OBSERVANCES:

- Cervical Health Awareness
- Dry January (An annual national health campaign encouraging people to voluntarily abstain from alcohol for the month)
- Glaucoma Awareness
- National Birth Defects Prevention Month
- National Blood Donor Month
- Radon Awareness Month
- Stalking Awareness Month
- Thyroid Awareness

Most Common New Year's Resolutions

- | | |
|----------------------------------|------------|
| 1. Improve finances | 38 percent |
| 2. Increase fitness | 38 percent |
| 3. Improved mental health | 36 percent |
| 4. Lose weight | 34 percent |
| 5. Improve diet | 32 percent |
| 6. Make more time for loved ones | 25 percent |
| 7. Stop smoking | 12 percent |
| 8. Learn a new skill | 9 percent |
| 9. Make more time for hobbies | 7 percent |
| 10. Improve work/life balance | 7 percent |
| 11. Travel more | 6 percent |
| 12. Drink less alcohol | 3 percent |
| 13. Drink more water | 3 percent |
| 14. Perform better at work | 3 percent |



CERVICAL HEALTH

With the human papillomavirus (HPV) vaccine available in 2006, there has already been an 88 percent drop in infections among teenage girls according to the CDC. Did you know that eight out of 10 people will contract a form of human papillomavirus?



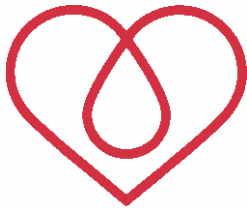
Alcohol fueled and calorie laden celebrations in December can take a toll on your health so January is a great time for a full body reset.



Eye irritations and vision problems are often brushed off as seasonal allergies or a result of too much screen time. In reality, without getting your eyes checked you can not know for sure what is causing your eye symptoms.



Taking care of your body before and during pregnancy is one of the best ways to increase your chances for a healthy baby.



RADON TEST

DETECT THE INVISIBLE GAS



Blood Donations are always needed at hospitals and health organizations. Did you know that donating blood is actually good for your body!

EPA recommends homes get tested for radon since it is tough to detect the invisible gas.



One in three women and one in six men will experience stalking in their lifetime. Stalking and human trafficking is targeted violence. It is systematic, deliberate and intentional. And over 25 million Americans have already experienced stalking.



When it is cold outside we tend to warm up from the inside out with soup. Soup is a comfort food like tomato soup with a grilled cheese sandwich. It also has medicinal value when you are sick whether it be chicken noodle soup or plain broth..



THYROID
awareness month

Your thyroid plays a bigger role in your health than you may realize impacting everything from your metabolism to your mood. Check to see if you have an over or under active thyroid.

JANUARY AWARENESSES

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. Mobile Food Pantry last Wednesday of month at 5pm. Picture ID.

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, Mobile Food Truck, second Tuesdays at Rather. 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. Mobile Food Pantry first Tuesday each month at 2pm.

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.

Mount Hope Church, Mobile Food Pantry, 845 Ionia Street, (517) 647-4136. Third Saturday each month 10-11am.

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 other agency.

Heffron Farms, Farmers Market
7724 Ashley Avenue, Belding
(616)794-2527
Monday-Saturday 9am-6pm, year
round www.heffronfarms.com



DOUBLE UP FOOD BUCKS (DUFBS) Program will match Bridge Card sales up to \$10 each day in FREE Michigan grown fruits and vegetables.

WPF-WIC Project Fresh

MF-Senior Market Fresh



- January 9** 4:30 pm Drive Through,
**Zion UMC, Rather School
Parking Lot, Ionia**
- January 16,** 6 pm Drive Through,
American Legion, Hubbardston
- January 19,** 4:30 pm Drive Through,
Belding High School
- January 31,** 5 pm Drive Through,
**Shiloh Community Church,
Orleans**

For more information and food resources near
you visit FeedWM.org

Roasted Creamy Cauliflower Soup

Sue Ferris

January is National Soup Month

When I was diagnosed with Diabetes a few years ago, I looked at diets and was not interested in most. I did modify some of The South Beach Diet to fit my family's taste. What I really focused on was upping my exercise, my water intake and increasing low sugary, starchy veggies and fruits. I switched to Splenda instead of sugar, ate smaller portion sizes, ate little processed, fried or sauced foods, used more herbs, reduced my carbs and rarely ate out. I dropped 25 pounds and my A1C dropped. What worked for me might not for you, but it will get you thinking. Please share your weight loss/health journey and a recipe to sferris@rightdoor.org



Ingredients

- 2 heads cauliflower broke into 10 cups bite sized pieces
- 3 cloves garlic
- 2 shallots
- 2 tablespoons olive oil
- 3 cups vegetable broth
- 2 cups milk
- 1 bay leaf
- 1 teaspoon finely chopped fresh thyme
- 1/8 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 teaspoon pepper

1. Preheat oven to 425 degrees. Toss cauliflower, garlic and shallots with oil to coat and roast in middle oven 30 minutes or till cauliflower is golden.
2. In a stockpot, simmer broth, milk, roasted mixture with all spices for 30 minutes till cauliflower is tender. Discard bay leaf.
3. Puree soup in batches leaving some florets for garnish. Reheat on medium low heat for about 8 minutes.

Makes 8 single cup servings 79 calories each. 4 grams fat, 1 gram saturated fat, 3 mg cholesterol, 297 mg sodium, 2 grams fiber, 5 grams protein.

10 Wholistic Resolutions

1. Schedule fun time every day
2. Stop overthinking
3. Relax more
4. Let yourself off the hook
5. Remember your true worth
6. Be prepared to take a risk
7. Take your dreams seriously
8. Be kind to yourself
9. Keep your sense of humor



YOUTH PEER SUPPORT SERVICES

We offer family driven, youth guided, Youth Support Services. Our main goal is to start the healing process earlier to create a healthier adult life. YPSS is open to youth 13 through 26.

Services YPSS offer include:

- ◆ It is different than Adult Peer Support by empowering youth instead of giving advice or enabling them. We do not implement therapy practices or speak for them during treatment meetings
- ◆ We encourage youth to open up, form a friendly relationship and advocate for themselves
- ◆ We form relationships and gain trust by focusing on their interests and activities with them
- ◆ We have also been there, share our stories and remind them they are not alone
- ◆ We make sure they have access to resources like EBT cards, food stamps, community activities they are interested in, more...



PREVENTION



Wash hands

Avoid touching

Wear Mask

Social distance

Use alcohol based

Stay home

Tis the season to be cooped up inside spreading germs.

To help Right Door staff and our persons served avoid illness we ask:

- Please consider rescheduling your appointment until your symptoms have subsided, if you are not feeling well, to prevent the spread of illness
- Mask up for your protection and others. Masks are available at the reception desk
- Three questions which will be asked at the agency or in the field:
 - i) Have you been around anyone who has had Covid in the past five days? If so, please wear a mask and let the receptionist know
 - ii) Are you sick and have not tested for Covid? If so, please wear a mask. The person you have an appointment with may want you to reschedule
 - iii) If you are sick and your symptoms are noticeable, please go to your car and call the receptionist for further instructions

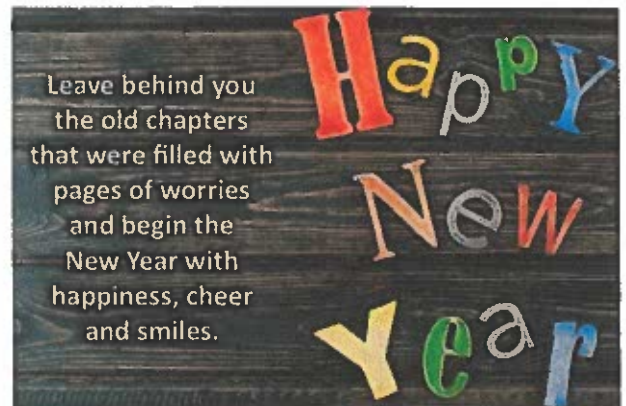
Additionally, Right Door facility and clerical staff are disinfecting surface areas throughout the day in our offices and using a sanitizer gun several times a week. The rest of the staff are also encouraged to help sanitize the inside of agency vehicles between each person who rides in them, clean their workspace areas before and after each use, as well as, disinfect kitchen surfaces after meal preparation.

Masks, hand sanitizer, gloves are available in each agency vehicle. Kleenex, hand sanitizer and Clorox wipes are available in offices, kitchens, lobbies and workspace areas.



I believe it was Recipient Rights, Jennie Morgan who brought this to my attention a few years back. Start this year with an empty jar. Each week write down something positive that happened, or that you were thankful for. Put the slip in the jar and on New Year's Eve, open and read all your blessings to remind yourself what an amazing year you had.

That is a warm fuzzy waiting to happen, or a big dose of wellness in a jar!



FUN EVENTS

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

Mondays, Coffee Klatch, 9-10:30am, Ionia County
Commission on Aging Senior Center. Informal,
casual conversation, coffee and snack, free.

Mondays, Bingo, 6pm, Portland Senior Center
(517) 647-4004.

Tuesdays and Wednesdays, Enhanced Fitness,
8:45-9:45am in person or zoom IOCCA.
Contact Rachel Yenchar (616) 527-5365 or
(616) 330-4432.

Tuesday and Thursdays, Armchair Exercise,
10:30-11:30am, ICCOA Senior Center. Low
impact seated exercise class helps improve
strength, flexibility and balance. Suggested fee
\$2. Rachel (616) 527-5365.



Tuesdays and Thursdays, Euchre, 1pm,
Portland Senior Center.

**Tuesdays and Thursdays, ICCOA
Friendship Luncheon Sites**, 11:30am,
Cost \$3 for those over 60 and their
caregivers, \$5 for anyone under 60.
Please RSVP Friday before for Tuesday

meals and by Tuesday for Thursday meals.
Contact ICCOA (616) 527-5365. Sites include:
Belhaven Community Room, Belding;
Clarksville Community Center; Emerson
Apartments, Lake Odessa; Saranac Senior
Housing; First Congregational Church, Portland.

**Third Tuesday Each Month, Alzheimer's Caregiver
Support Group**, 11:30am-12:30pm. ICCOA.

Wednesdays, Grab some Grub, Weekly dinner, 6pm,
Ebenezer Center.

Wednesdays, Tai Chi, 9:45-10:30am, or 10:45-11:45am, in
person or zoom, ICCOA. Contact Rachel
Yenchar (616) 527-5365.

Wednesdays, Euchre, 12:30-3:30pm, ICCOA. Free.

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

Thursdays, Open Gym for kids, 10-11am, Ionia Armory. Free
obstacle course and sensory boxes to play
and get energy out. Sponsored by the Ionia
County Collaborative/Great Start.



Fridays, Bingo, 9:30am, Portland Senior
Center.

Fridays Painting Group, 1-3pm, ICCOA.

Saturdays, Yoga, Lake Odessa Library, 9am. Beginners
welcome. (616) 374-4591.

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

* CMHSP is Community Mental Health Service Providers.

TRD FY24 Outcomes

1. TRD will be responsive to the service access needs of the community it serves. 75% of persons requesting services receive a face-to-face biopsychosocial assessment within 14 days of the request (Required MDHHS Performance Indicator 2).

2. TRD will be a competitive partner in the PIHP as measured by penetration rate. TRD will remain at an average penetration rate that is at or above average of PIHP affiliation penetration rate (Average Percentage is based on combined Healthy Michigan Plan and Medicaid).

3. TRD will ensure satisfaction of persons served.
i) **85% of persons served report satisfaction on the agency satisfaction surveys.**
ii) **85% of stakeholders report services provided met their needs and expectations.**

4. TRD will provide a health screen to 65% of the eligible CCBHC served population.

5. TRD will meet the Michigan Performance Based Indicator System Measures for FY24 each quarter. If not meeting the required benchmark, quality improvement plans will be completed.

INDICATOR 1: (CMHSP and PIHP) The percentage of persons during the quarter receiving a pre-admission screening for psychiatric inpatient care for whom the disposition was completed within three hours. **Standard equals 95%.**

INDICATOR 2: (PIHP and CMHSP) The percentage of new persons during the quarter receiving a completed biopsychosocial assessment within 14 calendar days of a non-emergency request for service. **Standard equals 62%.**

INDICATOR 3: (PIHP and CMHSP) Percentage of new persons during the quarter starting any medically necessary ongoing covered service within 14 days of completing a non-emergent biopsychosocial assessment. **Standard equals 72.9%.**

INDICATOR 4a: (CMHSP and PIHP): The percentage of discharges from a psychiatric inpatient unit during the quarter that were seen for follow-up care within seven days. **Standard equals 95%.**

INDICATOR 10: (PIHP/CMHSP): The percentage of readmissions of children and adults during the quarter to an inpatient psychiatric unit within 30 days of discharge. **Standard equals 15% or less. *PIHP is Prepaid Inpatient Health Plan**

- January 13, **Portland Community Soup Fundraiser**, 4-7pm VFW, Portland for the residents of Edgemont Apartments. \$10 donation. 50/50 drawing. 22 residents lost everything in a fire January 5.
- January 16, **Ionia Coalition of Moms and Babies Self Care Smoothies Night**, Ionia First UMC Church, 7-8pm. For moms and moms to be who are pregnant. RSVP <https://www.signupgenius.com/go/IOCOE49A4AE2EA5FBC70-07053250-selfcare>. Free blender to moms. Sponsored by Great Start Ionia County.
- January 17, 25
- February 1, 12, **Multiple Puzzle Competition**, The Port, Portland. Teams of four or five. Maximum six teams per day. \$50 in prizes and winners keep their 500 piece puzzle. \$20 team to enter. Register or preorder charcuteries at 10 percent off at (517) 515-5515.
- January 20, **Euchre Tournament**, 5:30 registration, Steele Street Hall, Ionia. All benefits go to the Ionia Free Fair Floral Building Restoration Project. 50/50, Silent Auction, quarter cups, door prizes, more. \$15 per person.
- January 23, **He Man Book Lovers Club**, Ionia Community Library Program, 7-8pm, Steele Street Brewery. Fourth Tuesday every month. Contact Dale <http://ioniacommunitylibrary.org>
- January 23, **ICCOA Lunch and Learn Series**, Saranac Senior Housing, 11:30am-noon. Contact ICCOA (616) 527-5365.



Help with a New Year's Resolution...

How to Quit Smoking



It is never too late to quit smoking. Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

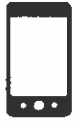
Quit Smoking-call-1-800-QUIT NOW (1-800-784-8669) for free support to quit smoking.

There are seven medicines approved by the Food and Drug Administration (FDA) to help you quit. They work in different ways. All have been shown to be safe and effective for adults who smoke cigarettes.

These quit-smoking medicines include: nicotine replacement medicines (the nicotine patch, lozenge, gum, oral inhaler, and nasal spray) and pill medicines (varenicline and bupropion SR).

Some other strategies, with or without medicines, can help you quit as well.

IF YOU'RE
LOOKING FOR
A REASON
TO STOP SMOKING
THIS IS A SIGN



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

1st Thursday of the Month, IM FAN (Ionia Montcalm Families Against Narcotics), 6:30-8pm, First Congregational Church, December, February, April, June, August, October. Soaring Above Teen Center, January, March, May, July, September, November.

Mondays, Outreach Survivor's (of Domestic Violence) Support Group, 2pm, Google Meet Up. Email Gretchen Edwards, gretchene@raveim.org.



Adulting 101

Peer Led, January 11, 25, 2pm, Ionia TRD.

Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Built by You

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

Crafts

Peer Led, January 3, 17, 31, 10-11am, Ionia TRD.

Teen DBT

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

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Food Pantry Rides

Peer Led, January 9, 3:30pm, January 31, 2pm.
Contact Shelly for a ride.

LGBTQIA

Peer Led, January 8, 22, 29, 3-4pm, Ionia TRD.

Live Out Loud

Referrals to Tania White for 12 weeks, Mondays, 3:30-4:30pm, Ionia for teens 13-17 identifying as LGBTQIA-starting January 8.

Living with Diabetes

Peer Led, January 10, 24, 10am, Ionia TRD.

Parenting Through Change

Ongoing, Wednesdays, 5:15-6:45pm, Ionia TRD.

Self-Love

Peer Led, January 3, 17, 31, 11:30am, Ionia TRD.

Seeking Safety

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

Social Hour

Peer Led, January 16, Bingo, 1:30-2:30pm, Sozo.

Tune Up Tuesday

Peer Led, January 16, 30, 10am, Drop in Center

Volunteer Group

Peer Led, January 9, 16, 3:30pm, Ionia Theater.

Women's Group

Peer Led, January 4, 18, 1-2pm, Portland TRD.

YES, Truly Our Friends (YTOF)

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

YOGA

Peer Led: **Sunrise**, January, January 10, 17, 24, 31, 9am, Ionia TRD. **Sunset**, January 11, 18, 25, 5pm, Ionia.



COMMUNITY RESOURCES



Department of Health and Human Services

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

TRD has Kim Graff onsite (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
- In-home assistance services
- Supportive services
- **Caregiver Support Group**, third Tuesday of each month, 11:30am-12:30pm, in person or by phone. Presented by the Alzheimer's Association Greater Michigan Chapter. Call Rachel (616) 527-5365 or (888) 527-5365.
- **Painting Group** meets every Friday, 1-3pm at the IOCCA. Beginners welcome.

Ionia County Dial-A-Ride/I-Dart

(616) 527-4000

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

Ionia County Libraries

- **Alvah N. Library**, Main Street, Belding (616) 794-3510 www.alvahnbeldinglibrary.org
- **Ionia Community Library**, Main Street, Ionia (616) 527-3680 www.ioniacommunitylibrary.org
- **Lyons District Library**, Bridge Street, Lyons (989) 855-3414 www.lyonsmichlibrary.org
- **Lake Odessa Community Library**, Fourth Avenue, Lake Odessa (616) 374-4591 www.lakeodessalibrary.org
- **Portland District Library**, Kent Street, Portland (517) 647-6981 www.pdl.michlibrary.org
- **Saranac Clarksville District Library**, (616) 642-9146 www.saraclark.michlibrary.org

Ionia Literacy Council (616) 389-8529

www.ioniacountyliteracycouncil.org

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

Education for Adults:

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

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

Heartlands Institute of Technology (616) 527-6540

Trade focused programs for Ionia County 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.

Portland Alternative/Community Ed (517) 647-2987

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.

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

- Offers free and confidential services to survivors of domestic and sexual violence as well as victims of homelessness

Tony Balice Walk-In Care Clinic

550 E. Washington Street, First floor, Ionia (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 in a family crisis or community disaster.

For the Complete 32 Page List of Community Resources, kindly go to:

www8cap.org