



The right Connection

January 2023



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

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Belding Office
7441 Storey Road
Belding, MI 48809
616.527.1790

Portland Office
208 W. Bridge Street
Portland, MI 48875
517.647.2128

Hours:
Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm
Mondays and
Wednesdays 8am-6pm
Tuesdays and Thursdays
8am-7pm
Fridays-8am-5pm
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 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.



“It is not the mountain we conquer, but ourselves,” Sir Edmund Hillary once said. Known as a legendary mountaineer, Hillary was the first to summit Mount Everest. His wisdom echoes the journeys we conquer.

As you go through your own health journey, there is a lot on your plate. Whether it is you or a loved one going through a challenging time, it can be difficult to see the light at the end of the tunnel.

Wherever you are in your healing process, know you are not alone. Know that with a new day and a new year comes renewed strengths and hopes.

“And once you choose hope, anything is possible,” actor Christopher Reeve was quoted saying after he was paralyzed from the neck down in a horse riding accident in 1995. The former Superman star could not talk or breathe without help from a machine. Over the years he regained his voice, could breathe unaided for hours at a time and regained feeling in parts of his body. He became a leading activist for stem cell research and was a true champion for those who suffered from spinal cord injuries, ALS, Parkinson’s, Huntington’s and Alzheimer’s. He took comfort from an unknown source who wrote, “Some people cannot be cured, but everyone can heal.”

Another anonymous saying he liked, that buoyed his spirits was, “The sun never quits shining, but sometimes clouds get in the way.” Reeve continued to be a beacon of hope and a pillar of strength contributing until his death in 2004 as his way of giving back and letting others view his journey, his hope and actions as a positive example of a life they could emulate no matter what the circumstances.

He believed that even when it is cloudy, remain hopeful. There are others who can help you keep that hope alive. That coupled with a new year is like wiping the slate clean for a chance at growth, healing, and wellness being conquered from the spirit within each of us.

To that end, I am reminded of Brian Koslow’s advice which is, “If you nurture your mind, body and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more.”

May 2023 bring you hope, renewal and a fresh perspective in your journey, goals and accomplishments.

Member of:





Seasonal Affective Disorder (SAD)

Adapted from The Right Door Handouts found in each office lobby

Many people joke that they hibernate for fall and winter when the days are shorter and there is less sunlight. They also say they have ‘cabin fever’ and feel a little antsy or slightly off kilter by the end of winter.

What they could be experiencing is Seasonal Affective Disorder, or SAD, which can occur in the spring and summer but is less likely.

SAD seasonally affects some people with depression—a depression that lasts for a long time and interferes with daily function or living and is often referred to as “the winter blues.”

The specific cause of SAD is unknown but one factor is the reduced level of sunlight in the winter. This causes a disruption in your body’s internal clock with a drop in serotonin and a disturbance of melatonin levels.

Symptoms may include:

- Feeling sad or having little interest in doing things you like to do
- Being irritable or easily frustrated
- Difficulty with sleep: staying asleep or falling asleep, sleeping too much and/or feeling sluggish
- Increased, decreased or no appetite, or the reverse—weight gain
- Feelings of guilt, worthlessness or helplessness
- Trouble concentrating
- Thought of self harm or suicide

Risk factors:

- Women are more likely to have SAD than men
- SAD occurs more in adults
- Factors that can increase your risk of SAD—family history, having a bipolar or major depressive disorder diagnosis, living far from the equator, or having low Vitamin D levels

Treatment:

If your symptoms persist for two weeks or more, or if you are experiencing thoughts of self-harm or suicide, call your doctor or counselor. If you or someone you love is having thoughts of suicide, please get immediate help.

Our **24/7 Crisis Line is 1-888-527-1790** or connect with the **National Suicide Hotline by dialing 988.**



JANUARY

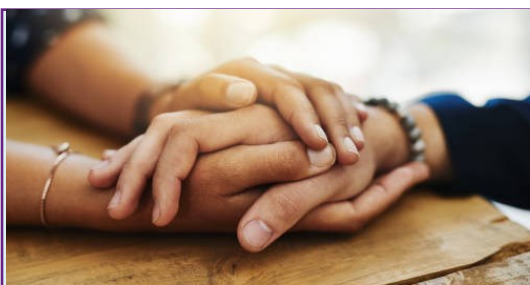
TRD has been awarded a grant to enhance integrated healthcare for adults with mental illness. Those who also have a substance use disorder have a shorter life expectancy and more co-occurring health conditions than the general population. We hope to change that with free health related education, improved access and coordination with primary care and increased coordination between primary care physicians and TRD for those identified as ‘high risk utilizers.’ **Groups are free but limited. Please register with Audrey Phillips or Patricia Wentworth at 616-527-1790.**

- 1 New Year’s Day/Global Family Day
- 3, 10, 17 **TRD Grant**, Volunteer Group, Shelly, 3:30, *Ionia Theater*
- 4, 18 **TRD Grant**, Yoga, 9-10am, Shelly *Ionia TRD*
- 6 **TRD Grant**, Gratitude Journals, noon, Patricia, *Ionia TRD*
- 8 World Literacy Day
- 9 **TRD GRANT**, Fitness (*full*), Rob, 3:30, *Ionia Fitness Gym*
- 10, 17, 24, 31 **TRD GRANT**, Walking Group, 1:30-2:30, Shelly, *Ionia Armory*
- 11, 25 **TRD GRANT**, Cooking Group, 5-6:30pm, Shelly, *Ionia TRD. *Please RSVP 616-527-1790*
- 11 **TRD GRANT**, Social Hour, 1-2, Shelly, *Coffee Fix by Verizon*
- 12, 26 **TRD Grant**, Craft Group, 10-11am, Shelly, *Ionia TRD*
- 12, 26 **TRD GRANT**, Euchre, 12:45, Shelly, *VFW, \$5*
- 13 **TRD Grant**, Express Yourself Art, Noon, Patricia, *Ionia TRD*
- 16 Martin Luther King Junior Day
- 17, 31 **TRD GRANT**, Women’s Group, 11-12, Shelly, *TRD Belding*
- 19 **TRD Grant**, Women’s Group, 1-2, Shelly, *Portland TRD*
- 19 **TRD Grant**, Learn How to Use Your Cricut Night, 4:30-6, Shelly, *Ionia TRD*
- 20 **TRD GRANT**, Healthy Pizza Lunch, Noon, Patricia *Ionia TRD*
- 22 Celebration of Life Day
- 24 **TRD GRANT**, Intro to Knitting, 11-12:30, Shelly, Lyon’s Library. *RSVP 616-527-1790. Meet at TRD Ionia at 10:30*
- 25 **TRD GRANT**, Social Hour, 2-3, Shelly, *Sozo’s*
- 26 **TRD GRANT**, Book Discussion Group—Reckless Girls by Rachel Hawkins—10, Shelly, *Belding Library. Meet at 9:30 at TRD*
- 27 **TRD GRANT**, Stretch Class, noon, Patricia, *TRD Ionia*

Month Long Awareness and Observances:

- Eye Care Month
- Human Resource Month
- March of Dimes for Birth Defects Awareness
 - National Blood Donor Month
 - National Mentoring Awareness
 - National Soup Month
 - Quality of Life Month
 - Self Love Month

***The River’s Edge Drop In Center will be closed 1/16-1/29**



YOU ARE NOT ALONE!

Also known as the Major Depressive Disorder, SAD (Seasonal Affective Disorder) increases a person's anxiety, their stress, sadness, and feelings of isolation. Those afflicted can have mood swings leaving them with little enjoyment in activities. Following are some lifestyle changes recommended by the Mayo Clinic and Everyday Health.

COPING WITH SAD

1. **EXERCISE REGULARLY** to improve physical health in the winter. Since endorphins are released when we exercise, they bring forth positive feelings and increase energy improving our mood while making our bodies feel stronger.
2. **MAKE SOCIAL PLANS.** Instead of hibernating watching endless hours of television which only makes things worse, make a date with a friend, even if it is only for coffee, at least once a week, or more, to lift your spirits.
3. **PLAN A TRIP.** Just the planning alone gives you something to look forward to. Then when you actually make a trip south during the winter, some sunshine and warm weather, that our bodies crave, will lift your spirits and break up the monotony of the snow, rain and freezing temperatures.
4. **SOAK UP THE SUN** by layering up and spending some time outside as often as possible.
5. **LET THE LIGHT IN** by opening your drapes in the daylight. Sit near a window as well letting the natural light shine in to give you a mood boost.
6. **LIGHT BOX THERAPY** is a popular and effective way to cope with mild SAD because it mimics the sun's rays. Use in the morning to get the most benefits from it.
7. **SEE A THERAPIST** since SAD is a form of depression. Sometimes the best treatment is talking it out. CBT or Cognitive Behavior Therapy helps reduce depression and anxiety and focuses on identifying negative cycles offering ways to break the cycles.
8. **MAKE ROOM FOR YOURSELF** to be selfish and read a book, take a bath, get a pedicure or try a new recipe alone as long as you enjoy doing it and it makes you feel happy.
9. **AVOID OVERLOADING WITH CARBS** even though you crave comfort food in the winter as carbs sit heavily in your stomach and can worsen your symptoms. Potatoes, pasta and bread have a cathartic affect on your mood when the inevitable drop happens to your glucose level. Instead, eat a balanced diet rich in fruit, vegetables, protein and fiber.
10. **SEE YOUR DOCTOR** who may suggest vitamin supplements or more.



Don't just be good
to others,
Be good to yourself too!

FUN ACTIVITIES

- JANUARY 6** **FISH FRY**, 5-8, Saranac American Legion. \$12 per person. All you can eat fish, potato, coleslaw and roll.
- JANUARY 8** **BREAKFAST BUFFET**, 8-11am, Portland VFW, \$10. A la carte items include, omelets and steak. **(517) 647-4980.**
- JANUARY 12- FEBRUARY 16** **LEARN HOW TO PLAY THE UKELE**, 4:30pm youth 10-18, Portland Library. Adults are Saturdays, 10:30, January 14-February 18. Instruments will be loaned. Space is limited **(517) 647-6981.** Lessons and materials provided by Music Is The Foundation.
- JANUARY 13** **FISH FRY**, 5-7:30, Portland VFW. **(517) 647-4980.** Donation.
- JANUARY 17** **RUBBER BAND RACERS**, 3:30-5, ages 11-16, Lake Odessa Library. Students will build cars using science and engineering principles out of cardboard, glue, rubber bands using elbow grease.
- JANUARY 20** **BURGER BURN**, 5-8pm, Portland VFW. One third pound burger basket. Dine in or phone ahead for take out **(517) 647-4980.** Donation.
- JANUARY 24** **INTRODUCTION TO KNITTING**, 11am, Lyons Township Library. Join textiles expert Cheryl Hildebrandt for a masterclass in knitting. Yarn and tools will be provided, but knitters should feel free to bring materials from home as well.



**READ ANY
GOOD BOOKS
LATELY?**

Winter is the perfect time to cuddle up with a blanket and a good book.

Not only do books divert us from stress, they can transport us to exotic destinations, to another time, stimulate our thinking, and teach us something new. They help us pass time, are entertaining and are chicken soup for our souls.

So next time you enter any Right Door location, please feel free to borrow a book from any of the lending libraries in each lobby. Then when you are done reading, simply return the book, and even add one of your own, for others to share and enjoy.



Resources for Depression, SAD (Seasonal Affective Disorder), more...

Did you know Depression/Suicide is the third leading cause of death among 10-24 year olds?

Mental Health and Counselling Services

Access Alliance	(800) 448-5498
Boys Town National Hotline	(800) 448-3000
Catholic Charities	(616) 522-0836
Common Ground Crisis Line	(800) 231-1127
Four Health Family Resources	(616) 642-6466
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
National Suicide Hotline Lifeline	(800) 273-TALK 988
Northpoint Counselling	(616) 523-6677
Personal Counselling Services	(616) 527-0326
Problem Gambling Help-Line-24-hours 7-days	(800) 270-7117
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

For a complete listing of 2022 Ionia County Resources

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

Belding CBT Depression Group

Ongoing, Fridays 10-11am, Zoom

Cooking Group

Grant Group, January 11, 25, 5-6:30pm, Ionia

Craft Group

Grant Group, January 12, 26, 10-11am, Ionia; January 19, How to use your Cricut, 4:30-6pm, Ionia, January 24, Intro to Knitting, 11am-12:30pm, Lyons, Library

Adult DBT

Ongoing, Mondays, 1pm, Ionia

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia

Euchre

Grant Group, January 12, 26, 12:45pm, VFW, \$5

Family Psychoeducation

Saturdays, 10am, Ionia

Grief and Loss

Wednesdays, January 11 for 10 weeks, 10am, Ionia

Grant Events/Integrated Healthcare

Ongoing Grant Groups, Fridays, Noon, Ionia...January 6, Gratitude Journals, January 13, Express Yourself Art, January 20, Healthy Pizza Lunch, January 27, Stretch Class

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia

Seeking Safety Group

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

Social Hour

January 11, 1-2pm Coffee Fix by Verizon
January 25, 2-3pm, Sozo's

Volunteer Group

Ongoing Grant Group, January 3, 10, 17, 3:30pm, Ionia Theater

Walking Group

Grant Group, January 10, 17, 1:30-2:30, Ionia Armory

Women's Support Group

Ongoing Grant Group, Every other Tuesday, 11am-12pm, Belding
Every other Thursday, 1-2pm, Portland

YOGA Group

Grant Group, January 4, 18, 9-10am, Ionia

DEPRESSION

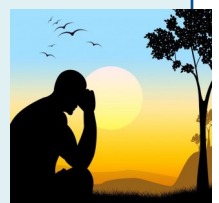
Depression is more than just a bad day or feeling down. If the sad mood lasts for a long time and interferes with daily living functioning, you may have depression. In the last two weeks how often have you...felt sad, had little interest in doing things you like to do, are irritable or easily frustrated. Do you have difficulty falling asleep, staying asleep or sleeping too much? Do you experience aches and pains more than usual like headaches, stomach problems that do not improve? Do you feel guilty, worthless, helpless or thought about harming yourself or about suicide?

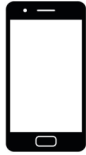
SOME CAUSES:

- ◆ Genetics
- ◆ Experiencing traumatic or difficult events: death of a loved one, divorce, major life changes, abuse.
- ◆ Having medical issues such as a stroke, cancer or chronic pain.
- ◆ Anyone being treated for depression should be screened for drug and alcohol use.

TREATMENT:

- ◆ Many people are treated successfully through their Primary Care Physician or Mental Health Professional.
- ◆ In fact 80 per cent of patients working with a therapist and receiving medication management have improvement with depression.





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**
- **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** **1-888-678-8914**
- **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**
- **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 **1-800-866-8429**
- **Ticket to Work**—Disabled Persons Rehab **1-800-605-6722**
- **Tuition Incentive Program TIP** **1-888-447-2687**
Treasury Department **1-888-4-GRANTS**
- **WIC**—Women, Infants and Children And Nutrition Assistance Program **1-800-225-5942**



At this time of year the cold plays havoc with housing and homelessness. But there is hope, and there is help.

HOUSING ASSISTANCE:

- American Red Cross **(800) 733-2767**
- Community Resources and Referrals (Housing)
UNITED WAY **2-1-1**
- EightCAP **(866) 754-9315**
- HUD Rental Assistance **(800) 569-4287**
- Ionia County Housing **(616) 527-9060**
- Michigan State Housing and Development Agency (MSHDA)
Step Forward **(866) 946-7432**
- MSHDA Michigan Homeowners Assistance Fund (MIHAF)
(844) 756-4423
- USDA Rural Development **(800) 944-8119**
- Veterans Toll Free Numbers iris.custhelp.va.gov

LOW INCOME HOUSING

- Auction Agency **(800) 443-5518**
- HUD Rental Assistance **(800) 569-4287**
- USDA Rural Development **(517) 324-5190**

EMERGENCY SHELTERS AND WARMING CENTERS

- Enrich of Ionia County **(616) 522-1126**

SOUP IS ON!

Many people start the New Year making resolutions to eat healthier, or lose weight yet many of us crave comfort food in the winter months. It seems appropriate that soup is on the menu to answer all of the above especially since January is National Soup Month. Additionally, Right Door staff held a Soup Off Fundraiser

December 13th. Money raised went to our **Senior Santa** program where 100 boxes were stuffed and delivered with goodies, hygiene products and other gifts and necessities for those 60 years and older who are isolated in our community.

Below is the winning recipe.

CHICKEN ENCHILADA SOUP

HAVEN MILLER, ABA Aide

Ingredients:

- 2 tablespoons of butter
- 1 diced yellow onion
- 1 jalapeno
- 3 diced garlic cloves
- 1 tablespoon of tomato paste
- 15 ounce can of corn
- 15 ounce can drained black beans
- 10 ounce can of Rotel
- 5 cups of chicken broth
- 4 thinly sliced chicken breasts
- A pinch of cayenne pepper
- 1 teaspoon cumin
- 1/3 cup softened cream cheese
- 1 ounce taco seasoning packet
- 2 cups of cheddar cheese



Sauté the onions, garlic and seeded jalapeno. Add the rest of the ingredients except the cheeses, into a crock pot. Cook on low till the chicken is done. Remove the chicken and shred it. Add it and the cheeses back to the pot and cook on medium till melted.

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 (616) 527-4170

Community Drawers, personal care items and coat give away, third Wednesday each month, 1-4:30pm, 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 two 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, 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, Tuesday, Wednesdays and Thursday, Walk-In Clinic, 9-11:30am and 12:30-3:30pm. First and third Wednesdays are for scheduled immunizations from 10am-6pm 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 9am-noon and 1-4pm, and Saturdays 9am-noon (616) 527-1530

Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, **Ionia Seventh Day Adventist Community Service Center** the third Tuesday each month. No ID needed (616) 527-6465

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

Mobile Food Pantry, Second Tuesday each month, 4pm, Rather School, Tuttle (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

January 5, Mini Battle of the Book, 4pm, 5-11 years of age; January 12, Family Feud Tween Style, 4 pm, 9-14 year olds; Family Story Time, Wednesdays, 10:30am; Always in Motion, Saturdays, Adult Physical Fitness, 10-11am ; January 17, Stern with Mr. Mike, Build a Rubber Band Racer, 3:30-5pm, ages 11-16; January 19, Homebased Education Program, learn about the Muscular System, 1pm; 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, Game Night, 4-6:30pm; Story time, Wednesdays, 11:30am; Winter Reading Program/Bingo till March 3; Adult Book Club/Bingo Jan 7 and 31, 11am; Writer's group Thursdays, 10:00am; January 24 Introduction to Knitting, 11am

www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144

hope

PORTLAND

City Of Portland (616) 647-7531

Portland District Library, Kent Street (517) 647-6981. Winter Reading Program for all ages until January

28; Learn how to play the ukele, youth 10-18, Thursday, 4:30pm, Saturdays, January 12-February 16. Adult classes Saturdays, 10:30am, January 14-February 18. All instruments and learning materials provided. Registration required. 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




**Food Pantries,
Clothing and
Household Assistance**

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

American Legion	(616) 642-9674
Belding Bible Church	(616) 761-9217
Crossroads Community Church	(616) 522-4663
DHS	(616) 527-5200
EightCAP	(866) 754-9315
Encountering Lives	(616) 794-5080
Epic Community Church	(517) 647-7750
First United Methodist	(616) 527-1860
Food Assistance	(855) 275-6424
Goodwill Stores	(616) 527-4404
Habitat for Humanity	(616) 523-6899
Lincoln Avenue Baptist Church	(616) 527-0970

Lutheran Child/Family Services	(616) 522-0145
Manna's Market	(269) 838-5887
Meals on Wheels	(888) 370-7184
St. Joseph Catholic Church	(616) 794-2145
Salvation Army	(989) 463-2864
Saranac Community Church	(616) 642-6322
Shiloh Church	(616) 761-3584
The Right Door	(616) 527-1790
WIC	(800) 942-1636
YMCA	(616) 527-5760
Zion United Methodist Community and Mobile Food Pantries	(616) 527-1910

**"Hope is the companion of power,
and mother of success:
for who so hopes strongly has within
them the gift of miracles."**

Samuel Smiles
British Self Help Author