



# The right Connection

July 2023

THE *right* DOOR  
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 Mon-  
days Veterans Service Office

Wednesdays DDHS, Fridays Samaritas

**Website:**

[www.rightdoor.org](http://www.rightdoor.org)



*my*Strength

**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.



Many of us enjoyed parades, picnics and fireworks with family over the fourth.

Some reflected on how the holiday came about with the signing of the Declaration of Independence since the 13 colonies that were the United States, were tired of being ruled afar by Great Britain.

Still others remembered individuals, both past and present, who fought for our physical freedom.

So thank you to those who served or are currently enlisted in the Army, Navy, Air Force and Marines (and Reserves), as well as, the veterans, and families whose sacrifices have made our freedom possible.

Thank you is not something we say nearly enough.



Member of:





- 2 **Made in the USA Day**
- 1-4 **TRD Closed for Independence Day**
- 4 **Independence Day**
- 5, 19 **PEER LED**, Self Love, Shelly, 10:30-11:30am, *TRD Ionia*
- 5, 19 **PEER LED**, Money Management with Katie and Shelly, 1-2pm, *TRD Ionia*
- 7 **LUNCH WITH PEERS**, Hot dogs, Sides, Success Stories, *TRD Ionia*
- 10, 17 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *TRD Ionia*
- 24, 31 **PEER LED**, Craft Group, Shelly and Katie, 10-11am, *TRD Ionia*
- 13, 27 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *TRD Portland*
- 17 **Senior Day, Ionia Free Fair**, 11am-1:30pm (*Sign up by July 10*)
- 18 **PEER LED**, Volunteer Group, Shelly, 3:30pm, *Ionia Theater*
- 11, 18, 25 **PEER LED**, Recovery Garden, Shelly, 10-11am, *TRD Ionia*
- 19 **Committee of the Whole**, 4-6pm, *Ionia*
- 18 **PEER LED**, Social Hour, Bingo with Prizes, 11:30am-12:30pm, *Sozo*
- 18 **PEER LED**, Walking Group, Shelly, 10-11am. Meet outside TRD Ionia
- 20 **PEER LED**, Knitting Group, Shelly, 10-11am, *TRD Ionia*
- 20 **PEER LED**, Portland Walking Group, Shelly, 1-2pm, *meet at TRD Portland*
- 21 **Ladies Day, Ionia Free Fair, 10-12pm**
- 24 **TRD Board Meeting**, 4-6pm, *Ionia*
- 24 **International Self Care Day**
- 25 **National Hire a Veteran Day**
- 30 **International Day of Friendship**



**Week Long Awarenesses and Observances:**

- July 3-August 11:** Dog Days of Summer
- July 14-22:** Ionia Free Fair

**Month Long Awarenesses and Observances:**

- Disability Pride Month
- Make a Difference for Children Month
- National Blueberry/Grilling/Hog Dog/Ice Cream Month
- National Anti Boredom Month
- National Minority Mental Health Awareness
- National Park and Rec Month
- Purposeful Parenting Month
- Sarcoma Awareness Month

**DID YOU KNOW...**The Dog Days of Summer refer to the hottest, most humid days between July 3 and August 11. The expression originated back with the Romans whose Latin translated to Days of the Dog Star which was



# DID YOU KNOW...



National Make A Difference to Children Month is observed in July. The month raises awareness about the vulnerability any child can face if they do not have the right person in their lives to guide them. Children, being pure of heart and still lacking experience about life, need guidance to choose the right paths. Oftentimes such guiding figures can be parents, older siblings, teachers, or other types of guardians. However, it also happens the many times children do not have such mentors, and this can put them in harm's way. A study shows that children are more likely to pursue higher studies if they have mentors and ideals in their lives. Children are the future of the world, and this is why it is important to make a positive difference in their lives.

## 5 FACTS ABOUT CHILD WELFARE THAT WILL BLOW YOUR MIND

Around one million children in America are victims of abuse and neglect every year.

Every year, at least 20,000 children age out of the foster care system.

There are more staff vacancies in child welfare agencies than in child-service agencies.

More social workers are willing to work for child welfare organizations if their loans are forgiven.

Estimates have shown that less than 40 percent of child welfare workers are professionals who are aware of the ins and outs of their field.

National Today

**JUVENILE ARTHRITIS**  
AWARENESS MONTH  
— JULY —



The Arthritis Foundation  
(800) 283-7800 <https://www.arthritis.org>

Arthritis Foundation of Michigan (248) 649-2891 [arthritis.org](https://www.arthritis.org)

## JUVENILE ARTHRITIS SYMPTOMS

### IN THE EYES



- DRYNESS
- PAIN
- REDNESS
- SENSITIVITY TO LIGHT
- CHRONIC INFLAMMATION

### IN THE JOINTS



- REDNESS
- SWELLING
- STIFFNESS
- PAIN

### INTERNAL ORGANS



- DIGESTIVE TRACT (DIARRHEA AND BLOATING)
- LUNGS (SHORTNESS OF BREATH)
- HEART PROBLEMS

### ON THE SKIN



- SCALY RED RASH
- LIGHT SPOTTED PINK RASH
- BUTTERFLY-SHAPED RASH ACROSS THE BRIDGE OF THE NOSE AND CHEEKS
- THICK, HARDENED PATCHES OF SKIN

### HOSTED BY:



Are you a person, or family member of a person, receiving Medicaid services through a community mental health (CMH) service provider?

The State wants to understand your experiences as it decides how to limit conflict of interest between service providers and beneficiaries.

Join us for one of two sessions to help shape policies to promote choice and independence for people receiving services.

**Session 1: Tuesday, August 1, 2023**  
9 AM - 11 PM

Register in advance for this meeting:

**Session 2: Wednesday, August 9, 2023**  
3:30 PM - 5:30 PM

Register in advance for this meeting:

The deadline to register and to request an accommodation is:

**July 24, 2023**

Automated captioning will be available during the listening sessions. After registering, you will receive a confirmation email with additional information.

## Old Fashioned MOLASSES COOKIES



Every month our agency focuses on a theme for staff wellness. In June members of our staff baked cookies for staff to purchase every Wednesday. Proceeds from the Cookie Fundraiser will replenish our in-house Food Pantry which is available to persons served who are in need. Here is one of the cookies made by **Julie Dowling**, Director of Special and Outpatient Services, TRD

### INGREDIENTS:

- 1/2 cup butter
- 1/2 cup shortening
- 1 1/2 cup white sugar
- 1/2 cup molasses
- 2 beaten eggs
- 4 cups flour
- 1/2 teaspoon salt
- 2 1/4 teaspoons baking soda
- 2 1/2 teaspoons ginger
- 1 1/2 teaspoons cloves
- 1 1/2 teaspoons cinnamon

### INSTRUCTIONS:

Cream butter, shortening and sugar. Beat in molasses and eggs. Set aside. Combine dry ingredients in another bowl. Mix in wet and dry ingredients. Roll into one inch balls and dip in white sugar. Leave as balls and bake two inches apart on an ungreased baking sheet. Bake at 350 for 11 minutes.

## Who Faces Hunger?

### 1 in 8 people

More than 290,000 people in West Michigan and the Upper Peninsula are food insecure. Feeding America West Michigan serves 40 of Michigan's 83 counties—from Indian north through the western half of the state and the entire UP. Currently Lake County has the highest food insecurity rate.

## You Are Enough Affirmations

1. I am worthy just as I am.
2. I am enough just as I am.
3. I wholeheartedly believe in myself
4. I confidently welcome new experiences.
5. I can achieve anything I set my mind to.
6. I know my value and will not lessen or shrink myself for anything or anyone.
7. I am fearless in the pursuit of what sets my soul on fire.
8. I am worthy of respect from myself and others.
9. I am motivated, persistent, and successful.
10. I am pure, positive energy.
11. I hold the key to my own happiness.
12. I love the person I am, both inside and out.
13. I am perfect, whole, and complete.
14. I am important.
15. I am worthy of love.

**FEEDING  
AMERICA**  
West Michigan



**July 7**, 5pm Check-in, 5:30pm Distribution,  
**Twin Rivers Elementary, Muir**

**July 11**, 4pm Check-in, 4:30pm Distribution,  
**Zion UMC at Rather Elementary  
Parking Lot**

**July 11**, 1:30pm Check-in, 2pm Distribution,  
**Central UMC at 912 Fourth Avenue,  
Lake Odessa**

For more information and food resources near  
you visit [FeedWM.org](http://FeedWM.org)

# 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. Anyone welcome.  
(616) 902-7237

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

**Saturdays** Ionia Harvest Marketplace, 9am-2pm, June-October 7.  
Corner of Adams and Steele Streets, Ionia

**Saturdays** Saranac Community Market, 9am-Noon, First and Third  
Saturdays, through September, Saranac Trail Head.

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

**July 6** Dinner and Music, Ionia County Commission on Aging,  
and every Thursday in August. Dinner for Seniors 60  
plus, 5pm. Grand Valley Strings from 6-8pm. RSVP  
Meal: (616) 527-5365.

**July 6**



Fred and Friends, 7-8:30pm, East Riverside Park,  
Belding. July 8, 9am-1pm, The Beatnik Bazaar,  
Farmer's Market and Craft Bazaar, The Gathering  
Place, July 13, Tequila Rose Chilled, July 20, Vernon  
Potts, July 27, Haggren/Hudson Trio, all 7-8:30pm,  
East Riverside Park.

**July 8** Candlestone Car Show, 1-4pm, Candlestone Golf  
Course, Tower Grille, Belding. No prior registration  
necessary. Enjoy dinner and music. Free. Open to all  
ages.

**July 14** Top Gun Maverick, family friendly movie, Saranac  
Football Field at dusk.

**July 14-22**



See schedule at [www.ioniafreefair.com](http://www.ioniafreefair.com)

**July 27** The Very Hungry Caterpillar Storyboard Walk,  
10am to 2pm, Lake Odessa Community Library and at  
the Lake Odessa Fairgrounds. (616) 374-4591

**July 28** Tunes at the Trail Head, 7-10pm, Saranac. Nautic  
Bound Band, beer and food trucks.



## Ionia County Farm Markets Accepting Bridge Cards

**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](http://www.tsitagafarm.com/farmtofork)  
Facebook: [Tsitaga Farm](#)

**Hanulcik Farm Market**, 1425 N. State  
Road, (M-66), Ionia **616-527-3630**  
Open June-October, everyday during  
Harvest

Facebook: [Hanulcik Farm Market](#)  
U-Pick strawberries, peaches and apples

**Heffron Farms**, 7724 Ashley Avenue,  
Belding **616-794-2527**  
Monday-Saturday 9am-6pm, year round  
[www.heffronfarms.com](http://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](#)

**Saranac Village Farmers Market**, 60  
Bridge Street, Saranac  
(WPF, MF)  
June-September, Saturdays, 9am-1pm  
Facebook: [Saranac Village Farmers  
Market](#)

**DOUBLE UP FOOD BUCKS (DUFBS)**  
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



## Michigan Implements New Distracted Driving Law

There has been a rise in drivers using their mobile devices to text, check social media, or respond to emails. In response to this problem, Michigan implemented a new law effective June 30. This law prohibits drivers from holding or using a mobile device while driving. Violators will face fines and mandatory community service hours as penalties.

- According to the National Highway Traffic Safety Administration, distracted driving led to 3,522 deaths in 2021. Michigan previously enacted a law in 2010 that prohibited texting while driving. However, the law had limitations, only applying when the vehicle was in motion and excluding other forms of mobile device usage.

### What exactly is banned under the new law?

- Michigan drivers will be prohibited from holding or using a cell phone while driving.
- This includes texting, video recording, emailing, and accessing social media.
- The ban applies at all times when the vehicle is in operation, even if the vehicle is stopped at a stop sign or traffic light.

### There are a few exceptions:

- Drivers can utilize a device's GPS function as long as the information is not manually entered.
  - All drivers, except those with level 1 or 2 graduated licenses, may use their devices in hands-free modes, provided they only tap, push, or swipe once to activate the hands-free setting.
    - All drivers may use a device for emergency purposes, such as dialing 911.
- Law enforcement officers, firefighters, and other emergency personnel are permitted to use their phones while performing their duties.

**Penalties for violating the law include a civil infraction for first time offenders. Penalties escalate for subsequent violations and are worse for commercial motor vehicle and school bus drivers face more severe fines.**



- Would you like to have input in how we develop and implement policies, procedures and operations?
- Would you like to focus on advocacy issues and stigma reduction related to behavioral health?
- Would you like to represent the perspective of the persons served?

If so, please take an application from the lobby, or ask clerical for one so you may be part of **The Right Door's Consumer Advisory Council** or **The Recipient Rights Advisory Committee.**

Please fill out the application and return to:  
**The Right Door for Hope, Recovery and Wellness**  
 375 Apple Tree Drive, Ionia, MI 48846

If you need assistance filling out the application, kindly call Customer Service at **(888) 527-1790**

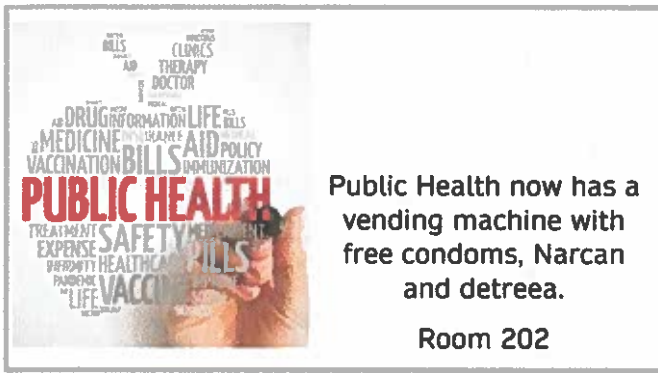
## What is Conflict-Free Access and Planning?

The 2014 Home and Community-Based Services (HCBS) final rule established requirements for conflict-free case management for beneficiaries obtaining HCBS.

In Michigan, agencies can have more than one role: access, plan development, and service delivery. If one agency is helping you to access services and also providing services, there could be a conflict of interest. A conflict of interest happens when a professional uses their role to benefit themselves or their employer. This conflict of interest may not be intended, but could still affect your experience.

Conflict-free access and planning (CFAP) requires that assessment and coordination of services are separate from the delivery of services. This means that case management and support coordination activities are separate from the delivery of services.

The goal of CFAP is to promote choice and independence for people receiving services. Your planning process should not be influenced by provider's self interests.



Public Health now has a vending machine with free condoms, Narcan and detreaa.

Room 202



Posted June 19

**Ionia County Central Dispatch E911's posts**



Thank you to Kerissa and Katie from The Right Door for paying it forward and treating us to lunch today! That was so nice and we really appreciate it! ❤️



**JULY PRESENTATIONS**

**July 7, Lunch with Peers, Hot dogs complete with sides and Sharing Success Stories, 11am-2pm, Ionia TRD.**



**BASH**

**August 8  
12-6pm**

School supplies, clothes, snacks and free haircuts

**Ionia  
Sparrow Mobile Medical Unit  
1-4pm**

**August 9  
Belding and Portland  
11am-3pm**  
School Supplies

**Registration Deadline  
August 4**

Register for any location  
with **Rachel Selby**  
**616.902.9214**

All donations by August 1st.



**CRAFT BOOTH OPEN**

July 13: 9am-9pm July 14, 15, 16: 12-9pm  
July 17, 18: 2-9pm July 19-22: 12-9pm

*Good luck to all our vendors and staff.  
Enjoy the 10 Best Days of Summer!*



Be on the lookout for passports where persons served earn points towards prizes for attending peer related groups.



# 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 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
- **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 ReHab** 1-800-605-6722
- **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



The Right Door



## Anger Management

Starting Mondays, 5pm, Zoom.

## Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

## Adult DBT

Ongoing, Mondays, 1pm, Ionia.

## Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

## Crafts

Peer Led, July 13, 27, 10-11am, Ionia.

## Family Psychoeducation

Saturdays, 10am, Ionia.

## Knit and Sip

Peer Led, July 20, 10-11am, Ionia.

## LGBTQIA

Peer Led, July 10, 17, 24, 31, 3-4pm, Ionia.

## Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia.

## Money Management

Peer Led, July 5, 19 (Bi-weekly), 1-2pm, Ionia.

## Parenting Through Change

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

## Self-Love

Peer Led, July 5, 19, 10:30-11:30am, Ionia.

## Seeking Safety

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

## Social Hour

Peer Led, July 18, Bingo with Prizes, 11:30am-12:30pm, Sozo.

## Volunteer Group

Peer Led, July 18, 3:30pm, Ionia Theater.

## Walking Group

Peer Led, July 20, 1-2pm, Meet at TRD Portland. June 18, 10-11am, meet at TRD Ionia.

## Women's Support Group

Ongoing, Peer Led, July 13, 27, 1-2pm, TRD Portland.

## YES, Truly Our Friends (YTOF)

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

**1st Thursday of the Month, IM FAN (Ionia Montcalm Families Against Narcotics), 6:30-8pm, Soaring Above Teen Center, July, September and November.**

**July 27: Healthy Living for Brain and Body**, Lunch and Learn, 11:30am-12:30pm, Ionia County Commission on Aging. (Sponsored by the Alzheimer's Association, Greater Michigan Chapter)

**Third Tuesday Each Month, Caregiver Support Group**, 11:30am-12:30pm, ICCOA 616-527-5365 (Alzheimer's Association).

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

To join a TRD group, contact your clinician or Peer 616.527.1790



# RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

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

For a Complete Listing of all  
Ionia County Resources:

[www.8cap.org](http://www.8cap.org)

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](mailto:sferris@rightdoor.org) or turn in to clerical.  
*Thanks!*

Special outings up and coming:

July 26: We will celebrate all July Birthdays today!

## July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
			11 Healthy			
2	3 10 Volunteering 11:30 Goal Getters 2:30 Sit to be Fit	4 Closed Happy Birthday USA	5 Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo 3 Music	6 Outdoor games	7 11 Exercise 1 Cheap Skates 3 Music	8
9	10 10 Volunteering 11:30 Goal Getters 2:30 Sit to be Fit	11 10:30 Berry Picking 2:30 This is me	12 11 Healthy Relationships 1 Lunch 1:30 Nutrition 2 Bingo	13 12:30-4 Bowling outing in Portland	14 10-12 Gardening 1 Cheap Skates 3 Music	15
16	17 11-3:30 Swimming at Sessions Lake	18 11:30 Dance off the inches 2:30 This is me	19 11 Healthy Relationships 1 Lunch 1:30 Nutrition 2 Bingo	20 12:30-4 Bowling outing in Portland	21 11-4 Mystery Outing Day	22
23	24 10-12 Gardening 3 Music	25 11:30 Dance off the inches 2:30 This is me	26 11 Healthy Relationships 1 Lunch 1:30 Nutrition 2 Bingo	27 12:30-4 Bowling outing in Portland	28 11-? Fun time outing Put-Put Golf	29
30	31 10-12 Gardening 1 Cheap Skates 3 Music	1	2 3 Music every Wednesday in July	3	4	5