

The right Connection

July 2024



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

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays-8am-6pm
Tuesdays and Thursdays
-8am-7pm
Fridays-8am-5pm

Portland Office

208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays
-8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:

www.rightdoor.org



MED LINE: 616.775.1023

Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Member of:



The Great Debate

Some days are harder than others to drink the recommended 64 ounces of water to keep me healthy and hydrated. I drink sugar free pop, flavored water, regular H2O, milk and that is it. There is a great debate in both the medical and scientific communities whether flavored water is good for you or bad. So here is the skinny.



Flavored water is a great way to quit the soda habit right? Not so fast. There are different types of flavored waters including carbonated and sparkling mineral waters. Sparkling waters include a whole other cast like seltzer, club soda and tonic water. They all get their fizziness from carbon dioxide, natural occurring gases and natural minerals like salts and sulfurs. Seltzer water uses carbon dioxide and flavoring. Club soda has more minerals than mineral water while tonic water is much the same but contains added sugars.

So why the bad rep?

Continued next page

There is some debate whether all of the ingredients found in flavored waters are natural. Some researchers cite a correlation between carbonated beverages and poor bone health. Others swear engineered water causes gas and bloating even though studies have found that carbonation introduces air into the digestive tract which can make you feel uncomfortable like bloating. Then there is the question whether sparkling water is thought to be less hydrating than regular water. Lastly, there is an argument that carbonated water increases the production of ghrelin which is a hormone that makes you feel hungry.

So what is the verdict?

Most agree. If you struggle to drink enough water, unsweetened sparkling water may be a good alternative. Sparkling water is just as hydrating as regular tap water and may help with weight management since hydration is key. When you are hydrated you feel full longer and may consume less calories. A side benefit to unsweetened water is that you drink less soda or sugared



drinks like juice which can lead to obesity and type 2 Diabetes.

People who experience digestive issues may find some relief with the bubbles in the water. Unfortunately gas and bloating are not a myth.

All weighing in on the subject agree: Unsweetened flavored water is okay in moderation. Sweetened flavored water does however lend itself to tooth decay and sugars, hidden or not and should be avoided or limited.

Rewritten from articles from Web MD, Quora, Reddit, Healthline, Health, Mayo Clinic Connect

Add the following to a water pitcher to make about a gallon of water. Serve over ice or steep to strengthen flavor for three or four hours.



Flavor Your Water

Adding extras to your water can make it spa like and easier to sip and stay hydrated.

Recipes from Spa Fjor, Hotel Viking, Newport, Rhode Island

CUCUMBER MINT

Thinly slice one cucumber. Roughly chop 1/2 cup fresh mint leaves. Add both to pitcher. Fill with water.

STRAWBERRY LIME

Thinly slice two limes and three cups of strawberries. Add to pitcher. Squeeze juice from one lime and fill with water.

WATERMELON BASIL

Chop one small seedless watermelon into cubes. Add to pitcher with 1/2 cup chopped fresh basil leaves. Add water.

APPLE CINNAMON

Boil three cups water. Pour into a pitcher with four halved cinnamon sticks. Cool. Add four sliced apples. Fill to top with water.

BLUEBERRY LEMON

Crush three cups blueberries. Add to a pitcher. Add two thinly sliced lemons. Squeeze juice from one more lemon. Fill with water.



FIRST ALERT
STORMTEAM

HEAT DANGER

TRD is a cooling station when temperatures, humidity and the heat index soars.

FAINT OR DIZZY
EXCESSIVE SWEATING

COOL, PALE,
CLAMMY SKIN

RAPID, WEAK PULSE

MUSCLE CRAMPS

HEAT EXHAUSTION

- GET TO A COOL, AIR CONDITIONED PLACE
- DRINK WATER, IF CONSCIOUS
- TAKE A COOL SHOWER OR USE COLD COMPRESS



NAUSEA
VOMITING

THROBBING HEADACHE

NO SWEATING

RED, HOT, DRY SKIN

RAPID, STRONG PULSE

MAY LOSE
CONSCIOUSNESS

HEAT STROKE

- TAKE IMMEDIATE ACTION TO COOL BODY TEMPERATURE
- CALL 9-1-1

EXTREME HEAT

Brenda Charles,
Health and Safety
Committee,
Supervisor
Clerical, and Facility,
TRD,

Ionia- Pioneer Park is open from Memorial Day Weekend to Labor Day weather permitting, seven days a week from 11:00am – 7:00pm.

Portland - William Toan Park is open from Memorial Day to Labor Day, seven days a week, between 10:00am and 8:00pm.

Free - Splash Pad Locations

Be aware some individuals may be more sensitive to the effects of high temperatures and may be at greater risk for heat illness. They are:

1. **Infants and young children**
2. **People 65 years of age and older**
3. **People who are overweight**
4. **People who overexert during exercise/work**
5. **People who are physically or mentally ill**
6. **People with chronic medical conditions** (heart disease, respiratory conditions, diabetes, etc.)

Swimming Safety Tips and Resources

1. Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
2. Provide close and constant attention to children you are supervising, even when a lifeguard is present, no matter how well the child can swim or how shallow the water. Avoid distractions including cell phones.
3. Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.

Designate a "**water watcher**" whenever in a group setting.

Ensure that everyone in the family learns to swim well and knows what to do in a water emergency.

1. If a child is missing, check the water first. Seconds count in preventing death or disability.
2. Know how and when to call 9-1-1 or the local emergency number.
3. Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit. Enroll in age-appropriate Red Cross **water orientation and learn-to-swim courses**. Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED **courses** to learn how to prevent and respond to emergencies.

Parents and Caregivers take advantage of **Free Online Water Safety Courses** available through The American Red Cross - [Water.Safety.for.Parents.and.Caregivers \(redcross.org\)](http://www.redcross.org)

Ionia Aquatic Center offers Aquatic Fitness Classes, Swim Lessons, and Open Swim. The Ionia Bulldog Aquatic Center Calendar is available at www.ioniaschools.org – Bulldog Aquatic Center



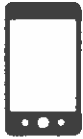
- 1, 8, 15 **PEER LED**, Game Night, Lexie, 4pm, *Ionia TRD*
- 22, 29 **TRD**
- 2, 16, **PEER LED**, Walking with Shelly, 10:30am, *Ionia TRD*
- 23, 30 **TRD**
- 2, 9, 16 **PEER LED**, Writing for Recovery, Katie, 11:00am, *Ionia TRD*
- 23, 30 **TRD**
- 2, 23 **PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 2, 9, **PEER LED**, Volunteer Group, Katie or Shelly, 16 3:30pm, *Ionia Theater*
- 3, 10, **PEER LED**, Chair Yoga, Lexie, 9am, *Ionia TRD*
- 17, 31 **TRD**
- 3, 17, **PEER LED**, Crochet, Shelly, 1pm, *Ionia TRD*
- 31 **TRD**
- 4 **INDEPENDENCE DAY. TRD Closed**
- 5 **TRD Closed**
- 8, 22 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 10 **PEER LED**, Living with Diabetes, Lexie, 10:30am, *Ionia TRD*
- 11, 25 **PEER LED**, Recovery Garden, Katie and Rose, 9 am, *Ionia TRD*
- 11, 25 **PEER LED**, Evening Yoga, Lexi, 5pm, *Ionia TRD*
- 12 **PEER LUNCHEON**, Sexual Health, 11-12:30pm, *Ionia TRD*
- 18 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 14, 21 **PEER LED**, Yoga with Lexie, 3pm, *Belding TRD*
- 16 **PEER LED**, Bingo, 1:30pm, Shelly, *Bigby*
- 16 **TRD Autism Booth, Kids Day at the Ionia Free Fair, 2-4:30pm. TRD Booth all week.**
- 17, 31 **PEER LED**, Crafts, Shelly, 10am, *Ionia TRD*
- 17 **PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 17 **PEER LED**, Fair Barns at Ionia Free Fair with Shelly, 2pm.
- 18 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 22 **TRD Board Meeting, 4-6pm, Ionia TRD**
Ionia TRD
- 24 **PEERS ANNUAL WHITE CAPS GAME**, 10:30am. *Must be signed up to go.*
- 25 **PEER LED**, Portland Walking Group, Shelly, 1pm, *Portland TRD*
- 26 **PEER REWARD TRIP**, Grand Rapids Public Museum and Planetarium. *Invitation only.*
- 31 **PEER LED**, Zion Food Pantry, 2pm. Call Shelly for a ride.

MONTH LONG AWARENESSES/OBSERVANCES:

- **Healthy Vision Month**
National Eye Institute
www.nei.nih.gov/learn-about-eye-health
- **Juvenile Arthritis Awareness Month**
Arthritis Foundation
Blog.arthritis.org/juvenile-arthritis/July-is-juvenile-arthritisawarenessmonth
- **National Anti Boredom Month**
- **National Minority Mental Health Awareness**
National Alliance of Mental Health (NAMI)
www.nami.org/GetInvolved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month
- **National Parks and Recreation Month**
National Recreation and Park Association
<https://www.nrpa.org/events/july/>
- **Sarcoma and Bone Cancer Awareness**
Sarcoma Foundation of America
www.curesarcoma.org/sarcomaawarenessmonth
- **UV Safety Month**
Cataracts, macular degeneration and cancer are all potential consequences of long term exposure to the suns ultraviolet radiation/rays. Protect your eyes and skin.
https://vce.health.mi/PublishedMaterialPages/CY_Sunglasses#UVSafetyMonth
- **National Therapeutic Recreation Week**
July 7-13
Organizations like @Military Health System offer a variety of therapy programs as treatment interventions to help wounded warriors recover from physical and mental injuries. Find local hospitals, clinics and more at www.health.mil/warriorcare or www.health.mil/nicoe



Thank You for Your Service and Our Freedom



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **NAMI** 1-800-950-6264
(NAMI Michigan) 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** 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



World Hepatitis Day

July 28

On July 28, 1967 Dr. Baruch Blumberg identified the Hepatitis B virus. Two years later he developed the Hep B vaccine. Find out about Hepatitis and other vaccines that prevent diseases at: www.health.mil/vaccine



TRD at Kids Day

July 16

2-4:30pm

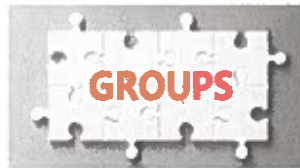
Mindfulness yoga, booth, prizes, staff, more...

Fair Barns with Shelly

July 17

2pm





Adult Autism Group

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

Anger Management

Mondays, 5pm, Zoom.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

Crafts

Peer Led, July 17, 31, 11:30am, Ionia TRD.

Cooking With Shelly

Peer Led, June 19, 26, 4:30pm, Ionia TRD.

Crochet

Peer Led, July 3, 17, 31, 1pm, Ionia TRD.

Teen DBT

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

Family Psychoeducation

Saturdays, 10am, Ionia TRD.

Food Pantry Rides

Peer Led, July 31, Zion Mobile Food Pantry, 2pm Ionia Fairgrounds.
Call Shelly for a ride.

Games Group

Peer Led, July 1, 8, 15, 22, 29, 4pm, Ionia TRD.

LGBTQIA

Peer Led, Ongoing, July 8, 22, 3-4pm, Ionia TRD.

Live Out Loud

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

Living with Diabetes

Peer Led, July 10, 10:30am, Ionia TRD.

Parenting Through Change

PTC will be virtual. Starting July 11, 1-2:30pm, Thursdays. Must attend 70 percent of sessions.

Portland Walking Group

Peer Led, July 25, 1pm, Portland TRD

Recovery Garden

Peer Led, Recovery Garden, July 11, 25, 10am, Ionia TRD.

Self-Love

Peer Led, July 17, 11:30am, Ionia TRD.

Seeking Safety

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

Social Hour

Peer Led, July 16, Bingo, 1:30-2:30pm, Bigby.

Train Your Brain

Peer Led, July 2, 23, 2pm, Ionia TRD.

Volunteer Group



EVERYONE LIKES FIREWORKS RIGHT?

Well, probably not your pets.
Since there will be many fireworks
shot off this summer,
take safety seriously,
for your pets, your kids, and yourself.

www.health.mil/FireworksSafetySuggestions

Walking Group

Peer Led, July 2, 16, 23, 30, 10:30am, Ionia TRD.

Women's Group

Peer Led, July 18, 1-2pm, Portland TRD.

Writing for Recovery

Peer Led, July 2, 9, 16, 23, 30, 11am, Ionia TRD.

YES, Truly Our Friends (YTOF)

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

YOGA

Peer Led, **Belding**, July 14, 21, 3pm, Belding TRD.

Chair, July 3, 10, 17, 31, 9am, Ionia TRD.

Evening, July 11, 25, 5pm, Ionia TRD.

NEW GROUPS:

Healthy Kids, 4 week group, kids age 8 to 12, starting July 12, Fridays, 1-2:30, Portland TRD.

Healthy Teens Group, for youth 13-17, Thursdays 1-2:30, Starting July 11.

The Great Outdoors Group, Tuesdays, 10am, Locations vary. Call your primary worker.

The Recovery Stick Group, Tuesdays 2-3:30pm, Ionia TRD. Call your primary worker.



**ANNUAL PEERS
West Michigan
Whitecaps Game**

10:30am, July 24

Must be signed up to go
Contact Rob Weiland, or your peer



August 7th: Belding and Portland Right Door,
11am-3pm
School supplies only

August 9th: Ionia Right Door, 9am-3:30pm
School supplies, haircuts, clothes

Registration Deadline:
5pm, July 31st or first 500
(616) 527-1790
Rachel Selby



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

Lake Odessa Farmers Market
(Central United Methodist Church)
June 8, 15, 22, 29, 9am-1pm

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

Portland Old Red Mill Market
Saturdays 9am-1pm
June 8-September 21

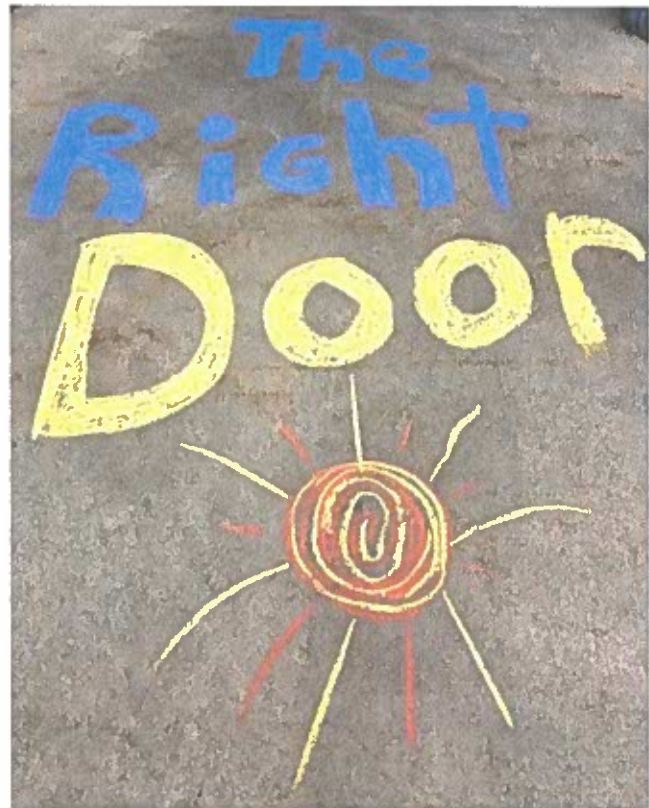
Homegrown produce, handcrafted items, more



THE *right* DOOR
for hope, recovery and wellness



Thank you to everyone who donated to our canned food drive to benefit persons served at our agency. Canned goods and non perishable items were dropped at the Ionia Theater and TRD through June 21st.



Since July is anti-boredom month, TRD beat their boredom by chalking agency sidewalks July 8 to 12.

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.



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.



- July 2 2 pm, Walk up, Central UMC, Lake Odessa
- July 2 6 pm, Drive Through, Twin Rivers Elementary, Muir
- July 9 4:30 pm, Drive Through, Zion UMC, Ionia Fairgrounds
- July 16 6 pm, Drive Through, Hubbardston American Legion
- July 19 4:30 pm, Drive Through, Belding High School
- July 31 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10 Gardening 2 Goal Getters 1	11 Talk and Walk 2 Tool Box Group 2	12-3 Independence Day Cookout 3	Closed to observe Independence Day 4	10 Gardening 11 Lunch Round Table Talk 2 Music 5	
	10 Gardening 2 Goal Getters 8	10-3 Facilitator Training with JIMHO 9	10 Gardening 11 Relationships 1 Free Lunch 1:30 Nutrition 11	10 Gardening Yard Saling 12-3 Bowling 11	10 Gardening Lunch with Peers, TRD 2 Music 12	
	10 Gardening 2 Goal Getters 15	11 Fishing 2 Craft and Junk Journaling 16	10 Gardening 11 Relationships 1 Free Lunch 1:30 Nutrition	10 Gardening 12-3 Yard Saling 2 This is Me 18	19 Outing to Ollie's 19	
	10 Gardening 2 Goal Getters 22	11 Fishing 2 Craft and Junk Journaling 23	10 Gardening 11 Relationships 1 Free Lunch 1:30 Nutrition	10 Gardening Yard Saling 12-3 Bowling 25	Came Day with popcorn and shakes 26	
	10 Gardening 2 Goal Getters 29	10-2 Board Training with JIMHO 30	10 Gardening 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 31			

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM
302 E. Main Street, Ionia (616) 522-9773