



The right Connection



December 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 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:



Even though I live alone, my kids live close by so we all celebrate the holidays together. However, last year weather almost kept my daughter from getting home. That got me thinking about people who have family far away, who spend the season alone. What if they are single, widowed, divorced, struggling with a mental health condition like loneliness, depression, a substance abuse disorder, have suicidal tendencies or suffer from seasonal disorders?



Surviving the Holidays

December and the holidays can be bittersweet. They can be a magical time. Yet they also remind us of what is missing in our lives emphasizing our fears and weaknesses. So how do people survive the holidays?

- **USE THE SEASON TO THRIVE.** Since Christmas represents a period of rebirth while Hanukkah is a time to regain control of your life, search for healthy living tips and find introspective meaning.
- **FESS UP ABOUT HOW YOU FEEL.** Acknowledge your emotions so you can let them go instead of suppressing them and getting stuck with them; be authentic so you eventually overcome feeling crappy.
- **GET OUT THERE.** Instead of dodging a holiday party, take part in activities which can be fun, meaningful or supportive.
- **BE PROACTIVE.** Plan ahead to ward off a case of the lonelies. Reach out to friends, family and acquaintances in advance and ask their plans. Many will invite you to join them if they know you have none. If this is too awkward, plan your own event and invite others who also have limited plans.
- **SHAKE UP YOUR HOLIDAY ROUTINE.** If your traditions were with an ex or deceased significant other, or with kids who have moved far away or now spend them with you and their in-laws, lessen the blow by altering little things like preparing different foods, shopping at different stores or watching different movies. *Continued Page 2*



Continued from Page 1

- 1 **PEER LED**, Getting through the Holidays, Shelly, 11am-1pm, *Ionia TRD*
- 1 **PEER LED**, Downtown Ionia holiday festivities and parade with Katie, 4-7:30pm
- 3 **International Day of Persons with Disabilities**
- 4, 11 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 18
- 5, 12 **PEER LED**, Volunteer Group, Katie, 3:30pm, *Ionia Theater*
- 19
- 9 **PEER LED**, Living with Diabetes, Lexie, 10am, *Ionia TRD*
- 10 **International Human Rights Day**
- 12 **PEER LED**, Balance Group, Shelly, 2-3pm, *Ionia TRD*
- 12, 27 **PEER LED**, Food Pantry, Shelly, Call ahead for a ride. Zion Mobile Pantry, 12th at 3:30pm, 27th at 2pm
- 6,20 **PEER LED**, Self Love, Shelly, 10:30-11:30am, *Ionia TRD*
- 7, 21 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 7, 14, **PEER LED**, Crochet, Shelly, 9:30am, *Ionia TRD*
- 21
- 7, 14, **PEER LED**, Craft Group, Shelly, 11am, *Ionia TRD*
- 21
- 13 **Recipient Rights Advisory Committee**, 4-7pm, *Ionia TRD*
- 14 **PEER LED**, Adulting 101, Lexie, 1pm, *Ionia TRD*
- 14 **PEER Passport Reward Day**, 12:30-3:30pm, *(by invitation only)*
- 19 **PEER LED**, Tone up Tuesday, Shelly, 10am, *Drop in Center*
- 19 **PEER LED**, Bingo, Shelly, 1:30pm, *Mooville*
- 21 **Winter Solstice**
- 22 **Humane Society Anniversary Day**
- 25 **Christmas Day**
- 31 **New Year's Eve**
Happy New Year!

- **PLAN ON HOW TO DEAL WITH POTENTIAL HOLIDAY TRIGGERS.** The holidays can bring back painful memories and increase loneliness. If an upcoming visit with a friend or family will upset you with a walk down memory lane, perhaps set a time limit there and plan to meet someone else afterwards who makes you feel good.
- **GET BACK TO YOUR ROOTS.** What traditions used to make you feel all warm and fuzzy? Rituals induce calm, relieve stress and provide a sense of continuity and belonging.
- **REACH OUT TO LONG LOST FRIENDS AND RELATIVES.** Connecting with family and friends in other ways will boost your sense of belonging while strengthening your social network. All it takes is a Christmas card, a text message or Facebook post to let someone know you care which in turn boosts their wellness.
- **DO SOME GOOD.** Too much time on your hands can be dangerous. Get out of the house and volunteer in your community. It will boost your mood and morale, foster connections with new people and 'spread goodwill toward man.'
- **DO NOT PUT SO MUCH PRESSURE ON YOURSELF.** Try not to force yourself to have a certain type of holiday experience. Keep it simple and enjoyable.
- **GET SOME FRESH AIR.** Exercise releases endorphins which make us feel better. Spending time outdoors can increase vitamin D which also helps ease depression.

Adapted from an article by Krissy Brady, Prevention Magazine

WEEKLY OBSERVANCES:

- **December 1-7** Crohn's and Colitis Awareness Week
- **December 5-9** National Influenza Vaccination Week

MONTH LONG AWARENESSES/OBSERVANCES:

- Cancer Awareness Month—Cervical
- Cataract/Glaucoma Awareness
- Eating Disorders Awareness Month
- HIV and AIDS Awareness Month
- National Drunk and Drugged Driving Prevention Month (National Impaired Driving Prevention)
- National Kidney Awareness Month
- National Safe Toys and Gifts Month
- Universal Human Rights Month

1/1/2024 New Year's Day



May You be happy.
May You be well.
May You be safe.
May You find comfort.
May You have strength.
May You have courage.
May You find healing.
May You have peace.
May You have joy.
May Your finances increase.
May Your home be filled with
loving kindness.
May all your prayers be
answered & Wishes come true.
MAY YOU BE BLESSED



AIR FRYER BRUSSEL SPROUTS

Kristi Kieu

Former TRD Homebased Supervisor



To send in recipes including favorites, desserts, appetizers or sheet pan wonders, please email sferris@rightdoor.org

INGREDIENTS:

- 1 pound Brussel sprouts
- 2 tablespoons olive oil
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon minced garlic
- 1 tablespoon fresh lemon juice (optional)
- Grated parmesan cheese (optional)

DIRECTIONS:

1. Rinse, peel outer layer and stem before cutting sprouts in half.
2. Toss with oil and spices and place in an air fryer.
3. Bake at 375 for 18 minutes turning/shaking halfway through.
4. Transfer to plate and squeeze lemon juice and scatter cheese over the top.

Regular oven method: Bake at 400 degrees for about 40 minutes tossing every five minutes.



UNIVERSAL
HUMAN RIGHTS
MONTH



PEACE
on EARTH,
GOOD WILL
TOWARD
ALL

Winter Solstice Blessing

NOW IS THE TIME TO HONOR THE REBIRTH OF
 THE SUN, TO REMEMBER THE LIGHT IN THE
 DARKEST PART OF THE SEASON WITH
 HOPE OF GOOD THINGS TO COME,
 AND THE PROMISE OF A RENEWED
 LIFE.

Winter Solstice might not be sun worshipers' favorite day as it has the least amount of daylight for the year. It at least signals that each day thereafter will gradually increase in daylight hours and that is one positive to keep in mind.



- December 1,** 5:30 pm Drive Through,
Twin Rivers Elementary, Muir
- December 5,** 2 pm Walk up Distribution,
Central UMC, Lake Odessa
- December 9,** 10 am Drive Through,
Mount Hope Church, Portland
- December 12,** 4:30 pm Drive Through,
**Zion UMC, Rather School
Parking Lot, Ionia**
- December 15,** 4:30 pm Drive Through,
Belding High School
- December 28,** 5 pm Drive Through,
American Legion, Hubbardston
- December 28,** 4:30 pm Drive Through,
Saranac Community Church
- December 20,** 5:30 pm Drive Through,
**Shiloh Community Church,
Orleans**

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



Here at The Right Door, we started an in-house food bank a few years ago for our persons served who were in immediate need. Maybe they were newly homeless or jobless and without means to secure food. Perhaps they were not signed up yet to receive food through some of the county food pantries or did not know how or where to go about it. Or maybe they had already received food from one but had run out. Whatever the situation, our intent was to help those who were in immediate need who had already exhausted other possibilities.

We wish to thank our staff who are wonderfully giving people. They generously donate items and cash towards our food pantry and also to our other events. They donate to Drab to Fab twice a year; to Back to School Backpacks; and to Senior Santas. We have made the in-house fundraising 'fun' with some unique competitions.

There is our annual non perishable food drive challenge between rival fans of the University of Michigan and Michigan State football game. (Michigan State fans won this year with the most money and items donated!) There was a baked potato bar where our Wellness Committee and supervisors supplied baked potatoes, toppings and desserts for lunch with all monies going to restock the food pantry. (*There are also some outside donations.*)

One of our other recent fundraisers was a similar type soup cook off with several personnel bringing in a crock pot of soup for lunch. Staff purchase tickets and after sampling all the soups, they vote for their favorite. The winner of course, has bragging rights.



Congratulations to San Juana Calderon who is the winner of TRD's 2023 Soup Off! Special thanks to Shelly Hanses, Peers, Liz Thelen, Supervisor, Access and Mobile Crisis and Alyssa Smith, Peers for serving up other tasty soups for staff to enjoy November 29. CEO Kerry Posehn's daughters baked cookies for staff too. Staff paid five dollars for water, bread, dessert and to sample all soups and vote on their favorite. A total of 100 dollars was raised for TRD's Senior Santas event coming up later this month where seniors 60 plus who receive services, and are alone, or in need, are delivered baskets of goodies and hygiene items the week before Christmas.



Sneaking a cookie at the Baked Potato Fundraiser November 16 is Julie Dowling, TRD's Supervisor of Outpatient and Specialty Services. The staff luncheon featured waters, baked potatoes, and all the toppings supplied by our in-house Wellness Committee while supervisors provided desserts. The cost to staff was \$5 with 325 dollars raised going to restock the TRD Food Pantry.

HAPPY
Holidays!

THE right DOOR
for hope, recovery, and wellness



The Peer Led Craft Group will be held three weeks in December. Here is one of the latest crafts the group made. Other crafts being made are intended to be kept or given to someone as a Christmas gift.

Senior Santas

We will be putting together holiday care packages for seniors who are isolated and lonely in Ionia County. For many, it may be the only gift they receive.

If you have donations for this year, please put them in the donation boxes by noon on Monday, December 11. (Boxes are located in Ionia at Tropical Smoothie, Biggby, The Jewel Box and Commission on Aging as well as any TRD location.)

Items needed include:

- *Hand knit items like scarves, hats, gloves, slipper socks, lap blankets, shawls
- *Handkerchiefs, combs, socks
- *Personal care items like soaps, lotions, shampoos, deodorant, toothpaste/brushes, chap sticks, manicure sets, first aid supplies
- *Miscellaneous gifts like word search, crossword, adult coloring books and colored pencils, playing cards
- *Household items like Kleenex, paper towels, toilet paper, cleaning wipes, cleaning products
- * Non-perishable items such as coffee, tea, healthy snacks, candies

If you would like for us to do the shopping, we will accept cash, or check to do so. Please contact Shelly Hanses or Julie Dowling (616) 527-1790 for more information.



COMMUNITY HEALTH CARE SERVICES

In addition to our Certified Peer Specialists and Recovery Coaches, we are happy to announce that we now have two Certified Community Health Care Workers (CHW's) on staff. They are Shelly Hanses and Rob Weiland. We hope to have more.

Services CHW's offer include:

- ◆ They can attend medical appointments with persons served
- ◆ Help in understanding what the doctor is telling them
- ◆ Help understanding treatments
- ◆ Help advocate their needs and their desired outcomes
- ◆ Offer groups and discussions on different topics to promote whole health
- ◆ This must be in your treatment plan under Peer services/grant

2023 Senior Santas Referral Form


**Fully Completed forms are due BEFORE
December 12, 2023**

Turn in Forms to The Right Door for Hope, Recovery and Wellness
First Come First Served *Limited to 100 gift baskets

Name: _____ Date of Birth: _____
Address: _____

Phone #: _____ (Please circle): Male
or Female

How did you hear about _____ Senior  Santas?

(If you move during the holiday season please contact Senior  Santas at 616-527-1790 and provide your updated information)

DECEMBER IS *NATIONAL*
IMPAIRED DRIVING
 PREVENTION MONTH



DUI ?
DID YOU KNOW..

YOU CAN BE ARRESTED FOR DRIVING UNDER THE INFLUENCE OF...

Alcohol  Marijuana 

Prescription medication  Other drugs 

OR ANYTHING THAT IMPAIRS YOUR ABILITY TO DRIVE.

RESOURCES:

Addiction Helpline **866-931-9522**
 Alcoholics' Anonymous **800-821-3014**
 Alcohol/Drug Abuse Helpline and Treatment **844-289-0879**
 Catholic Charities, Ionia **616-522-0836**
 Comprehensive Recovery Services, Ionia **616-522-0687**

Four Health, Saranac
 Ionia County Health Department ICHD **616-527-5341**
 Ionia County Substance Abuse Initiative **616-527-5341**
 Ionia Montcalm Families Against Narcotics **616-329-9645**

MADD
Mothers Against Drunk Driving 248-528-1745
 Mid-State Health Network **844-405-3095**
 Poison Control Centers **800-222-2222**
 Randy's House, Greenville **616-232-2915**
Responsibility.org
 The Right Door, Ionia, Belding, Portland **888-527-1790**
 Samaritas (through TRD) **616-527-1790**
 Soaring Above Teen Center **616-523-4570**
 Substance Abuse and Mental Health Services Administration SAMHSA **800-662-4357**
 Suicide Prevention Lifeline **800-273-8255**
 Or Suicide Crisis Lifeline **988**
Stop Drugged Driving.org
 Viewpoint Counseling, Ionia **616-523-6357**

IMPAIRED DRIVERS AND AUTO ACCIDENT STATISTICS:

- Someone in the United States dies in an auto accident involving a driver impaired by alcohol every 50 minutes.
- That means 28 people die every day due to crashes involving alcohol-impaired drivers or around 10,000 people per year.
 - Driving with a BAC of .08 percent or higher is considered alcohol-impaired by law. Drivers can be impaired and arrested even in their BAC is under .08 percent.
 - About one person is injured every two minutes in drunk driving collisions which is about 800 injuries every day or about 290,000 people per year.
 - On average, two out of three people will be involved in an impaired driving collision in their lifetime.
 - 25-34 year olds had the highest percentage (27 percent) of drivers with BAC's exceeding .08.
 - 19 percent of traffic fatalities among children 14 and younger were due to impaired driving.
 - 15 percent of all accidents involving teen deaths were from impaired driving.
 - 87 percent of teens believe their peers will drive impaired rather than call their parents and risk getting into trouble. Teens, parents and schools can visit the American Auto Association at AA.com/Promise for free educational materials.
 - Non alcoholic drugs such as cocaine and marijuana are involved in roughly 18 percent of motor vehicle-related deaths.
 - Drinking on New Years? Cab Fare \$20. DUI \$5,000. You do the math. AutoAccident.com.



ADDICTION RECOVERY MEETINGS in (or near) Ionia County:

- AA in Muir, 7pm, Community Center, side door
- AA in Lowell, Flat River Outreach Ministry. Monday-Sunday at 12 and 7pm; Tuesday-Friday, 4:30pm; Saturday Speaker meeting at 7pm
- AA in Saranac, 8pm, Fridays, Community Church
- AA in Lake Odessa, St. Edwards Church, Monday and Thursdays, 7pm. Call Robert 616-902-9001
- Restore Recovery Meetings, 7pm, Mondays, Restore Church, Ionia
- RAVE (Recovery After Violent Encounters) for Women and Children, Emergency Shelter Contact: 800-720-SAFE or 616-527-3351
- Soaring Above Teen Center, Ionia, Tuesday-Thursdays, 1-3pm. Contact Ken Baker 616-523-4570
- Smart Recovery through Zoom. Contact Deb Thalison at dthalison@ioniacounty.org

IMFan MEETINGS:

(Ionia/Montcalm Families Against Narcotics) 616-329-9645

1st Thursday of each month, 6:30-8pm

- January, March, May, July, September and November meetings, Soaring Above Teen Center
- February, April, June, August, October and December meetings, First Congregational Church, Greenville



LOCAL AA/AL-ANON MEETINGS:

Al-Anon Meetings:

Monday PALS (Parents of Addicted Loved Ones, 6:30-8pm, 2nd and 4th Mondays, St. Joseph's Church, Belding. Register online or call 517-204-8785

Tuesday Al-Anon, 6:30pm, St. Edwards Catholic Church, Lake Odessa

Wednesday Al-Anon, 10am, First Congressional Church, Portland 616-575-8000

Thursday Al-Anon, 7pm or zoom, Zion United Methodist Church, Ionia. Contact Sandi 616-255-3751 or Joy 616-901-7779
Al-Anon, 10am, Lakewood United Methodist Church, Lake Odessa

Ionia AA Meetings: All at 910 E. Lincoln Avenue, Ionia

Monday 10am Open, Noon 12 and 12, 6pm Women, 8pm Open

Wednesday 10am Closed to public, Noon Open, 6pm Men, 8pm Big Book

Friday 10am Open, Noon Open, 6pm 12 and 12, 8pm Open

Sunday Noon, 6pm, 8pm all Open

Online meetings: <https://meetings.intherooms.com>

Tuesday Noon Open, 6pm Open, 8pm Open

Thursday Noon Closed, 6pm Closed to public, 8pm
12 and 12

Saturday Noon Big Book, 6pm Open, 8pm Open



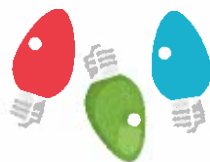
HOW TO KICK THE COMMON COLD

According to the American Lung Association the common cold is appropriately named. Adults get an average of two to four colds per year while children typically get between six and eight. Cold seem like an inevitable part of life. While colds strike at any time, they are more frequent in winter when people spend more time indoors in tight quarters with other people. Colds are contagious but Johns Hopkins Medicine offers some tips to help treat and lessen the severity of colds.

1. **HYDRATING** can help you fight off a cold, make you feel better soothe a sore, dry throat and ease congestion. Drink water, decaffeinated tea with lemon and broth. Avoid coffee, soda and caffeinated teas as they dehydrate.

2. **GARGLING** with salt water can alleviate a sore throat. Johns Hopkins recommends one teaspoon of salt per cup of water.
3. **USE A HUMIDIFIER** to make the indoor air more moist and soothing to a sore throat and dry nostrils since indoor dry, heated air worsens symptoms.
4. **GET PLENTY OF REST** to help strengthen the body's immune system enabling it to fight off the cold virus. Johns Hopkins recommends adults get eight to 10 hours of sleep when they come down with a cold.
5. **AVOID INEFFECTIVE UNPROVEN TREATMENTS.** Johns Hopkins claims there is little evidence suggesting zinc and vitamin C have any impact on cold viruses. Stick with antibiotics that are designed to treat bacterial infections.
6. **USE COMMON SENSE.** If you are sick, stay home and get better since common colds are contagious.

FUN EVENTS



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

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

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

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

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

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



December 1, Ionia: Tree Lighting/Caroling
6pm. Parade, 6:30pm. Visits with Santa
4-6pm and after parade until 8:30pm. Free
movie Ionia Theater, 8pm. December 2:
Pancake breakfast, Ionia Armory 9-11am.
Mrs. Claus Bazaar, 9am-3pm, Ionia Middle
School.

December 7, Lyons: Christmas By the
River, Parade 6pm, cookies and milk after at
the library, wreath, mini tree decorating and kids crafts
after at the VFW.

December 8, Lake Odessa: Parade of Lights, 6:30pm. Hot
chocolate at Luminate Home Care after parade plus
cookies, activities and Santa at the library.

December 9, Belding: Free pancake breakfast 9-11am courtesy
Gus Macker to kick off Annual Home for the Holidays
at the high school. Vendors during breakfast. Browse
crafts, baked goods and more while enjoying local
food truck fare. Free movie, The Polar Express and
popcorn at the high school 6-7:30pm. Santa's Electric
Parade, downtown 7:45-8pm.

December 9, Portland: Santa at the Holiday Market, 9am-1pm,
Red Mill Pavilion, Portland. Christmas Tree Lane and
market featuring holiday baking, pies, produce, one of
kind crafts. Santa and photographer will be on hand.
Hot dogs, chips, hot chocolate and cider for sale.

December 9, 16, 21 Disney Lorcan League, CCG Prime Games Store,
1:30pm, Main Street, Ionia.

December 12 Christmas Craft Night, 4:00pm, Lyons Township
District Library.

December 14 Gingerbread House Make and Take, 4pm, Lake
Odessa Community Library, ages 9-14. Register by
December 13th at (616) 374-4591.

December 15 Senior Citizen Luncheon, Noon, Room 304, Ionia
Educational Center, 250, Tuttle Road. RSVP by
Wednesday prior to lunch at 616-5279380. Cost is
\$2 per senior.

December 28 Christmas Character Magic Show,
with Stormy the Magician, 10:30am, Lake Odessa
Community Library. Register call (616) 374-4591.

Markets (still open)



Denny Farms, 6588 Jordan Lake Road,
Saranac **616-527-1531**
(WPF, MF), Double Up Food Bucks
Open May-December, everyday during
harvest

Facebook: Denny Farms

Farm to Fork, 49 N. Bridge Street,
Saranac **616-914-6961**
Weekdays 10am-7pm, Saturday
9am-3pm
www.tsitagafarm.com/farmtofork
Facebook: Tsitaga Farm

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

Pierson Orchard Market, 5348 N. State
Road, Ionia **616-527-4847**
May-December, Monday-Saturday
9am-6pm, Sunday 10am-6pm
[Facebook.com/Piersons-orchard](https://www.facebook.com/Piersons-orchard)

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

Special Programs:
WPF-WIC Project Fresh
MF-Senior Market Fresh

December 28 Free Family Movie Day,
1:00 pm, "Wish", Ionia
Theater, courtesy the
Ionia County Council for
the Prevention of Child
Abuse and Neglect with
Matcor Matsui. Small
popcorn, pop and candy
free. No refills.

December 28 Ionia County Commission
on Aging 50 Year
Anniversary Mixer,
5-6:30 IOCCA, light
refreshments.

COMMUNITY RESOURCES



Department of Health and Human Services

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

TRD has Kim Graft 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.
- **Free Virtual Parenting Sessions**, November 2, 9, and 16, 4-5:15pm via HIPAA Compliant Zoom. Sessions focus on discipline, building social skills, developing confidence and persistence; managing behavior at home and school and common behavior problems like tantrums and defiance. To register visit MSU Psychiatry (517) 353-4362 or msucapgroups@gmail.com

Walking Rails to Trails

www.trailink.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





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



- **Adulting 101**
Peer Led, December 14, 1pm, Ionia.
- **Anger Management**
Mondays, 5pm, Zoom.
- **Balance Group**
Peer Led, December 12, 2-3pm, Ionia TRD.
- **Belding CBT Depression**
Ongoing, Fridays, 10-11am, Zoom.
- **Adult DBT**
Ongoing, Mondays, 1pm, Ionia.
- **Crafts**
Peer Led, December 7, 14, 21, 10-11am, Ionia.
- **Crochet**
Peer Led, December 7, 14, 21, 9:30pm, Ionia TRD.
- **Teen DBT**
Ongoing, Wednesdays, 4-5pm, Ionia.
- **Family Psychoeducation**
Saturdays, 10am, Ionia.
- **Food Pantry Rides**
Peer Led, December 12, 3:30pm, December 27, 2pm. Contact Shelly for a ride.
- **LGBTQIA**
Peer Led, December 4, 11, 18, 3-4pm, Ionia.
- **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, December 9, 10:30am, Ionia TRD.
- **Parenting Through Change**
Ongoing, Wednesdays, 5:15-6:45pm, Ionia.
- **Self-Love**
Peer Led, December 6, 20, 10:30-11:30am, Ionia.
- **Seeking Safety**
Wednesdays, 10-11:30am, Ionia, skipping every fourth week.
- **Social Hour**
Peer Led, December 10, Bingo, 1:30-2:30pm, Mooville.
- **Volunteer Group**
Peer Led, December 5, 12, 19, 3:30pm, Ionia Theater.
- **Women's Group**
Peer Led, December 7, 21, 1-2pm, Portland TRD.
- **YES, Truly Our Friends (YTOF)**
Ongoing, Fridays, 10am-12pm, Ionia TRD.

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.



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia (616) 522-9773

YOU ARE NOT ALONE

THE *right* DOOR
for hope, recovery and wellness

24-hour toll-free crisis line
888-527-1790

Up and coming:

We will be having a Christmas Party for our members December 22. We will also be having two Christmas lights nights this month. When the weather is good we will take the van out to see area lights. Our focus this month is staying warm, self care and supporting others this holiday season!

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.



DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26			29	30	11 Lunch with Peers, TRD 2 Music	2
3	11 Goal Getters 1 Board Meeting	4 11 Bee Creative 1 Depression Group	5 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	6 11 This is Me 2 Games	7 11 Roundtable talk 2 Music	8 9
10	11 Goal Getters 2 Sit to be Fit	11 11 Bee Creative 1 Depression Group	12 11 Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	13 11 This is Me Wonka Movie Outing	14 11 Roundtable talk 2 Music	15 16
17	11 Goal Getters 2 Sit to be Fit	18 11 Bee Creative 1 Depression Group	19 11 Relationships Free Lunch 1:30 Nutrition 2 Bingo	20 11 This is Me 2 Games	21 Christmas Party	22 23
24	Merry Christmas Open 12-4	25 11 Bee Creative 1 Depression Group	26 11 Relationships Free Lunch 1:30 Nutrition 2 Bingo	27 11 This is Me 12:30-4 Meadow Bowl Social Club	28 11 Roundtable talk 2 Music	29 30
31	1		3	Wagon Wheel	4	5 6

Holidays and Observances: 24 Christmas Eve, 25 Christmas Day, 31 New Year's Eve