

The right Connection

October 2024

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 Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:
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.



Member of:



So October is truly a feel good month.

Not only is it beautiful outside, weather wise, with the leaves changing color. It is harvest time too, so fruit and vegetables are plentiful, at their most nutritious and economical. There is plenty to do as well, whether you are heading to an orchard, or a pumpkin patch, a Halloween party, bonfire, football game, or if you are tackling those chores outside before colder weather.

It is also the time of year to focus on your well being, and those around you because it all connects. So know your numbers to keep yourself physically healthy. Know your coping skills to keep you mentally and emotional well. And know who your resources and supports are should you have any health issues—whether emotional, mental or physical.

Above all, enjoy feeling good this fall!



MONTH LONG AWARENESSES:

- 1, 8 **PEER LED**, Volunteer Group, 3:30pm, *Ionia Theater*
- 22, 29 **PEER LED**, Train Your Brain, 2pm, *Ionia TRD*
- 2, 23 **PEER LED**, Crafts, 9:30am, *Ionia TRD*
- 2, 23 **PEER LED**, Self Love, 11:30am, *Ionia TRD*
- 2, 16 **PEER LED**, Caring Cards, 1pm, *Portland TRD*
- 3, 17, 31 **PEER LED**, Chair Yoga, 3:30pm, *Ionia TRD*
- 3, 17 **PEER LED**, Restorative Yoga, 5pm, *Ionia TRD*
- 3, 17, 31 **PEER LED**, Mindfulness, 2pm, *Ionia TRD*
- 7, 21 **PEER LED**, Caring Cards, 1pm, *Ionia TRD*
- 7, 21, 28 **PEER LED**, Game Night, 4pm, *Ionia TRD*
- 8 **PEER LED**, Zion Mobile Food Pantry, 3:30pm, *Ionia Fairgrounds*
- 10 **PEER LED**, **Express Yourself**, *Ionia TRD*
- 11 **PEER LUNCHEON**, Voting Information—What is on the Ballot, 11-12:30pm, *Ionia TRD*
- 14 **COLUMBUS DAY**
- 14, 28 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia TRD*
- 17, 31 **PEER LED**, Fitness, 2:30pm, *Ionia TRD*
- 17 **PEER LED**, Reward Trip, 10am, *Anderson and Girls. (Invitation only)*
- 19 **SWEETEST DAY**
- 22 **PEER LED**, Bingo, 1:30pm, *Burger King*
- 24 **PEER LED**, Portland Women's Group, 1pm, *Portland TRD*
- 28 **TRD Board Meeting**, 4-6pm, *Ionia TRD Ionia TRD*
- 28 **PEER LED**, Group to Illuminate Food Bank, *Ionia.*
- 31 **HALLOWEEN**
- 31 **PEER LED**, Fall Fitness Challenge Ends
- 31 **PEER LED**, Halloween Party, Noon, *Ionia TRD*

- **ADHD Awareness Month**
- **Adopt a Shelter Dog Month**
- **Blindness Awareness Month**
- **Domestic Violence Awareness Month**
- **Emotional Wellness Month**
- **Health Literacy Month**
- **National Animal Safety and Protection Month**
- **National Breast Cancer Awareness Month**
(wear pink and get a mammogram)
- **National Physical Therapy Month**
- **Sudden Cardiac Arrest Awareness Month**
(know your numbers)
- **World Bullying Prevention Month**

WEEK LONG AWARENESSES:

- National Walk Your Dog Week**, October 1-7
- Animal Welfare Week**, October 3-9
- Mental Health Awareness Week**, October 6-12
- National Physicians Assistants Week**, October 6-12
- National Health Education Week**, October 21-25
- Red Ribbon Week**, October 23-31

DAY AWARENESSES:

- October 10** **World Mental Health Day**
- October 18** **National Mammogram Day**
- October 25** **I Care About You Day**
- October 26** **National Day of the Deployed**
- October 28** **Make a Difference Day**
- October 29** **World Stroke Day**

- Empowerment**
- 'Xpansion**
- Personal Growth**
- Recovery**
- Expression**
- Self Examination**
- Self Growth**
- Yield**
- Ownership**
- Understanding**
- Revival**
- Self Love**
- Evolution**
- Liberating**
- Freedom**

We invite you to
Express Yourself

October 10, 11am-3pm
The Right Door, Ionia

When we create, we recover



Refreshments, live music,
card making, more
Artists please sign up by
October 8.

Contact Patricia (616) 527-1790

The inside of Steele Street Hall was filled with booths of helpful information from resources like Rave, Samaritas (*below left*) as well as River's Edge Drop In Center who had rocks for you to paint to use a creative coping skill. (*below center*) Organized by the Peer Team (*right*), the event also had a booth from The Right Door where nurse Jessica conducted health screenings and passed out more physical health related items like the Know Your Numbers brochure.



The Right Door's Health and Wellness Fair

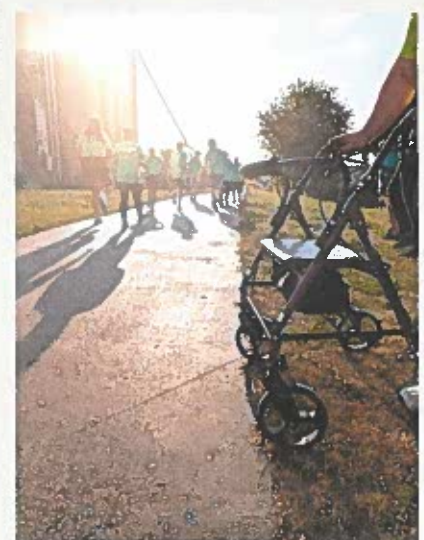
September 19, 1-4pm

The Peer Support Team hosted its first Health and Wellness Fair before the TRD 5K for mental awareness at Gregory's September 19 from 1 to 4pm. **There were health screenings, door prizes, games outdoors, snacks, and helpful information from local resources.**



Other agencies in attendance were:

- The Area Agency on Aging
- Ionia County Commission on Aging
- Ionia County Health Department
- Just Like Home, Adult Day Center
- Maker Story Creative Counseling and Collective
- The VA
- and Wall of Tears



5k for Mental Health Awareness

September 19, 2024, 6pm, Gregory's Steele Street Hall, Ionia

Dogs, kids, babies in strollers, those in wheelchairs, with walkers, rolled, walked and quite a few ran the 5k course. The night was about 10 degrees warmer than last year and more people came out to walk for mental health awareness. The cost to participate was a non-perishable item of food to be donated to a local food bank while complimentary food was served at the finish line.

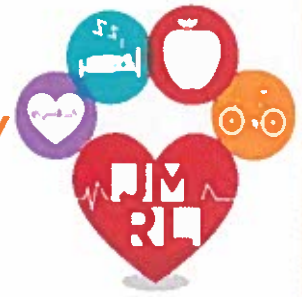


Michigan Help Lines

- **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 For Low Income** 1-888-367-6557
- **NAMI (NAMI Michigan)** 1-800-950-6264
1-517-485-4049
- **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



HEALTH LITERACY MONTH



October is

BLOOD PRESSURE
LESS THAN
120/80 mmHg

TOTAL CHOLESTEROL
LESS THAN
200 mg/dL

BLOOD SUGAR
LESS THAN
100 mg/dL

BODY MASS INDEX (BMI)
BETWEEN
18.5-25

WAIST LESS THAN
35" for women
40" for men



FREE Mental Health Phone Apps

(and some online, too!)



How We Feel App—Apple App Store or Google Play

- Better understand your emotions with daily check-ins and journaling.
- Spot patterns as they appear over time.
- Learn new ways to help yourself in the moment.



ICHILL App—Apple App Store, Google Play OR online

- Stressed? Worried? This app uses the Community Resiliency Model to expand your wellbeing and manage sensations associated with trauma and stress.
- English, Spanish and Ukrainian
- Also online: ICHILLAPP.COM



One Sec App—Apple App Store, Google Play

- Mindless scrolling on apps? PAUSE and think twice before jumping into endless scrolling!
- Gain back control over your time.
- One Sec has saved 111,509 years from scrolling already!



PTSD Coach App—Apple App Store, Google Play OR online

- Designed for Veterans experiencing symptoms of PTSD for screening and tracking symptoms.
- English and Spanish
- Tools Include: Guided Relaxation, Soothing sounds/images, relationship tips and more!



Spiral Up App—Apple App Store, Google Play

- Use it whenever you have a moment of irrational panic, boredom, or feel bad for any reason.
- Achieve amazing relief from: Stress eating, overwhelm, anxiety and depression.
- Emotional Brain Training that empowers you.

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National Mental Health Resources:

CDC (Center for Disease Control and Prevention)

www.cdc.gov>mentalhealth>tools-resources

Disaster Distress Helpline 800-985-5990

FindTreatment.gov

FindSupport.gov

Mental Health America www.mhanational.org

NAMI (National Alliance for Mental Illness) www.nami.org

NIMH (National Institute of Mental Health) www.nimh.nih.gov

SAMHSA (Substance Abuse and Mental Health Services Administration)

800-662-HELP (4357)

For the Complete 32
Page List of
Community
Resources, kindly go
to: www8cap.org

LOTS OF FUN AND A GREAT TURN OUT



On August 10th, the IMH and CCSM teams held a coping skills carnival at the Ionia Right Door for families they serve.

INFANT MENTAL HEALTH



CHILDRENS CASE MANAGEMENT



On the left are handmade paper flowers created by the Peer Led Craft Group.



Brown Sugar and Cinnamon Apple Bread

Ingredients:

- ◆ 2 cups flour
- ◆ 1 teaspoon baking soda
- ◆ 1/4 teaspoon salt
- ◆ 1/2 cup butter at room temperature
- ◆ 1 cup white sugar
- ◆ 2 eggs
- ◆ 1 tablespoon lemon juice
- ◆ 2 teaspoons vanilla
- ◆ 2 cups apples peeled and diced



Directions:

1. Whisk together flour, baking soda and salt. Set aside. Peel and dice apples. Beat together butter, sugar, eggs, lemon juice and vanilla. Slowly add the flour mixture.
2. To make the cinnamon brown sugar streusel whisk together 1/3 cup brown sugar, 1/2 cup flour, 1 teaspoon cinnamon. Cut in 4 tablespoons of butter rubbing into the dry ingredients till crumbly.
3. Grease an 8" x 4" or 4" x 10" loaf pan. Put in half the batter. Sprinkle with half the streusel. Repeat.
4. Bake at 350 for 55-65 minutes. Cool for 15 minutes. Remove from pan and cool completely before slicing.



Ionia Farmers Market
at M1 Credit Union
(by fairgrounds)
Saturdays 9am-2pm
May-October

Lyons Farm Market
Lyons Pavilion
Thursdays 3-6pm
May-October

*Homegrown produce,
handcrafted items*

Saranac Community Market
Saturdays 9am-12pm, Trailhead
August 10—September 21—October 5

Jessica Dyer, RN

October is National Chili Month



Ingredients:




- 1 pound hamburger
 - 3 cloves garlic minced
 - Salt and pepper to taste
 - 1 tablespoon of Worcestershire sauce
 - 1 large onion chopped
- Brown. Drain fat. Add:**
- 1 can (15 ounce) diced tomatoes (*chili ready*)
 - 1 can (15 ounce) red chili beans
 - 1 teaspoon mustard
 - 1 teaspoon molasses
 - 1 can tomato soup
 - Chili powder to taste
 - 1 small can green chilies

Simmer on low for at least half an hour to an hour. Stir often.



**Emotional
Wellness Month**
October

COPING SKILLS ALPHABET

<p>A</p>  <p>ASK FOR HELP</p>	<p>B</p> <p>BREATHE SLOWLY & DEEPLY</p> 	<p>C</p>  <p>CRY (IT'S OKAY)</p>	<p>D</p> <p>DANCE!</p> 	<p>E</p>  <p>EXERCISE</p>
<p>F</p>  <p>FEEL YOUR FEELINGS</p>	<p>G</p> <p>GRATITUDE LIST</p> 	<p>H</p>  <p>HUG</p>	<p>I</p> <p>'I AM' AFFIRMATIONS</p> <p>I AM ENOUGH</p>	<p>J</p>  <p>JOURNAL</p>
<p>K</p>  <p>SAY SOMETHING KIND</p>	<p>L</p> <p>LAUGH OUT LOUD</p> 	<p>M</p>  <p>LISTEN TO MUSIC</p>	<p>N</p> <p>SIT IN NATURE</p> 	<p>O</p>  <p>ORIGAMI</p>
<p>P</p>  <p>DO A PUZZLE</p>	<p>Q</p> <p>READ INSPIRATIONAL QUOTES</p> 	<p>R</p>  <p>GO ON A RUN</p>	<p>S</p> <p>SLEEP</p> 	<p>T</p>  <p>TALK TO A FRIEND</p>
<p>U</p>  <p>UNPLUG</p>	<p>V</p> <p>WATCH FUNNY VIDEOS</p> 	<p>W</p>  <p>DRINK ENOUGH WATER</p>	<p>X</p> <p>EXPLORE A NEW PLACE</p> 	<p>Y</p>  <p>YOGA</p>
				<p>Z</p> <p>ZEN</p> 

FOOD RESOURCES



BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesday's 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velle, (269) 838-5887. Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years with referral from another agency.



October 1	2 pm, Walk up, Central UMC, Lake Odessa
October 1	6 pm, Drive Through, Twin Rivers Elementary, Muir
October 8	4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds
October 12	10am, Drive Through, Mount Hope Church, Portland
October 15	6 pm, Drive Through, Hubbardston American Legion
October 18	4:30 pm, Drive Through, Belding High School
October 30	5pm, Drive Through, Shiloh Community Church, Orleans

West Michigan Farm Markets

in Ionia County

Denny Farms

6588 Jordan Lake Rd, Saranac (616) 527-1531

May-December *Bridge Cards, Double Up, WPC-WIC, MF*

Hanulcik Farm Market

1425 N. State Rd (M-66), Ionia (616) 527-3630

June-October, *Bridge Cards, WPF-WIC, MF*

Pierson Orchard Market

5348 N. State Rd., Ionia (616) 794-2527

May-October, *Bridge Cards, WPF-WIC, MF*



Bridge Card sales up to \$10/day = FREE fruits and veggies



GROUPS

Adult Autism Group

Every other Monday, 1:30-2:30pm, Ionia TRD.

Anger Management

Starting September 16, Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Caring Cards

Peer Led, October 2, 16, 1pm, Portland TRD
October 7, 21, 1pm, Ionia TRD

Crafts

Peer Led, October 2, 23, 9:30am, Ionia TRD.

Teen DBT

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

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Fitness

Peer Led, September 12, 2:30pm, Ionia TRD.

Food Pantry Rides

Peer Led, October 8, Zion Mobile Food Pantry, 3:30pm Ionia Fairgrounds.

Games Group

Peer Led, October 7, 21, 28, 4pm, Ionia TRD.

The Great Outdoors Group

Tuesdays, 10am, Locations vary. Call your primary worker.

LGBTQIA

Peer Led, Ongoing, October 14, 28, 3-4pm, Ionia TRD.

Live Out Loud

LGBTQIA+ Teen Group, Ages 13-17, four weeks, Mondays, 2:30-3:30, Ionia TRD.

Mindfulness

Peer Led, October 3, 17, 31, 2pm, Ionia TRD.

Parenting Through Change

PTC will be virtual. Starting October 17, 12-1:30pm, Thursdays, Ionia, TRD.

Portland Women's Group

Peer Led, October 24, 1pm, Portland TRD

Recovery Stick Group

Tuesdays 2-3:30pm, Ionia TRD. Call your primary worker.

Self-Love

Peer Led, October 2, 23, 11:30am, Ionia TRD.

Seeking Safety

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

Social Hour

Peer Led, October 22, Bingo, 1:30-2:30pm, Burger King.

Teen Skills Group

Thursdays, Starting October 17, 3:30-4:30, Ionia TRD

Train Your Brain

Peer Led, October 1, 29, 2pm, Ionia TRD.

Volunteer Group

Peer Led, October 1, 8, 22, 29, 3:30pm, Ionia Theater.

YES, Truly Our Friends (YTOF)

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

YOGA

PEER LED

Chair, October 3, 17, 31, 3:30pm, Ionia TRD.

Restorative, October 3, 17, 5pm, Ionia TRD.

From Drab to *Fab!*

November 7
9am-3pm

Ionia Right Door

Call **616-527-1790**
and ask for a Peer

Free...



Would you like to share a story of hope, a poem, or other ideas? Your ideas count... Please consider sharing them. sferris@rightdoor.org.

Haircuts * Gently Used Clothing * Jewelry
Handbags * Scarves * Hygiene Products
Healthy Snacks * Community Resources



October

	<p>1 11 Shopping Junk Journaling 3 Meditation</p>	<p>2 11 Healthy Relationships 1 Free Lunch 2 Bingo</p>	<p>3 Craft Day 12-3 Bowling</p>	<p>4 11 Round Table Talk 2 Music</p>
<p>7 11 Goal Getters 2 Board Meeting</p>	<p>8 11 Shopping 2 Toolbox Group 3 Committee Meeting</p>	<p>9 11 Healthy Relationships 1 Free Lunch 2 Bingo</p>	<p>10 11-3 Express Yourself at The Right Door</p>	<p>11 11 Lunch with Peers at The Right Door</p>
<p>14 11 Goal Getters 2 Member Meeting</p>	<p>15 11 Shopping Junk Journaling 3 Meditation</p>	<p>16 11 Healthy Relationships 1 Free Lunch 2 Bingo</p>	<p>17 Craft Day 12-3 Bowling</p>	<p>18 11-2 Anderson and Girls Orchard</p>
<p>21 11 Goal Getters</p>	<p>22 11 Shopping Junk Journaling 3 Meditation</p>	<p>23 11 Healthy Relationships 1 Free Lunch 2 Bingo</p>	<p>24 Craft Day 12-3 Bowling</p>	<p>25 11 Round Table Talk 2 Music</p>
<p>28 11 Goal Getters</p>	<p>29 11 Shopping Junk Journaling 3 Meditation</p>	<p>30 12-3 Halloween Party 1 Meal</p>	<p>31 Craft Day 12-3 Bowling</p>	

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM
302 E. Main Street, Ionia

(616) 522-9773