



The right Connection

March 2023



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.



Clean Things
You Never Do
...But Should!



Every year, March rolls around. With it spring begins, the days get longer, hope is renewed and many of us begin to think about spring cleaning, getting beach body ready and out of our homes.

Since March is also Reading Month, it is appropriate that as a voracious reader I keep articles that are pertinent or teach me something. When I was younger I learned many things from Reader's Digest like Word Power, How Joe's Spleen worked and some jokes that I could never remember from Laughter is the Best Medicine. In recent years, I rarely get through a whole issue of anything anymore and glance at the Table of Contents thumbing to the articles that appeal to me the most and I have time for.

One article I found, I held on to for my daughter, who with a new home of her own, is about to embark on the age old spring cleaning ritual. While we all know the basic cleaning routines, there are a few extra chores you may not know.

Read on to know how to clean the ones you may not be familiar with so you can get outside and enjoy the soon to be spring weather after being cooped up all winter!

Member of:

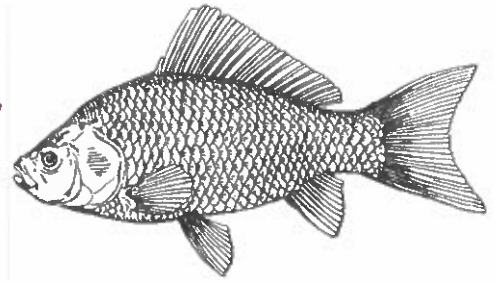


MARCH



Whether you celebrate Lent, or attend a seasonal fish fry, fish and seafood become center stage this time of year. Fish and other seafood may not be the biggest part of your diet which can lead to uncertainty as to how to cook it properly. The following tips can set sail for success.

11 Tips for Cooking Fish



- 1, 15, 29 TRD Grant, Yoga, Shelly, 9-10am, Ionia TRD
- 1 Zero Discrimination Day; Self Injury Awareness
- 2 World Teen Mental Wellness Day; Read Across America
- 3 World Hearing Day
- 2, 30 TRD Grant, Book Club, Shelly, 10-11am, Braving the Wilderness by Irene Brown. TRD Ionia
- 2,16 TRD Grant, Women's Group, Shelly, 1-2pm, TRD Portland
- 3 TRD Grant, Luncheon and Surprise, Patricia, 11:30am-1pm, TRD Ionia
- 7, 14 TRD Grant, Walking Group, Shelly, 1:30-2:30pm, Ionia Armory
- 21, 28 TRD Grant, Social Hour, Shelly, 10-11am, Biggby Coffee
- 8, 22 TRD Grant, Cooking Group, Shelly, 5-6:30pm, TRD Ionia, RSVP
- 9, 23 TRD Grant, Craft Group, Shelly, 10-11am, TRD Ionia
- 10 Feeding America Mobile Food Pantry, 5pm, Twin Rivers, Muir
- 10 TRD Grant, Games, Patricia, 11:30am-1pm, TRD Ionia
- 12 Daylight Savings Begins
- 15, 29 TRD Grant, Euchre, Shelly, 12:30-3:30pm, Commission on Aging. Cost \$1
- 17 TRD Grant, Egg Hunt, Patricia, 11:30am-1pm, Fairgrounds
- 17 St. Patrick's Day
- 20 Spring Equinox—Spring Begins
- 21 World Social Work Day
- 22 TRD Grant, Social Hour, Shelly, 1-2pm, Sozo's
- 24 TRD Grant, Potluck, Patricia, 11:30am-1pm, TRD Ionia
- 30 TRD Grant, How to Talk to Your Doctor, Shelly and Rob, 3-4pm, TRD Ionia
- 31 TRD Grant, Spring Forward, Patricia, 12pm, TRD Ionia

Month Long Awarenesses and Observances:

- American Diabetes Alert Month
 - Brain Injury Awareness
 - Cerebral Palsy Awareness
- Disability and National Developmental Disabilities Awareness
 - Eye Injury Prevention Month
- Health Literacy Month; Healthy Living; March to Health
 - Multiple Sclerosis Awareness and Kidney Month
 - Red Cross Month; Hemophilia Awareness
 - National Nutrition Month
 - National Reading Month

1. Seafood should have a mild, fishy aroma. If it is overpowering, the fish may be spoiled. It is acceptable to ask the person at the fish counter how long the fish has been there. In areas inland where fish has to be transport great distances, it may be best to purchase frozen fish so it is not past its prime.
2. Most fish is cooked when the center is opaque and the fish flakes easily with a fork. Fish can be fried, poached, steamed, baked or grilled.
3. Baking fish is one of the easier methods to master. Set the oven to 450 to cook the fish fast and evenly. Thin fillets need around eight minutes, while thicker cuts may require 15 to 20 minutes.
4. Resist the urge to manipulate the fish too much; otherwise, it will fall apart since it is very delicate. Try to flip it only once.
5. Pat the fish dry before cooking it, as extra moisture can cause the fish to steam instead of sear, resulting in a mushy final product.
6. Choose the right fish for the recipe. For example, a chowder or paella will require a more sturdy fish, such as cod, while a more delicate fish will fall apart if simmered.
7. If you want crispy skin on fish, start it in the pan with the skin side up. Afterwards when you flip the fillet, it will crisp nicely.
8. Choosing a variety of seafood in a recipe might mean managing different cooking times. Investigate your ingredients and figure out when to add them to the mix. Shrimp or mussels cook rather quickly, as an example, so they tend to be added during the final phase.
9. If you will be frying fish, make sure not to overcrowd the pan so the temperature remains consistent and will produce crispy results.
10. Watch for bones. Some fish, including trout and salmon, have a double rib cage, and that means small pin bones. Remove the bones by pressing the flesh with your fingers and using a tweezer to grab the pin bones.
11. For more professional flipping results, purchase a fish spatula, which can get underneath fillets without tearing them apart.

Clean Things You Never Do, But Should!



YOU ROUTINELY CHANGE YOUR SHEETS, BUT WHEN WAS THE LAST TIME YOU REFRESHED YOUR MATTRESS?

Chances are you have not thought to clean certain household items in a long while—and might not think to clean them at all, until they become bigger projects than they would be if you had given them a little regular TLC.

If you feel you already spend too much time cleaning, do not despair. Many of these tasks are easy to tackle if you tack them on to existing chores.

The nicest part? As you build them into your cleaning routine, you will not have to pay much attention to them.

APPLIANCES

COFFEE MAKER

HOW TO CLEAN: Over time, the oils from all your cups of Joe build up inside your coffee maker. To remove them, along with any lime scale, first check the manual (or manufacturer's website) to see whether either advises against using any particular descaling agent. If not, mix one part white vinegar and nine parts water (or two parts lemon juice and eight parts water), fill the reservoir with the mixture, and run a drip cycle. Pause it halfway to let the solution sit for about half an hour to break down any buildup. Then finish the brewing cycle and run two more full cycles with plain water to remove any lingering traces of vinegar or lemon.

HOW OFTEN: When your machine starts to take an unusually long time to brew.



FAUCETS AND SHOWERHEADS

HOW TO CLEAN: Fill a plastic bag about halfway with white vinegar. (Use quart-sized bags for faucets and gallon-sized bags for showerheads.) Wrap the bag around the

fixture so that anyplace where water exits is completely submerged in the vinegar. Use a rubber band to hold the bag in place, and leave it for an hour or so. Then remove the bag and rinse with water, using a toothbrush to scrub away any lingering residue.

HOW OFTEN: Once a month.

HUMIDIFIER

HOW TO CLEAN: Empty all water from the unit. Check the filters and replace any dirty ones. Then clean any mineral deposits with a small brush and whichever disinfectant the manual or company website recommends. (Remember to wear gloves if you are using a bleach solution.) Afterward, rinse the tank several times to wash away all cleaning chemicals.

HOW OFTEN: Whenever you notice it looks dirty, and always before you put it away for the season. Let the humidifier dry completely before storing it.

TIP: Anything cloth should end up in the wash

DISHWASHER

HOW TO CLEAN: Remove the filter, utensil holder, and racks, and wash them separately with soap and warm water to remove any greasy food residue, then replace the parts. Next, drain. (You'll be surprised by how many crumbs get stuck there.) Sprinkle baking soda across the bottom and set a bowl filled with vinegar on the top rack. Run a cycle on the hottest temperature setting.

HOW OFTEN: Once a month.

WASHING MACHINE

HOW TO CLEAN: For a top-loading machine, pour a pound of borax into the drum and add a gallon of vinegar. Then run the washer on the hottest and longest cycle available. For a front loader, pour three quarter of a cup of vinegar through the detergent compartment, wait 20 minutes, then run the self-cleaning cycle. Afterward, wipe down the inside and leave the door open to let the machine air-dry.

HOW OFTEN: Once or twice a year, or any time you notice mold or a foul odor.

Clean...

RANGE HOOD

HOW TO CLEAN: Wipe the outside and then the underside of the hood with a soapy soft cloth. Next, remove the filter and let it soak in hot, soapy water for about 20 minutes. Let it dry completely before putting it back. (The same trick also works wonders on stove burner grates).

HOW OFTEN: Once a month. Vacuum the hood's exhaust fans once a year.

REFRIGERATOR COILS

HOW TO CLEAN: Pull the fridge away from the wall and run a handheld vacuum over the coils, exhaust fans and air vents.

HOW OFTEN: Once a year.

ELECTRONICS



SCREENS

HOW TO CLEAN: These surfaces are delicate, so use a microfiber cloth to prevent scratching—and do not apply too much pressure. A dry cloth is all you should need, but to remove stubborn stains, use a mild soap highly diluted with water. Put the solution on the cloth instead of directly on the screen, then wipe. Wiping in circles creates streaks, so use straight strokes, either vertically or horizontally. Do not use glass or window cleaner, as these often contain acetone or ammonia, which can discolor screens.

HOW OFTEN: Once a week.

KEYBOARD

HOW TO CLEAN: Turn the keyboard upside down and gently shake it to dislodge any dust and crumbs. Flip it back over and sanitize with a disinfecting wipe. It pays to run one of these wipes over the mouse (and your TV remote) as well.

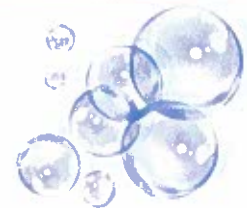
HOW OFTEN: Once a week.

EARBUDS

HOW TO CLEAN: Wipe the plastic part with a dry lint-free cloth and scrub the mesh part with a dry cotton swab. Never use alcohol or disinfecting wipes on the mesh part, but you can wipe it with a slightly damp microfiber cloth if it is really dirty. These tips also work for your cell phone's charging port, although compressed air is your best bet for cleaning that.

HOW OFTEN: When you see gunk.

SURFACES



CABINET DOORS

HOW TO CLEAN: Wipe down the face and knobs with a damp microfiber cloth.

HOW OFTEN: Once a week. The interiors need to be wiped down only once a year.

BACKSPLASH

HOW TO CLEAN: Mix equal parts baking soda and hydrogen peroxide with a splash of degreasing dish soap. This combination breaks down the greasy buildup that is common in most kitchen areas (but the solution loses its effectiveness if it sits around too long, so do not make too big a batch). Apply the paste with a microfiber cloth, then rinse it off with a separate damp microfiber cloth.

HOW OFTEN: Once a month.

LAMPSHADES

HOW TO CLEAN: Do a quick pass over each lampshade with a handheld vacuum—just not while the light bulb is on. Use the same attachment you would on other upholstered surfaces. (Speaking of this, you would be surprised by how much stuff is hiding under your couch cushions, so vacuum there too).

HOW OFTEN: Once or twice a year.

CURTAINS

HOW TO CLEAN: Toss them right into the washing machine, along with other seldom washed fabric pieces such as oven mitts and reusable grocery bags (provided they are not dry clean only). As for shower curtains, wash them every few months or so, and simply replace the plastic interior liner when you do.

HOW OFTEN: Once a year.

WINDOW SCREENS

HOW TO CLEAN: Remove screens from windows; use an all-purpose cleaner mixed with warm water and apply it with a soft brush to loosen any debris. Then rinse with a hose. This is a job best done outdoors.

HOW OFTEN: Once a year.

FIREPLACE WINDOW

HOW TO CLEAN: Make sure the glass is cool, then use a commercial cleaner specifically formulated for fireplace glass. It may be tempting to use a vacuum to remove the soot buildup, but do not—it could ruin the vacuum.

HOW OFTEN: Once a year unless your manual suggests otherwise.

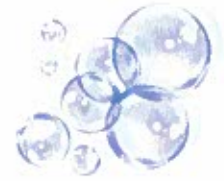
FOOD RESOURCES

American Legion	(616) 642-9674
Belding Bible Church	(616) 761-9217
Belding Ministerial Association	
God's Kitchen (meals) Thursdays 4:30-6pm	(616) 794-2145
Crossroads Community Church	(616) 522-4663
CSFP Site/Ionia Moose (Commodity Food Distribution Sites) Fourth Wednesday of April, June and August	(616) 527-3550
DHHS	(616) 527-5200
Double Up Food Bucks	(866) 586-2796
EightCAP	(866) 754-9315
Encountering Lives Baby Pantry	(616) 794-5080
Epic Community Church	(517) 647-7750
First Congregational Church	(517) 647-6441
First United Methodist	(616) 527-1860
Congregate meals Mondays at 6pm	
Food Assistance	(855) 275-6424
Food Bank Council of Michigan	www.fbmic.org/resources/find-a-food-bank
Goodwill Stores	(616) 527-4404
Habitat for Humanity	(616) 523-6899
Ionia County Health Department	(616) 527-5341
Ionia Church of Nazarene	(616) 527-9350
Ionia Seventh Day Adventist Church	(616) 527-6465
Lakewood Community Council	(616) 374-8861
Lincoln Avenue Baptist	(616) 527-0970
Lutheran Child/Family Services	(616) 522-0145
Manna's Market	(269) 838-5887
Meals on Wheels	(888) 370-7184
Cold, frozen, hot meals delivered \$3 donation	
Pleasant Valley United	(616) 693-2265
Portland Community Food Bank	(517) 647-4649
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
USDA Meat/Poultry Hotline	(888) 674-6854
USDA Hunger Hotline	(866) 348-6479
WIC	(800) 942-1636
YMCA	(616) 527-5760
Zion United Methodist Community, Mobile Food Pantries, Soup Kitchen	(616) 527-1910
Thursdays at 6pm	

GARAGE DOOR TRACKS

HOW TO CLEAN: Run a cloth along them to ensure that the door can roll up and down smoothly.

HOW OFTEN: Once a year.



HOME ITEMS

MATTRESS

HOW TO CLEAN: Sprinkle with baking soda, let it sit about 20 minutes, then vacuum the entire surface. (Baking soda absorbs moisture and neutralizes odors). At the same time, throw the duvet cover, mattress pad, and bed skirt into the washing machine.

HOW OFTEN: Once a month.

TRASH CANS AND RECYCLING BINS

HOW TO CLEAN: Scrub them—inside and out—with an all purpose cleaner.

HOW OFTEN: Once a month.

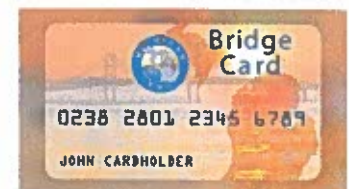
SNAP BENEFITS END:



The Supplemental Nutrition Assistance Food Program (SNAP) ended March 1 for the pandemic related boost used by 32 states. The change in federally approved benefits comes as food prices are 10 percent higher than they were in January last year. Since 2020 when the program was passed by Congress, some 42 million people have taken part in it. On average households have received \$95 to help with food insecurity.

As of March 1, persons served in Michigan will receive their regular Food Assistance Program (FAP) benefits. To find out what their regular benefit will be without extra SNAP assistance dollars, help your persons served log onto their [MIBridges account](#) or the [ebtEDGE portal](#). The grantee on a FAP case can also call **1-844-464-3447** and follow the prompts to obtain the current month's benefit information.

If your persons served require and additional food resources, call United Way's **2-1-1** to learn about community resources, use the Double Up Food Bucks program, WIC (Women, Infants and Children Program), Free and reduced-price school meals, IM Third Kids, Community Partners, our own food pantry and other local Food Banks and Soup Kitchens.



For a Complete Listing of Ionia County Resources:

www.8cap.org

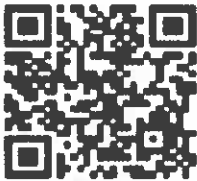
Personal Support for you!

Sign up for free, unlimited access to personalized help with myStrength!

- Reduce stress
- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app

SIGN UP TODAY

1. Go to www.mystrength.com
2. Click **Sign Up**
3. Enter the Access Code:
RightDoorCommunity



The Right Door RefCard6-Community

← Right Door Peers, Shelly Hanses and Rob Weiland conducted a grant event in February outlining the my Strength site the agency offers staff and persons served to use as support with their mental health. The two discussed some of the tools of my Strength, how to sign up for free and assisted those in attendance in signing up and navigating the site. (See left if you too would like to use).

↓ SPRING CLEANING WITH A TWIST

Most people think spring cleaning applies only to their home. Unfortunately our cars, possessions and anything we touch carry germs. Since we carry and transmit germs, we need to protect against the flu, infections and diseases long after we are can escape our homes in May and through the summer and fall months. The single most effective way to take precautions against the spread of germs is by handwashing. Yet most of us do not wash our hands properly. The correct way CDC recommends is found below.

DON'T FORGET TO WASH



Don't forget to scrub between your fingers, under your nails, and the top of your hands.

Prevent the Spread of Flu



Cover Coughs & Sneezes

◆ Use tissues; cough or sneeze into sleeve



#FighttheFluNJ

Wash Your Hands



Stay Home if You're Sick



Get a Flu Shot!

- ◆ If 6 months or older
- ◆ Flu season can last until May



This is the 15th year DPIL is available in Ionia County to children under age five. Led by the Ionia Intermediate School District, it is funded by community support. That support allowed DPIL to provide 22,744 books to 2,527 local children in 2022. This program, over five years provides a home library of 60 books to those enrolled.

Children Enrolled December 2022

Belding-410	23 percent
Ionia-595	33 percent
Lakewood-312	17 percent
Portland-327	18 percent

This program...

- instills the joy of reading for families and young children
- supports children's development
- creates reading habits in families
- and exposes families to text, cultures and content they typically would not choose.

For more information:

<http://www.ioniaisd.org/earlychildhood/imagination:library>

RESOURCES FOR COMMUNICABLE DISEASES

HIV/STD Testing Resources

Ionia County Health Department

Ambulatory Care Clinic

Barry/Eaton District Health Department

Spectrum Health United Hospital Youth Clinic

Ingham County Health Department

Kent County Health Department

Mid Michigan District Health Departments

Planned Parenthood of West/Northern Michigan

Sparrow Medical Group Occupational Health and Walk In

Tuberculosis/Hepatitis Resources

Ionia County Health Department

175 East Adams Street, Ionia

3015 South State Road, Ionia

1033 Health Care Drive, Charlotte

West Woodlawn Avenue, Hastings

318 South Bridge Street, Suite 1, Belding

5305 South Cedar Street, Lansing

700 Fuller Avenue, Grand Rapids

615 North State Road, Stanton

1307 East Townsend Road, St Johns

151 Commerce Drive, Ithaca

Irwin/Martin Health Center,

425 Cherry Street South East, Grand Rapids

550 East Washington, Ionia

(616) 527-5341

(616) 522-9110

(517) 543-2430

(269) 945-9516

(616) 244-1100

(517) 887-4308

(616) 632-7100

(989) 831-5237

(989) 224-2195

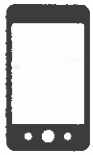
(989) 875-3681

(616) 459-3101

(616) 523-1644

175 East Adams Street, Ionia

(616) 527-5341



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
- **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
- **Suicide Prevention Lifeline** 1-800-273-8255
- **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



The Right Door



Belding CBT Depression Group

Ongoing, Fridays 10-11am, Zoom.

Cooking Group

Grant Group, March 8, 5-6:30pm, Ionia.

Craft Group

Grant Group, March 9, 23, 10-11am, Ionia.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Euchre

Grant Group, March 15, 29, 12:30-3:30pm, Commission on Aging. Cost \$1.

Family Psychoeducation

Saturdays, 10am, Ionia.

Grief and Loss

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

Grant Events/Integrated Healthcare

Ongoing Grant Groups, Fridays, 11:30am-1pm, Ionia. March 3 Luncheon and Surprise, March 10 Games, March 17 Egg Hunt (at the Fairgrounds), March 24 Potluck, March 31 Spring Forward 12-1pm. Contact Patricia Wentworth

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia.

Parenting Through Change

Starting February 15, 5:15-6:45pm, Ionia.

Seeking Safety Group

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

Social Hour

Grant Group, March 8, 10-11am, Bigby, March 22, 1-2pm, Sozo.

Walking Group

Grant Group, March 7,14,21,28, 1:30-2:30pm, Ionia Armory.

Women's Support Group

Ongoing Grant Group, Every other Thursday, 1-2pm, Portland.

Yoga Group

Grant Group, March 1, 15, 29, 9-10am, Ionia.

FREE TAX PREPARATION

United Way Montcalm-Ionia Counties 2-1-1 to schedule an appointment
Commission on Aging, 115 Hudson Street, Ionia (616) 527-5365
Flat River Ministries, 11535 Fulton Street East, Lowell (616) 897-8260