



The right Connection



December 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

Onsite IONIA: 1st & 3rd Mondays Veterans Affairs;
Wednesdays MDDHS; Fridays Samaritus

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.



The Magic of Rituals



As the holidays arrive traditions take center stage. Traditions or rituals connect us, calm us, ease our sorrow and generally make us feel better. Chances are you have a few rituals of your own and some inherited from your family that you choose to observe.

By definition, rituals are repeated purposeful actions that are significant to you. Everything from blowing out birthday candles on a cake to wearing that lucky jersey at Thanksgiving to ensure your team wins the football game.

“There are two types of rituals,” says Cristine Legare, a psychology professor at Austin’s University of Texas. One includes superstitions like burning sage to clear negative energy from a newly purchased home. The other focuses on collective rituals where we engage in an activity with a group of people like baptisms, book clubs or watching the ball drop on New Year’s Eve.

If you throw pennies in a fountain for luck or wear a special necklace before a date, you know the hope rituals bring. They work not for any supernatural reason, but because they instill confidence which helps enable success.

“Rituals in bad times are particularly useful because they allow you to really feel like you have a sense of control again,” says Laurie Santos a professor of psychology at Yale. She believes such soothing rituals have long term benefits. In the future, when you reflect back on a happy family, religious or cultural ritual that you enjoyed, it can make you feel a calm connection explains Michael Norton a business professor at Harvard. In a 2014 study he conducted and published, he found that if someone you loved passed away, by performing a ritual like having a wake, or continuing to wash their car each week like they did, can lessen your grief.

While rituals soothe emotions, some collective ones like having an open house honoring a graduate or crowning the quinceanera can make it more memorable or extraordinary. Collective rituals also make us feel closer and connected to others.

A 2016 study found when families practice rituals on holidays, they are more likely to enjoy them. So practice rituals that resonate with you during this holiday season to make it magical for you and yours!

Adapted from November Health

Member of:



What Makes it a Ritual?

Adapted from: [Fiealht](#)



If you want to create a new tradition for you or your family, make sure it meets this criteria:

- **IT IS REPEATABLE.** It might be a daily, weekly, monthly or yearly ritual but it needs to be repeatable.

“Most rituals follow a script with a set path that people will follow,” explains Kursat Ozenc, Vice President at JP Morgan/Chase’s New Business Ventures. As author of [Rituals for Work, 50 Ways to Create Engagement](#), Ozenc adds, “It should be simple like going around the table at dinner and sharing your highlight for the day.”

“Unlike a routine, rituals aren’t mindless,” he continues. “People recognize something special is happening.”

- **YOU CALL IT A RITUAL.** The word ritual itself seems to matter and carry some weight with it.

In a 2016 study participants who were told to complete actions described as ‘random behaviors’ did not fare as well as those who were told the same tasks were a ritual.

- **IT MEANS SOMETHING TO YOU.** If you need inspiration, research your own ethnic background, religion or family traditions.

Harvard Business Administration Professor, Michael Norton thinks of Yom Kippur, “You don’t have to be Jewish to (*on a special day of the year*), apologize to people you know you’ve wronged. Pull traditions that interest you and start doing things that feel meaningful. If everyone (*in your family*), does them together and you do the ritual again the next year, you get resonance over time.”

Peanut Butter Balls

Easy no bake chocolate and peanut butter goodness at TRD’s November Baking with Shelly. These gems can be stored in an airtight container: in the fridge for three days or in the freezer for one month.



Shelly Hanses

Peer Support Specialist

- 1/2 cups creamy peanut butter
- 1 cup softened butter
- 1/2 cup powdered sugar
- 2 tablespoons plus 2 teaspoons vegetable shortening
- 1—12 ounce package of semi-sweet chocolate chips

Cream the peanut butter and butter by hand. Add sugar a little at a time until mixed. Use a tablespoon to form dough into golf sized balls. Place on wax paper on a cookie sheet and firm in fridge for about an hour. Melt chocolate and shortening in a microwave on high for one minute and stir. Repeat at 30 second intervals till melted. Drop balls into chocolate. Roll with a fork till covered. Return to tray and to fridge to set.



- 1 World Aids Day
- 1, 15, 22, 29 **TRD Grant**, Christmas Crafts 9-10. Advanced Crafts, 11:30-12:30, *Ionia*. Volunteer Group, 1:30-2:30, *Ionia* Animal Shelter
- 2 **TRD Grant**, Share a Gift, *Ionia*
- 2, 9 **TRD Grant**, Fitness, 1:30, *Ionia*
- 3 International Day of Persons with Disabilities
- 5 International Volunteer Day
- 5, 19 **TRD GRANT**, Holiday Baking, 1-2:30, *Ionia*
- 6, 20 **TRD GRANT**, Basic Skills, 11-12, *Ionia*
- 6, 13, 20 Volunteer Group, 3:30, *Ionia* Theater
- 7 Pearl Harbor Remembrance Day
- 7, 21, 28 **TRD Grant**, Fitness, 3, *Ionia*
- 8 **TRD GRANT**, Social Hour, Holiday Light Show in Fenwick. Meet at 5:30 at *TRD Ionia*
- 9 **TRD Grant**, Stretch and Coals, Noon, *Ionia*
- 10 Human Rights Day
- 12 International Universal Health Coverage Day
- 12 **TRD Grant**, Pay it Forward, 1:30-3, *Ionia*
- 13 National Guard Birthday
- 13 **TRD Grant**, Mindfulness and Movement, 10-11, *Ionia*. Women’s Support Group, 11-12, *Belding*
- 14 **TRD Grant**, Social Hour, Red Mill Tree Lane, 9:30, meet at *Ionia*
- 15, 29 **TRD Grant**, Women’s Support Group, 2-3, Portland
- 16 **TRD Grant**, Volunteer Group, Senior Santa, 1, *Belding*
- 18 Hannukah
- 18 International Migrants Day
- 21 Winter Solstice, (*First Day of Winter; shortest day of sunlight*),
- 22 **TRD Grant**, Light Show in Grand Rapids, meet at *Ionia* at 4:30
- 23 International Survivors of Suicide Day
- 24 Christmas Eve Day. TRD Closed 23rd through 26th
- 25 Christmas Day
- 26 Kwanza
- 31 New Year’s Eve. TRD Closed 30th through 2nd

Week Long Observances:

- 4-10 National Handwashing Awareness Week
- 4-10 Human Rights Awareness Week
- 25-31 Thank a Soldier Week

Month Long Awareness and Observances:

- National Drunk and Drugged Driving Prevention Month
 - Universal Human Right Awareness
 - World Aids Awareness Month



MAINTAINING YOUR MENTAL HEALTH THROUGH THE HOLIDAYS...

The holidays can be full of joy but they can also be challenging and stressful for those impacted by mental illness.

A National Alliance for Mental Illness (NAMI) study showed that 64 percent of people with mental illness report holidays make their conditions worse. "The holiday season can be a lonely or stressful time, filled with anxiety and/or depression," said NAMI medical director Ken Duckworth (in a 2020 interview). If you're living with a mental condition, stress can worsen symptoms (like hallucinations and delusions with schizophrenia or mania and depression with bipolar disorder)

Here are suggestions from NAMI on how to reduce stress and maintain good mental health during the holidays.

- ◆ **TAKE STEPS TO STAY SAFE.** With Covid-19 still here gathering at home with family or virtually is still safest. Limit the number of people and households if planning to gather with others. Do not attend if you feel sick or are in a high risk group. Distance, practice hand hygiene and frequently wash hands and surfaces. Keep gatherings short.
- ◆ **ACCEPT YOUR NEEDS** and put your own mental and physical well-being first. Recognize what your triggers are to help prepare for stressful situations. (Like shopping for gifts). Once you know, you can take steps to avoid or cope with stress.
- ◆ **WRITE A GRATITUDE LIST AND OFFER THANKS.** As we near the end of the year, reflect back on what you are grateful for, then thank those who have supported you. (Gratitude has been shown to improve mental health).
- ◆ **MANAGE YOUR TIME AND DO NOT DO TOO MUCH.** Prioritize your time and activities by making a daily schedule so you do not feel overwhelmed by tasks and deadlines. It is okay to say no if it does not fit in your schedule, or make you feel good.
- ◆ **BE REALISTIC.** The happy lives of people in holiday commercials are fictional. We all struggle from one time or another. Sometimes, it is not possible to find the perfect gift or have peaceful time with family.
- ◆ **SET BOUNDARIES.** Family dynamics can be complex. Acknowledge them, accept you can only control your role and if you need to, find ways to limit your exposure.
- ◆ **PRACTICE RELAXATION.** Refocus with deep breathing, meditation and progressive muscle relaxation to calm yourself now and beyond the immediate moment.
- ◆ **EXERCISE DAILY** as it naturally produces stress-relieving hormones in your body and improves your overall health.
- ◆ **SPEND TIME IN NATURE.** Studies show time outdoors reduces stress. Need a break, take that walk outside.
- ◆ **SET ASIDE TIME FOR YOURSELF AND PRIORITIZE SELF-CARE.** Schedule activities that make you feel good like reading a book, listening to music or going to the movies. It is okay to have alone time to recharge.
- ◆ **EAT WELL** even though there will be dinners, parties and cookie trays. Our eating habits are challenged during the holidays so try to maintain a health diet by eating unprocessed foods like whole grains, vegetables and fruit to stabilize your mood.



FUN ACTIVITIES

- DECEMBER 2 **HOMETOWN HOLIDAYS**, 4-8pm, Downtown Ionia. Tree lighting, Santa at the Armory, free movie, and residential light tour
- DECEMBER 3 **MRS. CLAUS BAZAAR**, 9am-4pm, Ionia Middle School. Pancake Breakfast with Santa 9-11am.
- DECEMBER 3 **COOKIE WALK**, LeValley United Methodist Church, 8:30am-1pm.
- DECEMBER 3 **SARANAC AREA MUSICIANS AND SINGERS (SAMS) CHRISTMAS CONCERT AND DINNER**, 5:30pm, Saranac High School Cafeteria. Concert only 7pm tickets \$5 at the Door; \$3 students/seniors.
- DECEMBER 3, 10 **AUCTIONS**, Saturdays 6pm Old R and T Auction House, Orleans. Baked goods, Christmas items too. Free gifts.
- DECEMBER 4 **COMMUNITY CHRISTMAS CONCERT**, starring Jake Slater, Elvis impersonator, 3pm, Ionia United Methodist Church. Donation.
- DECEMBER 4 **BREAKFAST BUFFET, SALE AND BAZAAR**, 8-11am, Portland VFW, \$10. A la carte items include, omelets and steak. **(517) 647-4980.**
- DECEMBER 9 **BURGER BURN**, 5-8pm, Portland VFW. 1/3 burger basket. Dine in or phone ahead for take out **(517) 647-4980.**
- DECEMBER 9 **SANTA IS COMING** to the Lake Odessa Library after the town's Christmas in the Village Parade. **(616) 374-4591.**
- DECEMBER 23 **FAMILY MAGIC SHOW** with Mr. Jim, Lake Odessa Library, 10:30am. **(616) 374-4591.**
- DECEMBER 29 **FREE FAMILY MOVIE**—Puss in Boots, The Last Wish, 1pm, The Ionia Theater. Free pop, popcorn and candy. Bike and gift card giveaway afterward. Sponsored by ICAN (Ionia County Council for the Prevention of Child Abuse and Neglect).



- ◆ **GET ENOUGH SLEEP** so symptoms like mania with bipolar disorder are not triggered by too little shut eye.
- ◆ **AVOID ALCOHOL AND DRUGS** as they often worsen stress instead of reducing it. If you struggle with substance abuse, educate yourself and get help.
- ◆ **VOLUNTEER** as it can provide a great source of comfort. By helping others who are not as fortunate, you can also feel less lonely or isolated and more connected to your community.
- ◆ **FIND SUPPORT** from friends, family, a counselor or a support group since talking can help.
- ◆ **KEEP UP OR SEEK THERAPY** if you are feeling overwhelmed. It may be time to share with your mental health professional. They can help you pinpoint specific events that trigger you, help you create an action plan to change them. And if you are already seen a therapist, keep it up.

Condensed from NAMI 2020 article by the same name



Spotlight on Resources to Help You Maintain Your Mental Health Through the Holidays

Mental Health and Counselling Services

Access Alliance	(800) 448-5498
Boys Town National Hotline	(800) 448-3000
Catholic Charities	(616) 522-0936
Common Ground Crisis Line	(800) 231-1127
Four Health Family Resources	(616) 342-6466
Inner Access Therapy Center	(616) 527-2619
Mid State Health Network (MSHN)	(844) 405-3094
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness (NAMI)	(800) 950-6264
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
National Domestic and Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Northpoint Counselling	(616) 523-6677
Personal Counselling Services	(616) 527-0326
Problem Gambling Help-Line-24 hours 7 days	(800) 270-1117
Rape and Incest National Network (RAINN)	(800) 656-4673
Southeast Michigan Community Alliance (SEMCA)	(800) 686-6543
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255
RAVE Emergency Shelter for Women	(616) 527-3351
The Right Door 24 hour crisis line	(888) 527-1790 (616) 527-1790
Viewpointe Counselling	(616) 523-6537

Substance Abuse

Alcoholics Anonymous	(800) 356-9996
Center for Disease Control (CDC) Hotline	(800) 232-4636
Complete Recovery Services (Ionia)	(616) 522-0687
Families Against Narcotics Ionia/Montcalm	(616)214-6128
Ionia County Health Department	(616) 527-4200
Ionia County Memorial Hospital	(616) 527-4200
Ionia Substance Use Disorder Clinic (Samaritus) Fridays at The Right Door	(833) 720-WELL (616) 527-1790
Michigan Substance Abuse Helpline	(866)520-2708
Mid State Health Network (MSHN)	(844) 405-3094
Narcotics Anonymous (NA) Hotline	(877) 230-4085
National Council on Alcoholism and And Drug Dependence (NCADD)	(800) 622-2255
Southeast Michigan Community Alliance (SEMCA)	(800) 686-6543
Substance Abuse Hotline	(800) 662-4357
Social Services Department	(616)527-5200

For a complete listing of 2022 Ionia County Resources

<http://www.mclaren.org//mclaren-physician-partners/>

Basic Skills

Every other Tuesday, 11am-12pm, Ionia

Belding CBT Depression Group

Ongoing, Fridays 10-11am, Zoom

Christmas/Holiday Crafts

Grant Group, December 1, 15, 22 and 29, 9-10am

Advanced Crafts, same days, 11:30am-12:30pm, both Ionia

Adult DBT

Ongoing, Mondays, 1pm, Ionia

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia

Family Psychoeducation

Wednesdays

Grief and Loss

Wednesdays, 10am, Ionia

Holiday Baking

Grant Group, December 5, 19, 1-2:30pm, Ionia

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia

Mindful Movement

Grant Group, Tuesday, December 13, 10-11:30am, Belding

Pay It Forward

Ongoing Grant Group, December 12, 1:30-3pm, Ionia

Seeking Safety Group

Starting January 11, Wednesdays, 10-11:30am, Ionia skipping every fourth week

Social Hour

Ongoing Grant Group, December 8, 14, 22 (see calendar page 2)

Volunteer Group

Ongoing Grant Group, December 1, 6, 13, 20 (see calendar)

Women's Support Group

Ongoing Grant Group, Every other Tuesday, 11am-12pm, Belding
Every other Thursday, 2-3pm, Portland



BOOK REVIEW

The first book by the National Alliance on Mental Illness (NAMI) is meant to be a comprehensive guide including stories from over 130 people who have been there as a caregiver or as a person with mental illness. Entitled **"You Are Not Alone"**, it is written by psychiatrist and medical director Ken Duckworth.

The book covers how to get help, the pathways to recovery as well as the intersection of culture and mental health. NAMI's hope is that this guide can help people find help sooner making recovery more accessible to those seeking it.



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-1852
- **AIDS Program** 1-877-342-2437
- **American Red Cross** 1-800-733-2767
Emergency/Disaster Services/Adult Education Programs/Housing Assistance
- **Autism Society of Michigan** 1-800-328-8476
- **Bridge Card EBT Customer Service** 1-888-678-8974
- **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**—Through 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
- **Food Assistance** 1-855-ASK-MICH
- **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
- **THAW Fund**—Health/Warmth Fund 1-300-866-8429
- **Ticket to Work**—Disabled Persons Rehab 1-800-605-6722
- **Tuition Incentive Program TIP** 1-888-447-2667
Treasury Department 1-888-4-GRANTS
- **WIC**—Women, Infants and Children
And Nutrition Assistance Program 1-800-225-5942

Social Security Announces Increase in 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase by 8.7 per cent in 2023. That translates to about \$140 per month: extra, on average starting at the end of this month and in January.

The increase will give seniors some peace of mind and breathing room as a cost-of-living adjustment (COLA) tied to the increase in the Consumer Price Index which is determined by the Department of Labor's Bureau of Labor Statistics. The Social Security Act provides for how the COLA is calculated. To read more, please visit www.ssa.gov/cola.

Medicare premiums are also going down. To view information about the upcoming Medicare changes go to www.medicare.gov.

Senior Santas

The Right Door has donation boxes set up around the community and in each TRD location to collect donations for 100 of our Seniors (60 years and older) who are isolated. This is totally donation driven with Santa bags stuffed and delivered before Christmas. To donate items or refer people, kindly pick up the suggestion list or referral form from clerical and return to TRD before December 13

Holiday Hours

We will be closed in observance of the holidays on

Friday December 23,
Monday, December 26,
Friday, December 30
And Monday January 2nd

We are sorry for any inconvenience this may cause and ask that you call our **Crisis Line** at any time should you require immediate help at **(888) 527-1790**

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement

Alvah N. Belding Library, Main Street, (616) 794-1450

www.alvahnbeldinglibrary.org

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

City of Belding (616) 794-1900

St. Joseph's Church, Parents of Addicted Loved Ones (PALS), Second and Fourth Mondays, 6:30-8pm (517) 204-8785



CITY OF IONIA

City of Ionia (616) 527-4170

Community Drawers, personal care items, third Wednesday each month, 1:30-4pm, Ionia First United Methodist Church

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org

IM Kids Third Meal, Fenwick, providing take home meal from school for food insecure children in Ionia and Montcalm Counties (616) 225-7264

IM SAFE CAC, (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center), serving children age 2 to 17 who have been sexually abused and severely physically abused, human trafficked or exploited over the Internet (616)225-7267

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 County Health Department, Adams Street, (616) 527-5341

Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud. At The Right Door, Fridays (616) 527-1790

Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters(616) 527-3860

Michigan Department of Human Health Services (MDHHS), comprehensive package of health care benefits and assistance program including emergency relief for home, utilities and burial as well as vision, dental and mental health services (616) 527-5200 on Hwy. 21; (616) 527-1790 at The Right Door on Wednesdays

Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money, nutrition, health and wellness programs. <https://www.canr.msu.edu/ionia> (616)527-5357

Rails to Trails, trails and maps, Ionia County, www.trailink.com.FindTrails.Michigan

Restore Church, AA Recovery Meetings, Mondays at 7pm

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, 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

Thursday—Free Dinner (formerly Soup Kitchen), Zion Church, 6pm

Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

RAVE Emergency Shelter, for women and children, (616) 527-3351

Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570

St. John's Lutheran School, breakfast buffet, second Saturday each month 8-10am

Zion Food Pantry, Wednesdays, 2-4:30pm, using drive thru method at 423 W. Washington

Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779



LAKE ODESSA



Monday Alanon Meeting, 10-11 am Lakewood United Methodist Church (616) 575-8000

Lake Odessa Community Library, 4rth Avenue, (616) 374-4591.

November 3 Tickle Your Funny Bone games, 4pm, 5-11 years of age; Tai Chi Tuesdays 1:00pm; Family Story Time Wednesdays 10:30am, Always in Motion, November 10 Fear Factor, 4:30pm, ages 9-14; November 15 Stem with Mr. Mike, Build a Bridge, 3:30-5pm, ages 11-16; Homebased Education Program, learn about the Digestive System, 1pm; Saturdays, Always in Motion Physical Fitness 10-11am, adults
www.lakeodessalibrary.org

Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075

Monday and Thursday-AA Meetings, 7pm, Al Anon Meeting, Tuesday, 6:30pm, St. Edwards Church, Robert (616) 902-9001

Village of Lake Odessa (616) 374-7110

LYONS-MUIR

Lyons Township District Library, Bridge Street, (989) 855-3414. Tuesday/Thursday Game Night 4-6:30pm Story time Wednesdays 11:30am, Book club November 29 11am-noon, Writer's group first Thursday 10:00am
www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144



PORTLAND

City Of Portland (616) 647-7531

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 (616) 575-8000

Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments (517) 647-2025



SARANAC

AA Meeting, Friday 8pm, Community Church

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

Village of Saranac (616) 642-6324





**SPOTLIGHT ON
RESOURCES FOR
DECEMBER**

**Food Pantries,
Clothing and
Household Assistance**

Food Bank Council of Michigan (Pantries)
www.fbmich.org/resources/find-a-food-bank

Emergency and Warming Shelters

Enrich of Ionia County (616) 522-1126

Relief After Violent Encounter (RAVE) (800) 720-7233

American Legion	(616) 642-674	Lutheran Child/Family Services	(616) 522-0145
Belding Bible Church	(616) 761-9217	Manna's Market	(269) 833-5887
Crossroads Community Church	(616) 522-4663	Meals on Wheels	(888) 370-7184
JHS	(616) 527-5200	St. Joseph Catholic Church	(616) 794-2145
EightCAP	(866) 754-9315	Salvation Army	(989) 463-2864
Encountering Lives	(616) 794-5080	Saranac Community Church	(616) 642-6322
Epic Community Church	(517) 647-7750	Shiloh Church	(616) 761-3584
First United Methodist	(616) 527-1860	The Right Door	(616) 527-1790
Food Assistance	(855) 275-6424	WIC	(800) 942-1636
Goodwill Stores	(616) 527-4404	YMCA	(616) 527-5760
Habitat for Humanity	(616) 523-6899	Zion United Methodist Community and Mobile Food Pantries	(616) 527-1910
Lincoln Avenue Baptist Church	(616) 527-0970		