



# The right Connection

February 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](http://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:



What is the joke about Michigan weather? Wait five minutes and it will change. And change it did going from an unseasonably warm and green December to a polar vortex in January with snow, freezing temperatures, impassible roads, school and event closures, power outages and more.



For me personally, out in a rural area, it meant frozen cow drinkers, a set of frozen pipes in the house and a frozen pump from the well. I was too preoccupied shoveling my way to the barn and with what was going on at home to feel isolated. But Right Door board member Nancy Patera did. After the church where she ministers had been cancelled due to the weather, and later in the week she was forced to turn around while travelling to a meeting in Grand Rapids, she likened being stuck at home to COVID. Thank goodness it was much briefer!

As we plow through February, a visit from Puxatawney Phil and cupid, will there be six more weeks of winter? Will those looking to celebrate Valente tine's Day do so at home due to weather? Will we again need to cope with feelings of isolation, depression, anxiety or seasonal affect disorder?

Only time, and Mother Nature, will tell. Just keep in mind that while the weather has changed for the better, it will again. At least now we are that much closer to spring!



- 1, 21 **PEER LED**, Portland Women's Group, Shelly, 1-2pm, *Portland TRD*
- 2 **Groundhog Day**
- 2 **National Wear Red Day (Heart Disease and Stroke in Women)**
- 2 **PEER LUNCHEON**, Goals, 11-12:30pm, *Ionia TRD*
- 3 **National Women's Physician's Day**
- 4 **World Cancer Day**
- 5, 12, 19, 26 **PEER LED**, LGBTQIA Group, Katie, 3-4pm, *Ionia TRD*
- 6 **PEER LED**, Tune up Tuesday, Shelly, 11:30am, *Drop in Center*
- 6, 13, 20, 27 **PEER LED**, Volunteer Group, Katie, Rob or Shelly, 3:30pm, *Ionia Theater*
- 7, 14, 21, 28 **PEER LED**, Sunrise Yoga, 9am, Lexie, *Ionia TRD*
- 7, 21 **PEER LED**, Living with Diabetes, Lexie, 10:30am, *Ionia TRD*
- 8, 15, 22, 29 **PEER LED**, Built by You, Lexi, 3:30pm, *TRD Ionia*
- 8, 15, 22, 29 **PEER LED**, Sunset Yoga, Lexi, 5pm, *Ionia TRD*
- 13 **PEER LED**, Bingo, Shelly, 1:30pm, *Mooville*
- 13, 28 **PEER LED**, Food Pantry, Lexi, Call for a ride. Zion Mobile Pantry, 13th at 3:30pm; 28th, Katie at 2pm
- 14 **National Organ Donor Day**
- 16 **National Caregiver's Day**
- 17 **Random Acts of Kindness Day**
- 19 **President's Day**
- 20 **Committee of the Whole Meeting**, 4-6pm, *Ionia TRD*
- 26 **TRD Board Meeting**, 4-6pm, *Ionia TRD*
- 27 **PEER LED**, Money Management, Shelly, 12:30pm, *Ionia TRD*
- 27 **PEER LED**, Train Your Brain, 2pm, Shelly, *Ionia TRD*
- 28 **PEER LED**, Self Love, Shelly, 11:30am, *Ionia TRD*
- 28 **PEER LED**, Craft Group, Shelly, 10am, *Ionia TRD*

### WEEK LONG AWARENESSES/OBSERVANCES:

- February 6-12: Children's Mental Health Awareness Week
- February 7-14: Congenital Heart Defect Awareness Week
- February 11-17: Cardiovascular Professional's Week
- February 12-18: Cardiac Rehabilitation Week
- February 28-March 1: National Eating Disorder Awareness Week

### MONTH LONG AWARENESSES/OBSERVANCES:

- Age Related Macular Degeneration Awareness Month
- American Heart Health Month
- Black History Month
- Body Awareness Month
- Eating Disorders Month
- Health Patient Appreciation Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month

### FEBRUARY TO DO:

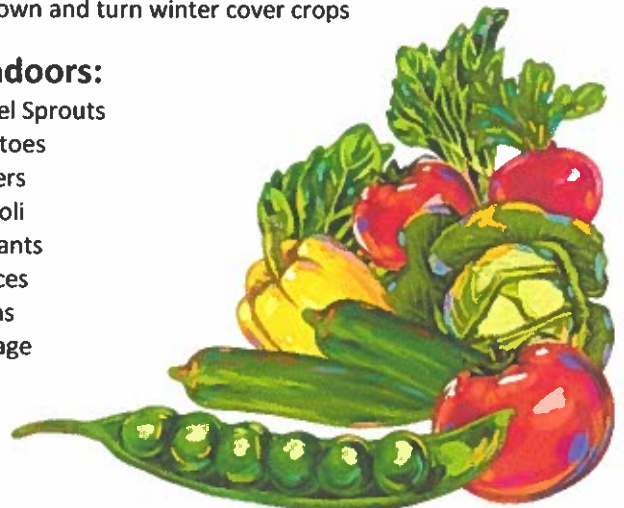
While you may not be thinking of gardening, it is the perfect time to start.

#### Garden Tasks:

- Make a garden plan for the year
- Order seeds
- Turn or start a compost pile
- Gather seed starting supplies like lights, heat mats, pots
- Cut down and turn winter cover crops

#### Start Indoors:

- Brussel Sprouts
- Tomatoes
- Peppers
- Broccoli
- Eggplants
- Lettuces
- Onions
- Cabbage







## February is American Heart Month



American Heart Association

More than half American adults do not know heart disease is the leading cause of death for both men over 45 and women who are menopausal. In fact one person dies every 33 seconds in the U.S. from cardiovascular disease. Risk factors include high blood pressure, high cholesterol, family history of the disease, obesity, an unhealthy diet, physical inactivity, smoking and drinking. The leading cause of heart attacks are clogged arteries with cholesterol which becomes coronary heart disease. Heart attack warning signs include chest pain lasting more than a few moments with pain in the neck, jaw, arms or upper back, or heartburn, cold sweats/clammy skin, dizziness, and shortness of breath. Ways to protect your heart are by managing your blood sugar, blood pressure and cholesterol, eating healthy, moving more and maintain a healthy weight, drink less alcohol, be smoke and stress free.



## February is Age-related Macular Degeneration (AMD) and Low Vision Awareness Month!

A variety of free educational resources to the public and professionals, including fact sheets and social media graphics in English and Spanish, plus online resources and informative videos can be found at <https://preventblindness.org/2024-amd-low-vision-month/>



Black history month was created to focus attention on the contributions of all African Americans from all periods of US history. The first Negro History Week was organized in February 1926 while President Gerald Ford recognized Black History Month in February 1976. Why February—to honor President Abraham Lincoln and Frederick Douglass, who was born into, and escaped slavery to become an abolitionist leader and writer. Both men were born in February.

## BODY IMAGE

Body Image, body awareness should be called body positivity so people focus on what's right with their body not what's wrong. We should celebrate our body not indulge in negative self-talk whether we are young or old, male or female. A healthy body image is when you have a real perception of your body, your shape, your size and are comfortable in it. A poor image leads to emotional distress, low self confidence, low self esteem, unhealthy habits, anxiety, depression and eating disorders.



Eating disorders emanate from fears and anxiety from eating, body image and weight gain which leads to unhealthy behaviors like binge eating, bulimia and anorexia which can become physically harmful and life threatening. Specifically 10-20 percent of college women have eating disorders and like most people with disorders, they suffer in silence afraid to admit they have an issue.

# FEBRUARY AWARENESSES



One in three teens will experience some form of abuse from someone they are in a relationship with before they become an adult. Girls are victimized more than guys because they tend to be more compliant and responsive to the needs of others. Of those, 94 percent are age 16 to 19, 70 percent are age 20 to 24 which is triple the national average. 50 percent of all abused attempt suicide. Unfortunately most parents do not believe teen dating violence is an issue.

# HANDY TIPS TO

# AVOID FROZEN PIPES THIS WINTER



## BEFORE THE COLD WEATHER SETS IN



Check sprinkler or irrigation systems. Make sure everything is turned off and drained.



Eliminate sources of cold air near water lines. Fix drafty windows and plug drafts around doors. Identify your home's freezing points.



Know how to shut off your water.



Protect your pipes. Wrap them with insulation.

## WHEN TEMPERATURES STAY BELOW FREEZING



If pipes run through cabinets or vanities, open the doors to let warmer room temperatures flow in.



Keep water moving through the pipes by allowing a small trickle of water to run.

## BUT IF YOUR PIPES DO FREEZE



Shut off the water immediately.



Thaw pipes with warm air, with a hair dryer or space heater. Do not leave space heaters unattended and do not use kerosene heaters or open flames.



Be careful turning water back on. Once pipes are thawed, slowly turn the water back on and check pipes and joints for any cracks.



If you are a word nerd like I am, or you need a quick break to refocus and reenergize, perhaps you will enjoy Pete Leland's Word Ladder or Anagram to the left. By rearranging letters, how many small words can you make from the word Mental Health. Pete, who is with The Right Door's Clerical team, made 96 words. The answers are on the last page.



# 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. Mobile Food Pantry last Wednesday of month at 5pm. Picture ID.

## **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, Mobile Food Truck, second Tuesdays at Rather. 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 Velte, (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. Mobile Food Pantry first Tuesday each month at 2pm.

**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.

**Mount Hope Church**, Mobile Food Pantry, 845 Ionia Street, (517) 647-4136. Third Saturday each month 10-11am.

## **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 other agency.



- February 6** 2 pm, Walk up, **Central UMC, Lake Odessa**
- February 6** 6 pm, Drive Through, **Twin Rivers Elementary, Muir**
- February 10** 10am, Drive Through, **Mount Hope Church, Portland**
- February 13** 4:30 pm, Drive Through, **Zion UMC, Rather School, Ionia**
- February 16** 4:30 pm, Drive Through, **Belding High School**
- February 20** 6 pm, Drive Through, **Hubbardston American Legion**
- February 28** 5pm, Drive Through, **Shiloh Community Church, Orleans**

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



**DOUBLE UP FOOD BUCKS (DUFEB) Program** will match Bridge Card sales up to \$10 each day in FREE Michigan grown fruits and vegetables.

WPF-WIC Project Fresh

MF-Senior Market Fresh

# MONK FRUIT

## A Safe Sugar Substitute

Looking to be more health conscious as to what she puts in her body, Dana Willford strives to research and eat what is good for her. One is Monk Fruit which is a safe sugar substitute.



As Dana says, natural sweeteners are great; honey, maple syrup, agave...but what do you use in a recipe that calls for granular sugar? Monk fruit of course! Monk fruit is 100 to 200 times sweeter than cane sugar, but it has NO calories. Even better, it contains anti-inflammatory, anti-diabetic and anti-cancer properties\*. Wait, what? The sweetness actually comes from the antioxidants present in the fruit.

Because it is sweeter than cane sugar, it is recommended to start with half of what the recipe calls for and adjust it according to your taste. Monk fruit can be slightly bitter if you use too much, and some people get an earthy taste from it. You can add a little stevia to help balance the taste if you find it to be too much.

Still not convinced? Just remember, sugar is the real silent killer. It is linked to cognitive decline, has been shown to have inflammatory effects on our nervous system, hinders collagen repairs (ladies!!!) and creates oxidative stress on our bodies and cells, increasing our risk of heart disease, diabetes, and cancer\*.

- Healthline. Monk fruit: Benefits, side effect, and risk.
- From [www.health.com/nutrition/sugar-health-effects](http://www.health.com/nutrition/sugar-health-effects)

## BODY POSITIVITY AFFIRMATIONS

1. You have a body worth celebrating
2. It is okay not to be perfect
3. Your body is capable of so many amazing things
4. You are beautiful just the way you are
5. There is no need to compare yourself to other people or media images
6. You have the power to love your body and change it for the better
7. You are worth your own time and love
8. No body is perfect
9. Embrace your body's flaws and quirks because that is what makes you unique
10. There is no single definition of beauty
11. Health comes in all shapes and sizes
12. Self-love is the most important love you can give yourself
13. Appreciate your body for all it can do, not just how it looks
14. Treat your body with the kindness and respect it deserves
15. Stop body shaming yourself and others
16. Take care of your body today so it will take care of you tomorrow



## Chocolate Peanut Butter Cookies

using Monk Fruit

Dana Willford,  
Clerical, The Right Door

### Ingredients

- 1 cup peanut butter
  - 1/3 cup monk fruit sweetener
  - 1 egg
  - 1 cup chocolate chips (regular or Lakanto brand sweetened with monk fruit)
  - 1/2 tablespoon coarse sea salt
1. Preheat oven to 350.
  2. Mix peanut butter, monk fruit sweetener and egg in a medium bowl
  3. Using a scoop or spoon, create one inch cookie dough balls and place on a greased cookie sheet.
  4. Bake for 14 minutes. Remove and cool and firm about 10 to 15 minutes.

While cookies are cooling, melt the chocolate chips in the microwave. Dip each cookie, covering all sides. Sprinkle with sea salt. Let the cookie harden and enjoy.



# EVENTS

**First and Third Mondays, Bingo**, 6pm, VFW, Lake Odessa  
(616) 374-7075.

**Mondays, Coffee Klatch**, 9-10:30am, Ionia County  
Commission on Aging Senior Center. Informal,  
casual conversation, coffee and snack, free.

**Mondays, Bingo**, 6pm, Portland Senior Center  
(517) 647-4004.

**Tuesdays and Wednesdays, Enhanced Fitness**,  
8:45-9:45am in person or zoom IOCCA.  
Contact Rachel Yenchar (616) 527-5365 or  
(616) 330-4432.

**Tuesday and Thursdays, Armchair Exercise**,  
10:30-11:30am, ICCOA Senior Center. Low  
impact seated exercise class helps improve  
strength, flexibility and balance. Suggested fee  
\$2. Rachel (616) 527-5365.



**Tuesdays and Thursdays, Euchre**, 1pm,  
Portland Senior Center.

**Tuesdays and Thursdays, ICCOA  
Friendship Luncheon Sites**, 11:30am,  
Cost \$3 for those over 60 and their  
caregivers, \$5 for anyone under 60.

Please RSVP Friday before for Tuesday  
meals and by Tuesday for Thursday meals.  
Contact ICCOA (616) 527-5365. Sites include:  
Belhaven Community Room, Belding;  
Clarksville Community Center; Emerson  
Apartments, Lake Odessa; Saranac Senior  
Housing; First Congregational Church, Portland.

**Third Tuesday Each Month, Alzheimer's Caregiver  
Support Group**, 11:30am-12:30pm. ICCOA.

**Wednesdays, Grab some Grub**, Weekly dinner, 6pm,  
Ebenezer Center.

**Wednesdays, Tai Chi**, 9:45-10:30am, or 10:45-11:45am, in  
person or zoom, ICCOA. Contact Rachel  
Yenchar (616) 527-5365.

**Wednesdays, Euchre**, 12:30-3:30pm, ICCOA. Free.

**Thursdays SAMS (Saranac Area Musicians and Singers)  
Practice**, Saranac High School band room.  
Choir 6-7pm. Band 7-8pm. (616) 902-7237.

**Thursdays, Open Gym for kids**, 10-11am, Ionia Armory. Free  
obstacle course and sensory boxes to play  
and get energy out. Sponsored by the Ionia  
County Collaborative/Great Start.



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

**Fridays Painting Group**, 1-3pm, ICCOA.

**Saturdays, Yoga**, Lake Odessa Library, 9am. Beginners  
welcome. (616) 374-4591.

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

February 8

**Senior Class Fundraiser**, Fabiano's,  
4-9pm, Portland. 20 percent of meal sales  
donated to PHS 2024 class night

February 8

**Knitaholic Yarn Bowl Painting**, 6-8pm, The  
Port, Portland. Paint and seal a non-fired,  
glazed bowl to hold yarn

February 10

**Steak Fry**, 5-7pm, American Legion,  
Belding. All proceeds to Belding Labor Day  
Committee. \$35 for 30 ounce steak for two,  
\$15 for sizzler, \$12 for chicken breast, \$10  
for kids chicken tender meal. All meals  
include salad, potato and dessert. 50/50  
raffle prize baskets.

February 10

**Women in Business Galentine's Soiree**,  
Candlestone Golf Course, Belding. An  
evening of cocktails and networking. Tickets  
[https://  
beldingareachamberofcom-  
merce.wildapricot.org/event-5551685](https://beldingareachamberofcommerce.wildapricot.org/event-5551685)

February 11

**Valentine Sip-n-Shop**, noon-5pm,  
ConfluxCity Brewing, Portland. Handmade  
items from local vendors like Thomas Natural  
Roots, Bannister Bees and Honey, E2Laser  
Engraving and Missy Rose Studios Jewelry  
and Watches Store.

February 11

**3rd Annual Soup and Chili Cook Off**, Ionia  
Moose. 1pm set up. 2pm Euchre  
Tournament (\$5 entry fee with half the pot  
coming back). 3pm \$5 for five soup/chili  
tastings. Proceeds from euchre, entries and  
ticket sales to Soaring Above Teen Center.

February 12

**Valentine Skate Night**, 6-8pm, Ionia,  
Skateland. \$6.50 entry fee includes skate  
rental. Games, skating, prizes, fun while  
supporting Main Street Dance Academy  
Competition Teams.

February 13

**Babes with Babes Spa Night**, 7-8pm, Ionia  
Coalition of Moms and Babies. Moms who  
have babies or are pregnant can get a little  
pre-Valentine's pampering. Facemasks, Nail  
painting and hair braiding. RSVP: [https://  
www.signupgenius.com/  
go/10COE49A4AE2EA5FBC70-47308446-  
babes](https://www.signupgenius.com/go/10COE49A4AE2EA5FBC70-47308446-babes)

# EVENTS

February 17

**Hunter Fitness Challenge**, 10am-3pm, Bertha Brock Park, Ionia. \$20 entry fee with cash prizes for placings. (616) 522-7275. 2 stages of archery challenges mirroring real hunting scenarios. Hike with a weighted backpack while performing physical tasks and shooting. Second challenge is specific target shooting and timed test.

February 17

**Valentine's Dance Party**, 6pm, Ionia Armory. 6-7pm hors d'oeuvres, 7-9 dancing. \$10 per person, \$15 a couple, 11-17 year-olds \$7.50, 10 and under free with adult ticket purchase. Advance tickets at [michigan-events-ticketleap.com](http://michigan-events-ticketleap.com)

February 18

**Baked Potato Bar and Ice Cream Sundaes**, Noon-2pm, LeValley Global Methodist Church, Ionia. Choice of pulled pork or chili to top the potato. Donation at the door. Dine in or take out.

February 21

**Daddy Daughter Dance**, 6pm, Knights of Columbus, Portland. Dance, DJ, pictures, refreshments.

Fridays in February

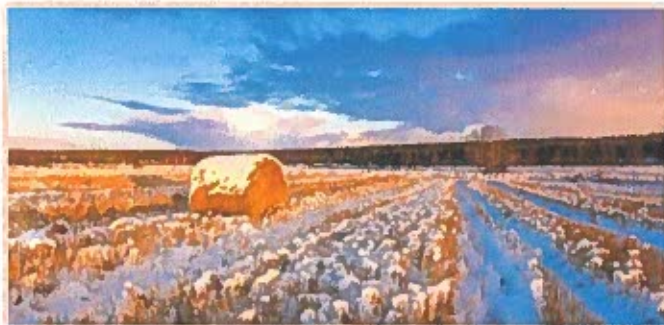
**Free Musical Light Show**, 7-9pm, Portland. Three block repeating light shows set to music.

February 24

**Snow Moon Night Hike**, 6:30-8:30pm, Bertha Brock Park. Starting at Palmer Lodge. All vehicles must pay \$2 park access fee or have a current annual pass.

February 24

**Teen Lock In**, Portland Library, 6-11pm. Teens have an opportunity to eat pizza, play games, create crafts and win prizes. Space is limited to 30 teens age 13-18. Register at (517) 647-6981.



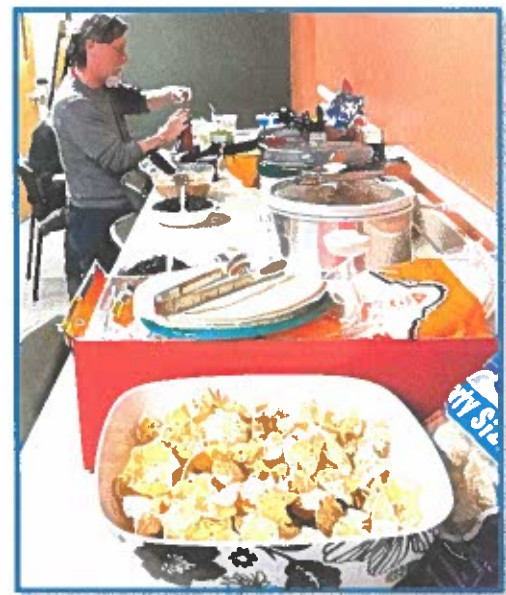
It may not be the sunny south others are travelling to, but if you can find joy in your surroundings, your soul will always be sunny.

*Joni Bell*

THE *right* DOOR  
for hope, recovery and wellness



Congratulations to Elise Ngo on being recognized as the Ionia Public Schools Educator of the Month.



Staff Taco Bar held February 18 raised funds to supplement the TRD Food Pantry.

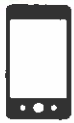
Please welcome Jen Smalley as The Right Door's new on-site DHHS worker.



She will be in the Ionia Office on Wednesdays from 8:15am to 3:15pm.

She will also be available virtually Fridays from 1 to 3pm.





# 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
- **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



## Anger Management

Mondays, 5pm, Zoom.

## Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

## Adult DBT

Ongoing, Mondays, 1pm, Ionia TRD.

## Built by You

Peer Led, February 8, 15, 22, 29, 3:30pm, Ionia TRD.

## Crafts

Peer Led, February 28, 10-11am, Ionia TRD.

## Teen DBT

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

## Family Psychoeducation

Saturdays, 10am, Ionia TRD.

## Food Pantry Rides

Peer Led, February 13, 3:30pm, call Lexie for a ride. February 28, 2pm, call Katie.

## LGBTQIA

Peer Led, February 5, 12, 19, 26, 3-4pm, Ionia TRD.

## Live Out Loud

Referrals to Tania White for 12 weeks, Mondays, 3:30-4:30pm, Ionia for teens 13-17 identifying as LGBTQIA.

## Living with Diabetes

Peer Led, February 7, 21, 10:30am, Ionia TRD.

## Money Management

Peer Led, February 27, 12:30, Ionia TRD.

## Parenting Through Change

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

## Self-Love

Peer Led, February 28, 11:30am, Ionia TRD.

## Seeking Safety

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

## Social Hour

Peer Led, February 13, Bingo, 1:30-2:30pm, Mooville.

## Train Your Brain

Peer Led, February 27, 2pm, Ionia TRD.

## Tune Up Tuesday

Peer Led, February 6, 11:30am, Drop in Center

## Volunteer Group

Peer Led, February 6, 13, 20, 27, 3:30pm, Ionia Theater.

## Women's Group

Peer Led, February 1, 21, 1-2pm, Portland TRD.

## YES, Truly Our Friends (YTOF)

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

## YOGA

Peer Led: Sunrise, February 7, 14, 21, 28, 9am, Ionia TRD. Sunset, February 8, 15, 22, 29, 5pm, Ionia.



1st Thursday of the Month, IM FAN (Ionia Montcalm Families Against Narcotics), 6:30-8pm, First Congregational Church, December, February, April, June, August, October. Soaring Above Teen Center, January, March, May, July, September, November.

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

# COMMUNITY RESOURCES



## Department of Health and Human Services

920 E. Lincoln, Ionia (616) 527-5200

TRD has Kim Graft onsite (616) 527-1790

## Ionia County Commission on Aging

115 Hudson Street, Ionia (616) 527-5365

[iccoa@ioniacounty.org](mailto:iccoa@ioniacounty.org)

- Nutrition Programs
- Friendship Dinner Sites, Senior and Congregate Meals
- Home delivered Meals on Wheels
- Health and wellness programs
- In-home assistance services
- Supportive services
- **Caregiver Support Group**, third Tuesday of each month, 11:30am-12:30pm, in person or by phone. Presented by the Alzheimer's Association Greater Michigan Chapter. Call Rachel (616) 527-5365 or (888) 527-5365.
- **Painting Group** meets every Friday, 1-3pm at the IOCCA. Beginners welcome.

## Ionia County Dial-A-Ride/I-Dart

(616) 527-4000

## Belding Dial-A-Ride/Bel-Hop (616) 794-3278

## Ionia County Libraries

- **Alvah N. Library**, Main Street, Belding (616) 794-3510 [www.alvahnbeldinglibrary.org](http://www.alvahnbeldinglibrary.org)
- **Ionia Community Library**, Main Street, Ionia (616) 527-3680 [www.ioniacommunitylibrary.org](http://www.ioniacommunitylibrary.org)
- **Lyons District Library**, Bridge Street, Lyons (989) 855-3414 [www.lyonsmichlibrary.org](http://www.lyonsmichlibrary.org)
- **Lake Odessa Community Library**, Fourth Avenue, Lake Odessa (616) 374-4591 [www.lakeodessalibrary.org](http://www.lakeodessalibrary.org)
- **Portland District Library**, Kent Street, Portland (517) 647-6981 [www.pdl.michlibrary.org](http://www.pdl.michlibrary.org)
- **Saranac Clarksville District Library**, (616) 642-9146 [www.saraclark.michlibrary.org](http://www.saraclark.michlibrary.org)

## Ionia Literacy Council (616) 389-8529

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

Free tutoring to adults in reading, math and English as a second language.

## Education for Adults:

**Belding Community Education** (616) 794-4646

Adult/alternative education, teenage parent program, enrichment program, English as a second language and G.E.D. prep classes

**Federal Student Aid-FAFSA Finances** (800) 968-9710

**Heartlands Institute of Technology** (616) 527-6540

Trade focused programs for Ionia County secondary students

**Montcalm Community College** (989) 328-2111

Offers Associates Degrees in Liberal Arts and Occupational programs online and in person in Ionia, Greenville, Sidney, Howard City. Job training programs offered as are on site workplace training.

**(MICAN) Montcalm Ionia College Access Network**

(616) 527-4900 Post high school guidance for community college, universities, military, trade/vocational/technical schools.

**Portland Alternative/Community Ed** (517) 647-2987

## Michigan State University Extension

(616) 527-5357

- 4-h programming for youth 5 to 20 years old, plus adult/senior nutrition planning, wellness programs, budgeting skills, home foreclosure prevention.

## Walking Rails to Trails

[www.traillink.com](http://www.traillink.com)>FindTrails>Michigan trails and maps, Ionia County.

## RAVE—Relief After a Violent Encounter

24-hour 1-800-720-7233 [www.raveim.org](http://www.raveim.org)

- Offers free and confidential services to survivors of domestic and sexual violence as well as victims of homelessness

## Tony Balice Walk-In Care Clinic

550 E. Washington Street, First floor, Ionia (616) 523-1644

## United Way Montcalm-Ionia Counties 2-1-1

(800) 887-1107 or (616) 794-9840

- Help with food, housing, paying bills, taxes. Support in a family crisis or community disaster.

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

[www8cap.org](http://www8cap.org)



**ANSWERS To MENTAL HEALTH ANAGRAM:**

**Three seven letter words:** Athlete, manatee, methane

**12 six letter words:** Helmet lament, mallet, nettle, enamel, latten, talent, anthem, lethal, mantel, mettle, tamale

**13 five letter words:** Enate, lathe, meant, teeth, tenth, eaten, enema, latte, elate, laten, metal, tenet, theme

**46 four letter words:** Heal, hell, lame, mall, meat, melt, meth, neat, tale, amen, ante, hale, hall, halt, hate, hath, heat, heel, helm, lane, late, lean, lent, male, malt, mate, math, meal, mean, meet, meta, name, tall, tame, teal, team, tent, than, that, tell, teen, them, then

**22 three letter words:** Let, mat, men, net, tea, ten, ale, ant, eat, elm, ham, hem, met, tan, tee, all, ate, eel, hat, hen, man, the



**RIVER'S EDGE  
DROP IN CENTER  
CALENDAR**

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



# FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	11 This is Me 2 Games	1 11-12:30 Lunch with Peers, Right Door 2 Music	2 3
4	5 11 Mindful Monday 2 Board Meeting	6 11 Bee Creative 1 Depression Group	7 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	8 11 This is Me 12:30-4 Meadow Bowls Social Club/ Wagon Wheel	9 11 Roundtable Talk 2 Music	10
11	12 11 Goal Getters 2 New Year/New Center	13 11 Bee Creative 1 Depression Group	14 <b>11-3 VALENTINE'S DAY PARTY</b>	15 11 This is Me 2 Games	16 11 Roundtable Talk 2 Music	17
18	19 11 Goal Getters 2 New Year/New Center	20 11 Bee Creative 1 Depression Group	21 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	22 11 This is Me 12:30-4 Meadow Bowls Social Club/ Wagon Wheel	23 11 Roundtable Talk 2 Music	24
25	26 11 Goal Getters 2 New Year/New Center	27 11 Bee Creative 1 Depression Group	28 11 Healthy Relationships 1 Free Lunch 1:30 Nutrition 2 Bingo	29 11 This is Me 2 Games	1	2

Holidays and Observances: February 14: Valentine's Day; 19: President's Day