

The right Connection



Fall 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.



Member of:



Last fall, when I went through the Hidden in Plain Sight Trailer that was parked at The Right Door, I failed miserably at finding half of the drug related paraphernalia that was 'hidden in plain sight.' Of course that was the point the Ionia County Substance Abuse Prevention team were trying to make with the trailer—to educate the community on what to look for.

The trailer itself was set up like a typical student's bedroom—although much cleaner than my kid's rooms ever were. You were to walk through it once looking for, and counting, anything remotely connected with substance use, whether alcohol, drug related including vaping and other everyday items not thought to be substances (mouth wash containing alcohol as an example). Once you went through it, there was literature outside about the trailer, substances and statistics. If you had time, the team would take you through a second time pointing out all the items missed and explain what they were, how to hide them and answering any questions you had.

Needless to say it was a powerful educational tool.

With school back in session, and the third week in October being drug free prevention awareness, it made me remember the trailer for all those parents trying to raise youth and young adults drug free. Be aware and get educated because our youth certainly are.



**RED RIBBON
WEEK**

- 2, 9, 16** PEER LED, LGBTQIA Group, Katie,
- 23, 30** 3-4pm, *Ionia TRD*
- 3, 10,** PEER LED, Volunteer Group, Katie, 3:30pm,
- 17** *Ionia Theater*
- 4** PEER LED, Euchre, Shelly, 10:30am-noon,
- at *Ionia TRD*
- 6** PEER LED, Lunch and Learn with Peers,
- Elections, Greg Geiger, County Clerk,
- 11am-1pm, *Ionia TRD*
- 7** **National Depression Screening Day/You**
- Matter to Me Day**
- 7, 28** PEER LED, Living with Diabetes, Lexie, 10am,
- Ionia TRD*
- 9** **Columbus Day**
- 10** **World Mental Health Day**
- 10, 24** PEER LED, Balance Group, Shelly, 2-3pm,
- Ionia TRD*
- 10, 25** PEER LED, Food Pantry, Shelly, Call ahead.
- Mobile Pantry, 10th at 3:45pm; Zion Pantry,
- Meet at *Ionia TRD*, 2pm
- 11, 25** PEER LED, Self Love, Shelly, 10:30-11:30am,
- Ionia TRD*
- 11, 25** PEER LED, Money Management with Katie
- and Shelly, 1-2pm, *Ionia TRD*
- 12, 26** PEER LED, Portland Women's Group, Shelly,
- 1-2pm, *Portland TRD*
- 12, 26** PEER LED, Crochet, Shelly, 10-11am, *Ionia*
- TRD*
- 14, 28** PEER LED, Adulting 101, Lexie, 10am, *Ionia*
- TRD*
- 15** **Global Handwashing Day**
- 17** PEER LED, Bingo, Shelly, 1:30-2:30pm, *Tropical*
- Smoothie*
- 18** PEER LED, Country Mills Farms with Peers.
- Meet at *Ionia TRD* at 10am. Back at 3pm
- 19** PEER LED, Craft Group, Shelly, 10-11am, *Ionia*
- TRD*
- 22** **National Make A Difference Day**
- 27** **National Mentoring Day/ World Occupational**
- Therapy Day**
- 28** **National Self Awareness Day**
- 30** **TRD Board Meeting**, 4-6pm, *Ionia*
- 31**

Halloween

BE HAPPY. BE BRAVE. BE DRUG FREE.



For every dollar invested in drug prevention for kids, seven dollars are saved in drug addiction treatment.

www.redribbon.org

WEEKLY OBSERVANCES:

- **October 3-9** **Mental Health Awareness Week**
- **October 4-9** National Primary Care Week
- **October 6-12** National Physician Assistants Week
- **October 9-15** Fire Prevention Week
- **October 10-16** Emergency Nurses Week
- **October 23-31** Red Ribbon Week
- **October 24-31** Respiratory Care Week

MONTH LONG AWARENESSES/OBSERVANCES:

- ADHD Awareness
- Blind Awareness Month
- Cancer Awareness Month—Breast Cancer, Liver
- Domestic Violence Awareness
- Down Syndrome Awareness Month
- Dyslexia Awareness
- Healthy Living Month
- National Bullying Prevention Month
- National Depression and Education Awareness Month
- National Orthodontic Health Month/Dental Hygiene Month
- National Physical Therapy Month
- SIDS Awareness

GRASSROOTS BEGINNINGS

The Nation's Largest and Longest-Running Drug-Use Prevention Campaign

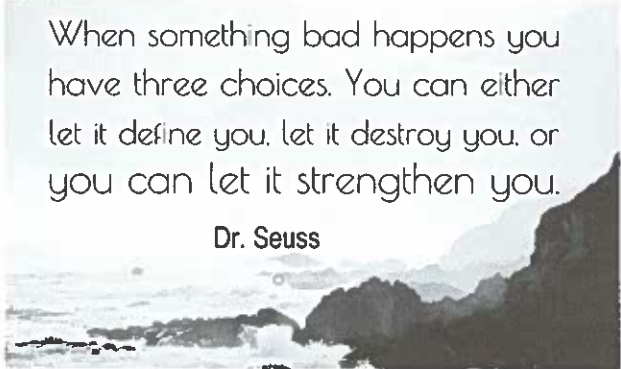
WHO THEY ARE

National Family Partnership, formerly the National Federation of Parents for Drug Free Youth, was established as a grassroots, nonprofit organization in 1980 by a handful of concerned and determined parents who were convinced they should begin to play a leadership role in drug prevention. Since its founding thirty years ago, NFP has devoted its efforts to the well-being of youth. Today, NFP is a national leader in drug prevention education & advocacy. Our mission is to lead and support our nation's families and communities in nurturing the full potential of healthy, drug free youth.

What They Do

AWARENESS – NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign™. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America. In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

ADVOCACY – NFP is active in bringing the concerns and agenda of America's parents and families to policy makers on a local, state, and national level. Joining NFP enables parents and coalitions to have direct access to our nation's leaders and decision makers.



When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you.

Dr. Seuss

Enrique "Kiki" Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. In honor of Kiki's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents then began to form coalitions using Camarena as their model while embracing his belief that one person can make a difference. These coalitions adopted the symbol of Camarena's memory, the Red Ribbon. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

Found on RedRibbon.org

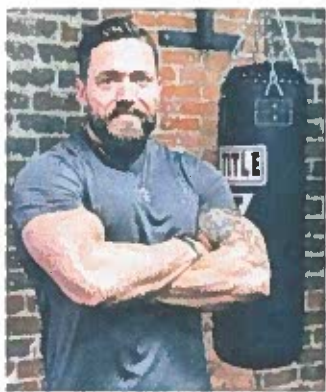


Resources

- Charlotte's Web
- Community Anti-Drug Coalitions of America
- Drug Enforcement Administration
- Drug Free America Foundation
- DUI Resources: A Guide To Charges, Treatment, and Supportive Services
- Lock Your Meds
- Drunk Driving Statistics
- How to Quit Cigarettes
- Mothers Against Drunk Driving
- National Association for Children of Alcoholics
- National Highway Traffic Safety Administration
- National Institute on Drug Abuse
- Natural High Red Ribbon Resources
- NIDA for Teens
- Students Against Destructive Decisions
- Substance Abuse and Mental Health Services Administration
- The White House Office of National Drug Control Policy

Lesson Plans

- Fentanyl Awareness Guide for Parents, Teens, and College Students
- Montana Meth Prevention
- Natural High For Educators
- NIDA's Lesson Plan and Activity Finder
- Operation Prevention
- SAMHSA Materials for School



John Yarnall's Story

John Yarnall is proof that it can take more than one try to recover from substance abuse addiction. Also, when life is good, people can often be triggered causing them to fall back into old familiar habits.

John's story starts out with him being a good kid, earning decent grades in school, never getting into any real trouble. His mom was a single parent who often yelled which upset him. He

wanted to be liked but was not that popular in high school. However, life changed at 17.

John started working out and enjoyed the attention he got from his new image. He started dating the quarterback's girlfriend and dreamed of becoming a pro wrestler. He did wrestle from 1999 to 2002 and liked the characters he got to be. When he turned 19 he lost his virginity, started clubbing, enjoyed being accepted and cheated on his girlfriend for all three years they dated. John began a sex addiction.

After high school Yarnall went on to GVSU. John started his second addiction to steroids to help stay pumped up. It was a gateway to other drugs. Soon he wanted to get lean and took anxiety drugs. He also started missing classes and began failing when he was 21 or 22. Eventually John broke up with his girlfriend, went to clubs all the time and started as a security guard through the day. He left his job as a security guard to become a bouncer at a club. His personal life fell apart after that, but he kept going. When John's mom cut him off, or quit paying his rent, he became a 'new character' as a stripper.

Weekends were great for validation. But anxiety and depression set in. And that is when he started making and selling steroids. John's job became the only good thing in his life.

His way of dealing with the hurt was to break things in his apartment and physically stab himself with shards of glass from the breakage. However, he did stop from more self harm by calling the ambulance.

At 25 John quit his job and went to a friend's house where he slept on the floor in the kids bedroom. Another friend tried to help and gave him a job in Greenville. Sometime later, the same friend offered him a Vicodin. The Vicodin led to Fentanyl patches, OxyContin and three years of stealing, using drugs until he wanted to die.

"When you become an addict you get 'dope sick' and are only focused on the fix," says John. And it was during this time that he met his wife. Yet that did not stop him from using. Instead he began a new job at a kids store where he got fired for dozing off after taking Xanax.

John went home and used a box cutter on his chest and stomach. He was bleeding in the bathtub when his wife found him and asked if he needed help. From there he went to Pine Rest and after his stay he got out and went right back to bouncing which led to red bulls, using excessive force, using drugs and cheating on his wife.

The next time John quit, he detoxed at a facility in Jackson and while there had surgery for an bloody abscess in the bicep of his arm from shooting up. Two days at home John finally went through withdrawal.

After rehab he worked at Office Max where he became a manager in a few months. Once again he started fighting, this time in a cage. He got knocked out by a bigger guy and joined an MMA team to become a better fighter. He trained hard replacing drugs with fighting while

his relationship with his wife deteriorated until they divorced after two years of marriage.

John moved away from MMA for the next six years, tried to stay clean becoming a manager at a nutrition store. But old patterns were triggered and he was back into steroids and started selling and using growth hormones. That led to Xanax, Adderall which enhanced his sex addiction and he dated a new girl.

When the drugs were no longer working, he began to shoot a cocktail of growth hormone, steroids and testosterone into his veins. He was a different person; more controlling, paranoid and dark with a new interest in guns. At the same time his veins were failing but, **"the reward outweighed the risk."**

John was injecting different product in alternate places. One day when he injected bath salts he could not stop twitching. Nor could he stop injecting. His heart rate went up, he called 911 and unlocked the door. John could no longer control his body movements.

He was hospitalized for a day in February, headed home to where there was still a stash of drugs and bath salts. Once he ran out of drugs, John blacked out for 17 hours.

Yarnall missed work again. This time he tried to commit suicide with a gun. John immediately went to an inpatient setting at Sober Living in Greenville. It was there that he dove into spirituality, became the house manager, but failed to work on himself.

He had relapses, stole his girlfriend's prescription for Adderall and moved out after 10 months. Then it was onto kick boxing, a new job at Fresh Start and shooting up which affected his work. He was into guns too and overdosed on liquid benzene and heroin. This time he passed out in the bathroom for 18 hours. His girlfriend found him and called the police. Since his muscles and organs were breaking down from laying on the floor, the hospital staff flushed him with liquids for the next six days.

Then John went home, began to drink, met his current wife who was a bartender and returned to MMA, steroids, back to Fresh Start, to personal training and teaching kickboxing. After three seizures he fessed up to his wife. **He had to choose to live or die.** John went to Harbor Oaks, Detroit which he says was awful. He began journaling, got into a smart recovery group and three sessions of therapy a week. **This time was different. John chose to try, to invest in recovering, and to be real.**

"If you don't truly want to recover you won't. Will power alone will not work."

John has since graduated from Occupational Therapy from GRCC where he took an addiction class. He is happily married, has kids, and has been clean for three years. **John is also an Intensive Case Manager at The Right Door.**

RESOURCES:

Addiction Helpline	866-931-9522
Alcoholics' Anonymous	800-821-3014
Alcohol/Drug Abuse Helpline and Treatment	844-289-0879
Catholic Charities, Ionia	616-522-0836
Comprehensive Recovery Services, Ionia	616-522-0687
Four Health, Saranac	
Ionia County Health	
Department ICHD	616-527-5341
Ionia County Substance Abuse Initiative	616-527-5341
Ionia Montcalm Families	
Against Narcotics	616-329-9645
Mid-State Health Network	844-405-3095
Poison Control Centers	800-222-2222
Randy's House, Greenville	616-232-2915
The Right Door, Ionia, Belding, Portland	888-527-1790 616-527-1790
Samaritas (through TRD)	616-527-1790
Soaring Above Teen Center	616-523-4570
Substance Abuse and Mental Health Services Administration SAMHSA	800-662-4357
Suicide Prevention Lifeline	800-273-8255
Or Suicide Crisis Lifeline	988
Viewpoint Counseling, Ionia	616-523-6357

*SAMHSA has resources online for individuals, families and specifics for youths transitioning to adulthood. Go to [SAMHSA.GOV](https://www.samhsa.gov) and click on "TOOL KIT"

Addiction Recovery Meetings in (or near) Ionia County:

- **AA in Muir**, 7pm, Community Center, side door
- **AA in Lowell**, Flat River Outreach Ministry. Monday-Sunday at 12 and 7pm; Tuesday-Friday, 4:30pm; Saturday Speaker meeting at 7pm
- **AA in Saranac**, 8pm, Fridays, Community Church
- **AA in Lake Odessa**, St. Edwards Church, Monday and Thursdays, 7pm. Call Robert **616-902-9001**
- **Restore Recovery Meetings**, 7pm, Mondays, Restore Church, Ionia
- **RAVE** (Recovery After Violent Encounters) for Women and Children, Emergency Shelter Contact: **800-720-SAFE** or **616-527-3351**
- **Soaring Above Teen Center**, Ionia, Tuesday-Thursdays, 1-3pm. Contact Ken Baker **616-523-4570**
- **Smart Recovery through Zoom**. Contact Deb Thalison at dthalison@ioniacounty.org

IMFan Meetings:

(Ionia/Montcalm Families Against Narcotics) **616-329-9645**
1st Thursday of each month, 6:30-8pm

- **January, March, May, July, September and November meetings**, Soaring Above Teen Center
- **February, April, June, August, October and December meetings**, First Congregational Church, Greenville

LOCAL MEETINGS:

Al-Anon Meetings:

Monday PALS (Parents of Addicted Loved Ones, 6:30-8pm, 2nd and 4th Mondays, St. Joseph's Church, Belding. Register Online or call **517-204-8785**

Tuesday Al-Anon, 6:30pm, St. Edwards Catholic Church, Lake Odessa

Wednesday Al-Anon, 10am, First Congressional Church, Portland **616-575-8000**

Thursday Al-Anon, 7pm or zoom, Zion United Methodist Church, Ionia. Contact Sandi **616-255-3751** or Joy **616-901-7779**
Al-Anon, 10am, Lakewood United Methodist Church, Lake Odessa

Ionia AA Meetings: All at 910 E. Lincoln Avenue, Ionia

Online meetings: <https://meetings.intherooms.com>

Monday 10am Open, Noon 12 and 12, 6pm Women, 8pm Open

Tuesday Noon Open, 6pm Open, 8pm Open

Wednesday 10am Closed to public, Noon Open, 6pm Men, 8pm Big Book

Thursday Noon Closed, 6pm Closed to public, 8pm 12

Friday 10am Open, Noon Open, 6pm 12 and 12, 8pm Open

Saturday Noon Big Book, 6pm Open, 8pm Open

Sunday Noon, 6pm, 8pm all Open



MENTAL HEALTH AWARENESS 5K

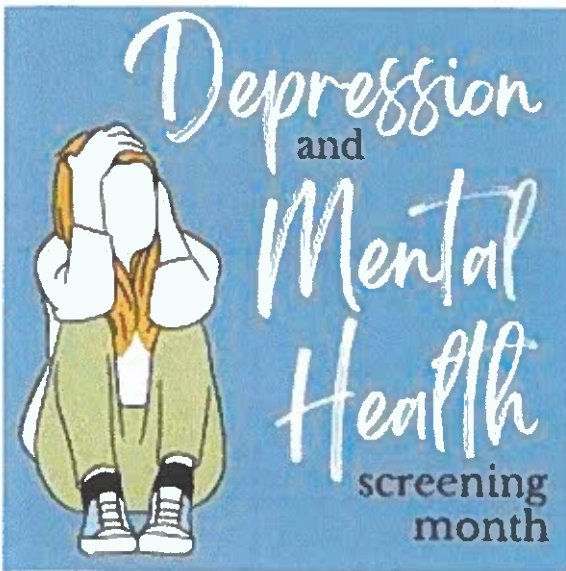
September 14, Gregory's Steele Street Hall, Ionia

It was a perfect evening for families, friends, pooches, staff and persons served to walk, run, or roll by wheelchair in the annual 5K held in Ionia September 14. Hosted by the Right Door for Hope, Recovery and Wellness Case Management Team, the Shine the Light event raises awareness for mental illness while attempting to dispel the stigma society places on it.



One out of five Americans lived with a mental condition in 2021 according to NAMI (the National Institute of Mental Health). That translates to roughly 22.8 percent of the population, or 57.8 million adults. However, mental health disorders can affect anyone, at any age, and at any time, and be mild or severe. Unfortunately, the way society views people with a mental illness holds many back from seeking help.

After the Covid-19 pandemic, the use of more social media, and societal trends that have resulted in smaller family units with less community involvement, that number is rising to one out of four adults reports Health.com and John Hopkins University. With mental health issues increasing, should you or a family member require any kind of service, The Right Door has three locations in Belding, Ionia, and Portland. Our direct phone number is (616) 527-1790, or, if you are in crisis, immediately contact 888-527-1790.



Coping Strategies

- ◆ Exercise, go for a walk, swim, bike, yoga
- ◆ Go for a long drive
- ◆ Hydrate
- ◆ Write poetry, stories, journal, read a good book, magazine, kindle
- ◆ Scribble, doodle, paint, draw, craft
- ◆ Smile at people, hug a friend/family member
- ◆ Plan a trip or event; research it by google
- ◆ Be with other people, phone, email, text
- ◆ Listen to music, dance, make a play list
- ◆ Sing, play an instrument
- ◆ Watch a movie
- ◆ Watch fish, feed ducks, birds or squirrels
- ◆ Do a wordsearch or crossword on or off your phone, put a puzzle together
- ◆ Play video/computer or board games
- ◆ Do your nails, make-up, hair, self care
- ◆ Take a bubble bath, or a relaxing shower
- ◆ Take a nap, punch a pillow
- ◆ Play with a pet, a grandchild, son, daughter, nephew, niece, brother, sister
- ◆ Go shopping and enjoy retail therapy
- ◆ Or 'shop' online without buying anything
- ◆ Clean something
- ◆ Move furniture in a room or rearrange it
- ◆ Color coordinate your wardrobe
- ◆ Bake something, look up recipes, cook a meal
- ◆ Learn a new hobby
- ◆ Create or build something
- ◆ Complete something you have put off
- ◆ Count your blessings
- ◆ Pray, meditate
- ◆ Contact a hotline or your therapist

KNOW DEPRESSION

Depressive disorders come in different forms and affect anyone

In any given year, 9.5 percent of the population, or about 18.8 million American adults, suffer from a depressive illness. Without treatment, symptoms can last for weeks, months or years

KNOW THE SIGNS

Not everyone who is depressed experiences the same symptoms

- Feelings of hopelessness, guilt, pessimism, helplessness and worthlessness
- Persistent sad, anxious, or "empty" mood
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue, slowed down

KNOW THAT HELP IS THERE

Professional care is available 24/7

The most important thing anyone can do to fight depression is to seek a professional diagnosis and treatment

If you suspect that you may be depressed, contact



AWARENESS MATTERS

THE right DOOR
for hope, recovery and wellness

(616) 527-1790

Statistics from Department of Health and Human Services

Depression Coping Statements

- I take one step at a time
- I am learning to take each day as it comes
- A bad day week does not equal a bad life
- My emotions or my diagnosis does not define me
- Not all thoughts are true depression lies to me
- Even though I may not feel it now, things will get better
- I am capable of doing hard things.
- I am worthy of a healing, recovery.





November 2, 9am-3pm, Ionia

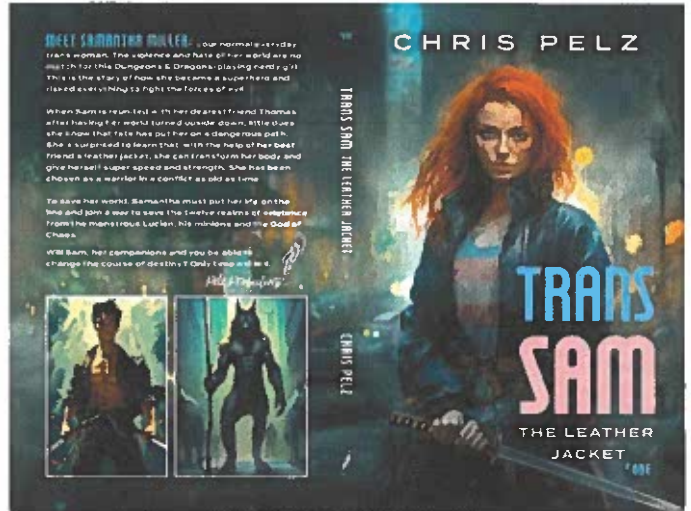


Free

- Clothing
- Haircuts
- Snacks
- Hygiene Products
- Health Screenings including: Behavioral health, blood pressure, BMI, cholesterol and diabetes screenings
- Health Services including: Immunizations, flu shots, mammograms and education
- Sparrow Mobile Health Clinic

BOOK REVIEW

Chris Pelz



Meet Samantha Miller, your normal everyday trans woman. The violence and hate of her world are no match for this Dungeons and Dragons playing nerdy girl. This is the story of how she became a superhero and risked everything to fight the forces of evil.

To save her world, Samantha must put her life on the line and join a war to save the twelve realms of existence from the monstrous Lucien, his minions and the God of Chaos.

Will Sam, her companions and you be able to change the course of destiny? Only time will tell.

ABOUT THE AUTHOR:

Chris Pelz is an author who has a mental illness. He fell in love with writing when he was a freshman in high school. During his junior year he was hospitalized in a psych ward for the first time.

After graduation, Chris had plans to attend college to major in business management and minor in politics. He also planned to write books with his friend Lucas. But it was not to be.

Halfway through his first semester his stress level rose, he had trouble functioning and dropped out. However he and his friend self-published a book called, "The Sons."

Through the years of trying to finish college and work, Chris had multiple stays at psychiatric hospitals. Then he spent a year and nine months in an adult foster care which was the hardest period of his life. Writing, the money he could make from it and support from his friend Wendy are what pulled him through.

In all, Chris has attempted suicide five times journeying through depression and mania; anxiety and darkness. It has been seven years since his last mental health related hospitalization and Chris understands himself, his need for medication, and his limitations. He is moving forward with the adage, 'writer's write' and has written "Trans Sam: The Leather Jacket," which is available on Amazon.



From The Nurses Corner

Health Screens

As a designated Certified Community Behavioral Health Clinic (CCBHC), we complete health screens annually to ensure mental and physical health needs are met, achieving and maintaining maximum physical health goals to improve your mental health.

We will help connect you to a Primary Healthcare Provider, Dentist or Eye Professional. We will help you gain new tools to manage and improve your overall health.

1. We can schedule an office visit with a Nurse through Access, your primary clinician or by contacting the nurse line at **(616) 775-1023**
2. We can schedule a virtual health screen visit. Please ask to see a nurse before you leave the office to obtain vital signs.
3. If you are homebound, a nurse can come to your home.

Time To Start Phototherapy

If you suffer from Seasonal Affective Disorder (SAD) and you use photo or light therapy, it is time to start using it again.

A light therapy box mimics outdoor light which may lift your mood and ease the symptoms of SAD.



A light box should:

- Provide an exposure to 10,000 lux of light
- Produce as little UV light as possible

Recommendations when using a light box:

- Use within the first hour awake
- Use for about 20-30 minutes
- Keep about 16 to 24 inches from your face (follow manufacturers instructions)
- Keep your eyes open, but do not look directly at the light

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment/art-20048298>

Adapted from Dr. Sanchez, The Right Door

— NATIONAL —
ADHD
AWARENESS
MONTH
— OCTOBER —



-American Academy for Child and Adolescent Psychiatry (AACAP) www.aacap.org

-Attention Deficit Disorder Association (ADDA) <https://add.org>

-Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) <https://chadd.org>

FEEDING
AMERICA
West Michigan



- October 3,** 2 pm Walk up Distribution, **Central UMC, Lake Odessa**
- October 5,** 5:30 pm Drive Through, **Twin Rivers Elementary, Muir**
- October 10,** 4:30 pm Drive Through, **Ionia Fairgrounds, Ionia**
- October 14,** 10am Drive Through, **Mount Hope Church, Portland**
- October 20,** 4:30 pm Drive Through, **Belding Area Schools, Belding**
- October 24,** 5 pm Drive Through, **American Legion, Hubbardston**
- October 25,** 5 pm Drive Through, **Shiloh Community Church, Orleans**
- October 26,** 4:30 pm Drive Through, **Saranac Community Church, Saranac**

For more information and food resources near you visit FeedWM.org

FUN EVENTS

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

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

Tuesdays and Thursdays, Euchre, 1pm, Portland Senior Center
SAMS (Saranac Area Musicians and Singers)
Practice, Saranac High School band room. Choir
6-7pm. Band 7-8pm. (616) 902-7237.

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

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

October 21



Halloween Crash Bash
Demolition Derby, Ionia
Fairgrounds, 3pm.

October 21

Fall Shopping Expo, 9am-3pm, Log Cabin Banquet
Center, Muir. Assortment of crafter. Soup/sandwich
lunch. Bring a bag of candy to support Treasures for
Troops, via Blue Star Mothers.

October 21

Soaring Above Football Fundraiser, 6-9pm, Ionia
Bowling Alley, with MSU against U of M. 50/50
Raffle baskets, 20 percent donated to Soaring Above.

October



FRIENDS OF THE RED MILL HAUNTED MILL

9th Annual, 6-9pm, Weekends, Red Mill, Portland.
Concessions with hot dogs, cider, coffee, donuts.
517-743-1830

October 21

Mother Son Date Night, 6pm, Ionia Armory. Nerf
Carnival, games, crafts, pictures, dancing. \$25/ door.

October 26



Chili Dawg Challenge, 4:30-7:30pm, Downtown
Ionia. Trunk or Treat, Business Trick or Treat, Kid
Costume Contest, Carnival, Touch a Truck, More
October 27 Haunted Forest, Mini Fall Carnival, 6:30-8pm,
Lakewood High School. 616-374-8868

October 27

October 27

Haunted Harvest Carnival, Portland District Library,
6 pm. Dress in favorite costumes, trick or treat,
have your future told. Tickets for timed entry can be
picked up at the Youth Desk after October 9.

October 29

Finders Keepers Vintage Market, 9am, Ionia
Fairgrounds. Vintage, primitive and repurposed
clothing, home décor and furniture. Food

October 31

Lyons Muir Trunk or Treat, Muir Trail, 6-8pm.

Local Markets (still open)



Denny Farms, 6588 Jordan Lake Road,
Saranac **616-527-1531**

(WPF, MF), Double Up Food Bucks
Open May-December, everyday during
harvest

Facebook: [Denny Farms](#)

Farm to Fork, 49 N. Bridge Street,
Saranac **616-914-6961**

Weekdays 10am-7pm, Saturday
9am-3pm

www.tsitagafarm.com/farmtofork

Facebook: [Tsitaga Farm](#)

Hanulcik Farm Market, 1425 N. State
Road, (M-66), Ionia **616-527-3630**

Open June-October, everyday during
Harvest

Facebook: [Hanulcik Farm Market](#)

U-Pick strawberries, peaches and apples

Heffron Farms, 7724 Ashley Avenue,
Belding **616-794-2527**

Monday-Saturday 9am-6pm, year round
www.heffronfarms.com

Pierson Orchard Market, 5348 N. State
Road, Ionia **616-527-4847**

May-December, Monday-Saturday
9am-6pm, Sunday 10am-6pm

Facebook.com/[Piersons-orchard](#)

DOUBLE UP FOOD BUCKS (DUFB)

Program will match Bridge Card sales
up to \$10 each day in FREE Michigan
grown fruits and vegetables at
participating farmers markets.

Special Programs:

WPF-WIC Project Fresh

MF-Senior Market

See Ionia Chamber of
Commerce website for
list of events





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



Adulting 101

Peer Led, October 14, 28, 10am-noon, Ionia.

Anger Management

Mondays, 5pm, Zoom.

Balance Group

Peer Led, October 10, 24, 2-3pm, Ionia TRD.

Belding CBT Depression

Ongoing, Fridays, 10-11am, Zoom.

Adult DBT

Ongoing, Mondays, 1pm, Ionia.

Crafts

Peer Led, October 19, 10-11am, Ionia.

Crochet

Peer Led, October 12, 26, 10-11am, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia.

Euchre

Peer Led, October 4, 10:30am-noon, Ionia TRD.

Family Psychoeducation

Saturdays, 10am, Ionia.

Food Pantry Rides

Peer Led, October 10, Mobile Pantry, 3:45pm, October 25, Zion, meet at Ionia TRD, 2pm; . Contact Shelly for a ride.

LGBTQIA

Peer Led, October 2, 9, 16, 23, 30, 3-4pm, Ionia.

Live Out Loud

Referrals to Tania White for 12 weeks, Mondays, 3:30-5pm, Ionia for teens 13-17 who identify as LGBTQIA.

Living with Diabetes

Peer Led, October 7, 21, 10am, Ionia TRD.

Money Management

Peer Led, (Bi-weekly), October 11, 25, 1-2pm, Ionia.

Parenting Through Change

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

Self-Love

Peer Led, October 11, 25, 10:30-11:30am, Ionia.

Seeking Safety

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

Social Hour

Peer Led, October 18, *Country Mills Farms* 10am-3pm, October 17, Bingo with Prizes, 1:30-2:30pm, *Tropical Smoothie*.

Volunteer Group

Peer Led, October 3, 10, 17, 3:30pm, Ionia Theater.

Women's Group

Peer Led, October 12, 26, 1-2pm, Portland TRD.

YES, Truly Our Friends (YTOF)

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



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

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

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